

The Pitt Capsule

October 2018



October is American Pharmacists Month, also known as a time to recognize our pharmacists' contributions through healthcare.



Special Feature

Turn to the next page to learn more about Fengyee Zhou and his journey through Pitt Pharmacy, the Public Health Service, and more!

October is American Pharmacists Month.

How can pharmacists help?

Safe medication use.
Flu and other disease preventions.
Diabetes management.
Asthma and cold.
OTCs.
Supplements.
High blood pressure.
Pain management.
Your pharmacist and other healthcare providers.

Check out <https://pharmacistsmonth.com> for more information about what you can do as a pharmacist!



Students mingle and learn more about Pitt Pharmacy organizations at the Back-to-School Picnic!

APhA-ASP: American Pharmacists Association Academy of Student Pharmacists

Danielle Weaver (P3), Membership VP

Thank you to everyone who attended our first GBM, the Back-to-School Picnic, and the Committees Info Session! It was great to see so many people come out, and it is exciting to have so much interest in our different committees and projects. We're really looking forward to all the incredible things APhA-ASP has planned this year!

As mentioned at our GBM, the Dean's Theme for this year is Operation Heart. As a school, we are organizing numerous events to promote heart health and educate the public about this really important topic. Participation in these events is a great way to get involved, engage with the community, and for P2s and P3s to get IPPE hours. If you're interested in helping to plan or participate in any events or projects, we encourage you to reach out to the Operation and project leaders. We also recommend joining the Patient Care Committee's Facebook page to stay up-to-date on all the events happening this semester!

This year, APhA-ASP Midyear Regional Meeting (MRM) will be held in Baltimore, MD on November 2nd-4th. This conference is a great way to network, grow professionally, and connect with fellow pharmacy students. Registration for MRM through the school ends on October 5th. The pre-application for the Student Exchange Program is now available and due on November 1st! This is a great opportunity to experience pharmacy abroad.

Our next GBM will be on Wednesday, October 3rd during lunch in Salk 456.
We look forward to seeing you there!

My Journey Through Pitt Pharmacy, the Public Health Service, and Beyond

Fengyee Zhou, Pharm.D.
Lieutenant, U.S. Public Health Service
Clinical Staff Pharmacist
Whiteriver Indian Hospital

If you told me in high school that I would end up going to University of Pittsburgh to study pharmacy, I wouldn't have believed you: I didn't know what I wanted to do yet.

If you told me on the first day of walking into Salk Hall that I would pledge and join a pharmacy fraternity, I wouldn't have believed you: fraternities never interested me.

If you told me on the eve of P3 fall that I would have a rotation with the Indian Health Service (IHS) in Arizona, I wouldn't have believed you: I didn't really know much about the IHS other than what the letters stood for.

If you told me during my IHS rotation at Whiteriver, AZ, that I would return to the site exactly one year later hired as a pharmacist in ambulatory care, I wouldn't have believed you: I simply didn't think this opportunity would exist for a new graduate.

If you told me at graduation that I would become commissioned 19 months later as an officer in the Commissioned Corps of the U.S. Public Health Service, I wouldn't have believed you: the application process is challenging.

If you told me when I first started working at IHS that after about two years, I would become the coordinator of a pharmacist-led chronic pain management clinic, I wouldn't have believed you: I didn't think I could act in such a role.

For me, all those statements are true. I'm Fengyee Zhou, and I'm a Pitt Pharmacy 2016 graduate. Is your journey through Salk Hall just beginning? Perhaps you are surviving (or trying your best to survive) the "fabled" P2 fall? Maybe you're finishing up therapeutics and are eager to jump into clinical rotations? Or are you only months away from graduation and ready to finally be done? No matter which stage of pharmacy school you're in, I encourage you to explore all the opportunities that the school has to offer. To the P1s and P2s, get involved in pharmacy organizations, try to work during the school year, and don't neglect your schoolwork. For P3s and P4s, attend and network at conferences, hold leadership positions in organizations, and explore your interests by applying for an ARCO or a unique rotation.

Pictured above: In the Multidisciplinary Chronic Pain Management Clinic at Whiteriver Service Unit, LT Zhou always discuss with his patients the importance of utilizing adjuvant therapies.



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As I was entering P3 year, I was pretty set on a career in community pharmacy. I had work experience at Walgreens and Giant Eagle, and I could see myself in that role after graduation. After all, I did genuinely enjoy the patient care aspect of community pharmacy. When it came time to select rotations, I nonchalantly threw in my name to the IHS raffle, and I didn't think much of it when I was randomly selected to complete an IHS rotation.

When I arrived at IHS Whiteriver Indian Hospital during block 5, I was immediately engaged in all aspects of pharmacy care. Counseling patients on all medications, administering immunizations to patients of all ages, conducting full visits with anticoagulation patients, shadowing pharmacists in diabetes care, developing chronic pain care plans, sharing recommendations with providers, presenting a monograph to the P&T Committee, hosting my own radio show, participating in a door-to-door campaign educating the community on diabetes, etc., were just some of the many activities I completed as a student. Furthermore, I had the opportunity to work alongside pharmacist officers in the Commissioned Corps of the United States Public Health Service. The Public Health Service is one of the nation's seven uniformed services, and officers work in Department of Health and Human Services agencies like the IHS, Bureau of Prisons, Food and Drug Administration, and Centers for Disease Control and Prevention. At my IHS rotation, to see the dedication of these officers in uniform delivering patient care to the underserved population and developing innovative practices was inspiring enough for me to want to do the same one day. In December 2017, that dream became a reality as I became commissioned. Never once did I believe that one random, unplanned rotation would eventually translate to where I am at today.

Becoming a pharmacist has only expanded the roles I play in ambulatory care. I have had the unique opportunity of working as a pain clinic pharmacist provider, and I have recently transitioned into the coordinator role for the clinic. As coordinator, I oversee the clinic with the goals of helping patients manage their chronic pain disease states while engaging in vigilance to prevent abuse and diversion. This is in addition to other roles pharmacists play in chronic disease management (diabetes, hypertension, asthma/COPD, anticoagulation, etc.) and prevention (immunizations). Finally, being an officer means I always wear dual hats – one as a pharmacist; the other as an officer, with opportunities like deploying to public health emergencies.



I share my story with you today because things can change. Maybe you're set on completing a residency. That's great – pursue it. Maybe your passion lies in community pharmacy and solving patients' issues on a daily basis. That's equally great – pursue it. Or, maybe you're undecided on your career path. That's just as great – explore all the opportunities you can while in school. Ultimately, no matter where you think you'll end up on the spectrum of pharmacy, realize that one experience is all it takes for you to find a passion you never knew you had.

If at any time you told me that I would proudly wear the uniform in service to this country as I do today, I wouldn't have believed you: this was simply never the career path I had envisioned or planned. But, this has been one of the most fulfilling and exciting journeys in my life so far.



SSHP E-board at the Back-to-School Picnic.!

SSHP: Society of Health System Pharmacists

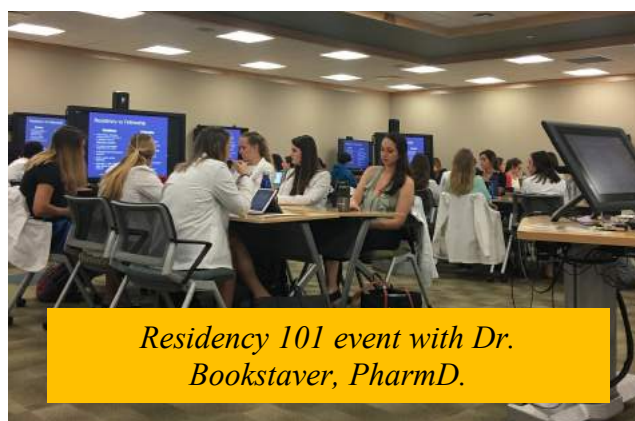
Kiana Green (P3), Business Manager

SSHP is off to a great start already this year! We have added many new members to our chapter here at Pitt, and we have finalized planning our events for this year. Since the last issue, we held our first general body meeting, and our professional projects held their first introductory meeting. We also held our annual Residency 101 event, where we had Dr. Bookstaver, PharmD, and his wife Skype us from the University of South Carolina. He gave some great insight into what a residency is, why residency training is important, how to apply for a residency, and how to progress through your time in pharmacy school to obtain this type of post-graduate training.

Coming up in the next month, we have quite a few events planned! October 1st at 5 PM will be our annual Clinical Skills Competition. This is open to all classes and requires teams of two people. You will practice seeing a patient case and working up a plan within a two-hour time limit. The top three teams will defend their plans to a panel of judges, and the winners will earn a free trip to Midyear and the chance to compete at the national level. Grab a friend, enjoy some free food, and practice your clinical skills! This is a great experience for all students and looks excellent on your CV!

We are collaborating with SCCP and APhA-ASP to hold a mock interview event on October 25th at 5 PM. This event is intended to provide students with the skills needed to conduct a successful interview in diverse job application settings. On October 26th,

we will have a speaker coming from ASHP to talk about organization resilience in the workplace. We would love to have a big turnout for this event, so mark your calendars! In November, Pennsylvania Society of Health-System Pharmacists (PSHP) is holding their Annual Assembly on November 7-9th in King of Prussia, PA. On Thursday during this event, there will be a “Mastering the Mid-Year: Strategies for Success Talk,” and a residency panel of PGY1s will be held for students. If you are interested in attending, please reach out to a SSHP E-board member for more information! We hope you get involved with SSHP this month!



Residency 101 event with Dr. Bookstaver, PharmD.

CPNP: College of Psychiatric and Neurologic Pharmacists

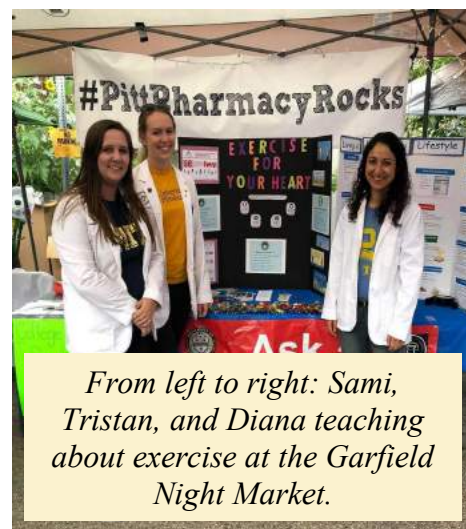
Catherine Pfendner (P3), Secretary

Thank you to all who expressed interest in CPNP at the Back-to-School Picnic and at our first GBM! We had a blast getting to know you and letting you know what CPNP is all about! We went to Garfield Night Market on September 7th and tested the public on their knowledge of how stress can affect your heart health. We also are selling Lokai bracelets for Alzheimer's, Autism, and NAMI! Our NAMI Walk is quickly approaching on October 14th at 9 PM at the Waterfront. If you are interested in shadowing at WPIC and for additional benefits, please become a national CPNP member. There are details in the PowerPoint sent out by Suzanne. Our next GBM is October 10th at 12 PM in Salk 456. We are also holding a Naloxone event on October 17th from 12-1 PM in Salk 456 with Dr. Korenoski and Mr. Kobulinsky. If you have any questions, please reach out to the CPNP E-board.

ASCP: American Society of Consultant Pharmacists

Emily Kistler (P3), Secretary

ASCP hopes everyone is having a great start to the semester! Some of our members started the semester off by representing us at the Garfield Night Market. They talked to the community about exercises for heart health. Our next event will be on Saturday, October 13th for the Alzheimer's Walk! The walk takes place on the North Shore and begins at 10 AM. Additionally, we have six members who will be attending the ASCP Annual Meeting in November, and three of our members will be presenting a poster about our student chapter. We are excited for our members to learn more about geriatric pharmacotherapy, understand current issues, and explore future career paths in this field.



From left to right: Sami, Tristan, and Diana teaching about exercise at the Garfield Night Market.

ASCP is starting a fidget blanket project to help with the behavioral symptoms of dementia. These blankets feature ribbon pulls, bracelet dangles, zippers, and other engaging fidgets. If you would like to use your crafting skills and help assemble some of these blankets, please reach out to us. We will be holding two more meetings this semester on October 16th and November 13th. Both meetings will be at lunch in Salk 457. If you are interested in learning more about our organization and events, please reach out to us at pittascp@gmail.com.



PPIP: Pitt Pharmacy Investment Portfolio

Shivani Sampathkumar (P3), Public Relations Chair

Hello there! My name is Shivani Sampathkumar. I'm a P3 student and the current Public Relations Chair at Pitt Pharmacy Investment Portfolio. As a team, we are so excited to kick off the first school year of Pitt Pharmacy Investment Portfolio!

Pictured above: Students gathered in Salk 524 for our first General Body Meeting.

What is Pitt Pharmacy Investment Portfolio? This organization gives pharmacy students a chance to explore beyond the realms of Salk Hall and look into the real changes happening in our health care industry in fields such as biotechnology, health technology, pharmaceutical industry, and health plans. Members of Pitt Pharmacy Investment Portfolio form small groups to research companies and produce a due diligence report. As a large group, we will then vote on which companies we want to invest in to create our group investment portfolio.

This month, we had a great time meeting new members at the Back-to-School Picnic and holding our first general body meeting of the year! In the upcoming month, we will be starting up Biotech Investment Fantasy League, which is a simulation game in which students individually choose \$50,000 of stock to invest in on Investopedia. The top contenders will have the chance to justify their explanations and win prizes based on their justifications. These presentations will be happening at the end of the semester and has historically had good food/drinks...

In the month of October, we will be having meetings on October 10th and 24th. If you have any questions, please feel free to email me at shs177@pitt.edu.



LKS: Lambda Kappa Sigma

Esther Hwang (P3), Corresponding Secretary

Happy October everyone! It has only been 2 months, yet we have been up to so much already! We began the year with four successful recruitment events (Back-to-School Picnic, Informational Meeting, Speed Dating, and our Cookout with PDC) where we met so many amazing P1s. We want to extend a warm welcome to all the new pledges who have accepted their bids for LKS! Can't wait to get to know all of you this semester.

Soon, you'll be seeing our sisters at the local Rite Aid and at the University Pharmacy tabling about OTC medications. We are excited to continue working with the Children's Institute, National Ovarian Cancer Coalition, and Family House. Look

out for announcements regarding our events with them!

Lastly, our popular clothing sale is coming up! If you want to rock some Pitt Pharmacy gear, ask any sister for details. An email will be sent out as well, so look out for that.

Good luck to everyone on their upcoming exams! We have a lot to look forward to, and we're so excited to see what we accomplish together this semester.

Keep up-to-date with all the upcoming events and activities by following us on Instagram (@LKS_Delta_Chapter).



SASP: Student Association of Specialty Pharmacists

Marisa Postava (P3), Secretary

The Student Association of Specialty Pharmacists held our first meeting on Friday, September 21st. We are a new organization dedicated to the development of future specialty pharmacists and are the only organization with a specific focus on specialty. The Pitt chapter of SASP will be one of the first schools to offer a student chapter. We are joined by Doug Gebhard, a Pitt Pharmacy alumnus, who is on the education committee in the parent organization NASP (National Association of Specialty Pharmacists). He is also a pharmacist at Rare Med Solutions and Pantherx Specialty Pharmacy. During this meeting we spoke about the future directions and opportunities for the SASP chapter at Pitt. At this meeting, elections were held. The current E-board is as follows: Catherine Pfender as President, Caleb Lynch as Vice President, Madeline Mitchell as President-Elect, Megan Karuzie as VP-Elect, Marisa Postava as Secretary, Jarad Ickes as Treasurer, Allen Potter as Professional Development, and Casey Holliday as P1 Representative. Currently, we are in the process of applying to become an official organization recognized by the university.



SNPhA: Student National Pharmaceutical Association

Kathy Monangai (P3), President

The Student National Pharmaceutical Association's membership drive has officially begun! We welcome national and local membership and are excited to work with so many new students this year. We had our first general body meeting with a great turn out of students. We discussed our organization's mission and the work we stand for. We have many partnerships in the Pittsburgh area of different underserved communities and are looking to expand further.

Last month, our chapter participated in the JDRF One Diabetes Walk at Flagstaff Hill in Schenley Park. The JDRF's mission is to create a world without type 1 diabetes. They perform and support research for life-changing breakthroughs to make it safer and easier to live with type 1 diabetes, until they can find a cure. Our fundraising goal was to reach \$800 before the walk. With the help of our members and their support systems, we were able to raise over \$1,100 on our team fundraising page. We had a great time with our undergraduate and graduate members!

Pictured on the left: Recruitment is well underway! Pictured is our President-Elect, Hager Mohamedein, modeling the back of our chapter shirts this year.

Some events we are planning include participating in the National Alliance on Mental Illness (NAMI) Walk with CPNP, continuing to educate and work with the children of the Oak Hill After School Program, and establishing a solid connection with new University of Pittsburgh Community Engagement Center in the underserved area of Homewood. Lastly, we will be having another semester mixer with our brother medical and dental organizations, SNMA (Student National Medical Association) and SNDA (Student National Dental Association). Please be on the lookout for further details on this fall's location.

As a reminder, our membership dues can be given to any executive board member by no later than the due date of Wednesday, October 24th. Our next general body meeting will be held the week prior on Wednesday, October 17th in Salk 402 at 12 PM. 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 organization email (snpha.pitt@gmail.com).

Pictured below: We educated our undergraduate members on proper blood pressure measurement technique using the Sim Man arms at our biannual Blood Pressure Bootcamp.



PDC: Phi Delta Chi

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

Happy Spooktober everyone! With one month under our belts, we still have a long way to go. Even with the large number of tests and assignments we have had in the past month, the boys of PDC have been at large, tackling all sorts of fun and productive events. Recruitment, fundraising, St. Jude's, and just spending time with our beloved brothers has been quite the task, but nothing that the Raiders can't handle!

Our Back-to-School Picnic recruitment event was a great success! Many of the incoming P1 students expressed an overwhelming amount of interest in our organization. Wing nights, pizza lunches, and cookouts with the lovely ladies of LKS provided great opportunities for all of us to see old friends, as well as make some new ones.

The Brothers of Mu Chapter are currently fundraising for St. Jude Children's Hospital as they prepare to participate and volunteer for the St. Jude Walk/Run to End Childhood Cancer. The boys hope to reign as the national leaders in fundraising for the second straight year!

We would also like to thank everyone who supported us during the first hoagie sale of the year. This is a great fundraising opportunity for PDC, and we greatly appreciate the buyers. Fear not, there are many more hoagie sales to come!

Not surprisingly, PDC has big things planned for October. Believe me...BIG things. To kick off October, the Brothers of PDC will be participating as bankers at Three Rivers Casino for the National Kidney Foundation's Monopoly tournament. This will be a huge networking opportunity for us, and we plan to build relationships for future events. We will also be tackling some packaging and shipping of unused medical supplies at Global Links more than once this month.

Finally, we eagerly welcome the P1s to our fraternity and are highly looking forward to getting to know each one of them and teaching them about our philanthropy. These young student pharmacists are the future of our organization, and we know that they will work to maximize our success as an organization.

Kappa Psi

Melanie Umbaugh (P2), Secretary

The Brothers of Kappa Psi are off to a busy start of the school year. After a successful rush season, we are excited to welcome our new pledge class and help them become Brothers. Our patient care committee has also kicked off the semester by the tabling on cold and flu products at the HealthyU Fair. The group had over 65 meaningful encounters with students! We are excited to see what future events the committee plans as we start working towards the Dean's Theme.

We are also starting to kick off our philanthropy for the semester by planning dates at Family House. We also submitted a project proposal to help support the national Kappa Psi philanthropy project: Reach Out and Read. Stay tuned for upcoming projects associated with that initiative.

Overall, we are excited to see where the fall semester takes our Brotherhood. We're looking forward to meeting new Brothers and growing our fraternity. Some activities that we are looking forward to are the annual Haunted House visit and Lineage Dinner. We are also excited to be sending representatives to the Mountain East Province Assembly in Virginia this October.



P3 Brothers Lina and Jaehee tabling at the HealthyU Fair.

AMCP: Academy of Managed Care Pharmacy

Colin Pfeiffer (P2), P2 Representative

AMCP will be continuing our focus on expanding student consciousness of managed care and managed care opportunities in the pharmacy world this semester. Keep an eye out for our events and leadership possibilities as we progress through the new school year.

The first event of our fall semester be a guest speaker on October 10th at 12 PM. Vadim Gazarov is a senior population health pharmacist with Highmark. He will be talking about his route into managed care, opportunities in the field, and his current role. If you have any questions at all about managed care, or want to hear from a pharmacist in a non-traditional position, come out and talk with Vadim! A Q&A session will follow his presentation.

We have no other plans for the rest of October, but an information session about the Pharmacy & Therapeutics Competition will occur on November 8th. If you manage to pull yourself away from Biochem, ID, or Immunology, come join us to learn about an exciting, in-depth opportunity to see how health plans decide on their formularies and why your patients are always mad about prior authorizations. For the uninitiated, the P&T Competition is a national event run by the organization, designed to expose students to the full thought process behind adding a drug to a health plan's coverage. The P&T Competition is open to all students, regardless of their experience with managed care.

If you have any questions about AMCP, please visit our page on the PoRxtal for further information, or talk to any members of our E-board: Tori Blake, Cameron Karnick, Carly Schaechter, Sandy Kline, and Colin Pfeiffer.

CPFI: Christian Pharmacist Fellowship International

Damaris Szmaciasz (P3), Vice President

Friday, September 7th has come and gone, but if you weren't able to make CPFI's first semester meeting, let me be the first to welcome you back to school and tell you a little bit about our organization. If you missed CPFI at the Back-to-School Picnic, this article is for you! Christian Pharmacist Fellowship International (CPFI) is a worldwide ministry of individuals working in all areas of pharmaceutical service and practice. Our mission is to serve Christ and the world through pharmacy.

CPFI kicked off the semester with our annual meeting featuring delicious Panera bagels and some fun group ice-breakers. During this meeting, we discussed our upcoming plans for the semester including our Operation Christmas Child social event, our Dean's Theme project, and our plans to host upcoming speakers this semester.

CPFI is excited to announce some upcoming events on the schedule this month. First, as part of the effort to connect CPFI with medical and dental students within Pitt's Christian Medical and Dental Association (CMDA), CPFI is invited to attend CMDA's monthly potluck dinners held by health care professionals across the Pittsburgh area. This month's will be held on Friday, October 5th. This fellowship event will help connect CPFI with other fellow Christians within the medical field. In addition, our very own Dr. Seybert will be joining us October 23rd at 12 PM in Salk 457 to share her testimony and story. You won't want to miss it!

If you're free Tuesdays at lunch, stop by and bring your friends! The first month of school is always hectic, but we encourage new students and current members to attend whenever they are free. And as always, don't forget to find us on Facebook and Instagram @cpfipitt.



PPA: Pennsylvania Pharmacists Association

Emily Dell (P2), Communications Ambassador

Congratulations to everyone for making it through the first few weeks of the school year! PPA is excited about what we have up-and-coming. We recently participated in the Back-to-School Picnic and met a lot of students interested in learning more about PPA. If you did not get a chance to come to the picnic, you can contact anyone on E-board to get more information about the organization.

Speaking of picnics, some members of PPA attended the Annual Picnic held by the Allegheny County Pharmacists Association (ACPA) in Schenley Park on September 12th. This was a fun event to attend, and students were able to network with pharmacists in the area in a very laid back and comfortable manner, and even play some kickball! This organization holds other events and dinners throughout the year, and members of PPA are encouraged to join and network.

One important event coming up this month on October 18-21 is the Annual Conference in Lancaster, PA. At this event, we will have students participating in the Achieving Independence Competition. Wish them luck! This competition was developed in 2009 and is designed to help pharmacy students gain an interest in and learn about pharmacy ownership. If you cannot make it to

this conference but want an opportunity to network, look out for registration for the Mid-Year Conference. This will be held at the Wyndham Gettysburg in Gettysburg, PA in January 24-27th, 2019.

Our next GBM will be on Tuesday, October 9th at noon in Salk 402. At this meeting, we will be talking more about our Dean's Theme for the year, which is Operation Heart. PPA would like to incorporate our work with Katy's Kids into this theme and focus on a heart-healthy project. Additionally, more information is to come with our participation in PrimeRx, but we are hoping to have a speaker give a presentation about financial literacy.

Lastly, since this year is an election year, we would like to encourage anyone who is eligible to think about registering to vote! As future members of the pharmacy profession, we should be interested in learning about the policies that candidates support and how they can affect us both now and in the future. If you have any questions or ideas for this year, please feel free to contact any of us! Thank you so much, and we hope to see you on October 9th!

E-board members that attended the Allegheny County Pharmacists Association (ACPA) Picnic on Wednesday, September 12th in Schenley Park. From left to right: Emily Dell (P2), Hailey Mook (P2), Mara Cubellis (P2), Abby Kois (P3), Divya Patel (P3).



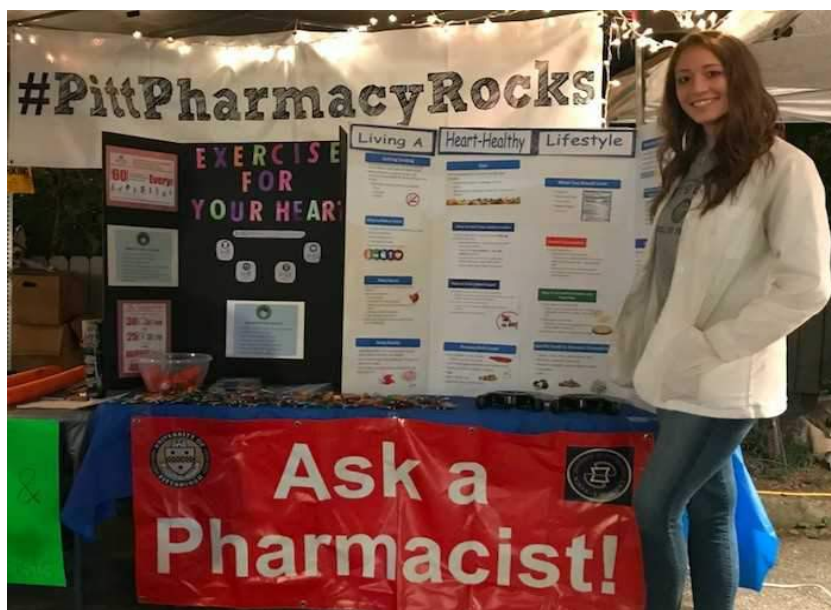
SCCP: Student College of Clinical Pharmacy

Kathy Monangai (P3), Secretary

The Student College of Clinical Pharmacy welcomes its second class of Research Fellows this year! The Mentored Research Fellowship Award is for students who complete research with a faculty member through volunteering their time or participating in a for-credit research opportunity known as “Special Topics Research”. Fellows are named each year, and they participate in our Journal Club series, present research to their peers, and win a \$1,000 scholarship to attend conferences of their choice to present research to an even larger clinical pharmacy audience! This year’s fellows include Rish Arora (P3) and Andrew Haddad (P2) – *pictured above*.

Rish’s research is called "Perceived Utility of Web-Based Mobile Pain Applications for Chronic Pain Patients". The project involves adults with chronic pain as patients at UPMC Pain Medicine Clinics. The purpose of this study is to elucidate the perceived utility of web-based mobile applications and designate this technology’s application to chronic pain by describing what features patients would find helpful. Andrew’s research is called "In vitro Screening of 20-HETE Production Inhibitors". The project involves testing the inhibition of 20-hydroxyeicosatetraenoic acid (20-HETE)’s production, which has been linked to improved neurological outcomes in cardiac arrest, subarachnoid hemorrhage, and ischemic models. The purpose of this study is to synthesize a series of 20-HETE formation inhibitors and screen the synthesized compounds in vitro to determine the lead compound with the best characteristics that can be tested in vivo. We are very excited to work with both of these fellows this year!

We have started participating in this year’s Dean’s Theme of Operation Heart. The first event we participated in was Garfield Night Market. Our chapter members were able to educate local Pittsburgh residents on living a heart-healthy lifestyle. If there are P1 students who would like to get involved, we will be accepting applications for Project Heart Health Chair (Dean’s Theme Chair), P1 Representative, and Project Subcommittee Members! These applications will include anywhere from a one-paragraph to one-page letter of intent that should be sent to our email address no later than Sunday, October 7th, 2018. Membership forms for local and national members will be due on Friday, November 2nd, 2018. If you have any questions, concerns, or ideas, please reach out to our executive board through our Facebook page (@universityofpittsburghsccp) or our organization email (pitt.accp.eboard@gmail.com).



We’re excited to participate in this year’s Dean’s Theme: Operation Heart! Pictured is our Project Outreach Chair, Jessica Cercone, at the Garfield Night Market where we educated community members on living a heart-healthy lifestyle.

PLS: Phi Lambda Sigma

Katie Rudzik (P3), Secretary

Phi Lambda Sigma has had an exciting start to the school year! We were so excited to welcome all the new P1s at the annual Back-to-School Picnic and through another successful year of our PLS Mentor Program. We hope you enjoyed your experience with our mentors; they're a great resource throughout your pharmacy school career! We look forward to getting to know potential applicants better at our Application Info Session on October 31st at lunch in 402! We recently hosted the Fall Leadership Retreat and were excited about all the organization's efforts for Dean's Theme so far this year! We're excited to continue our work with the school to accomplish more for our patients through "Operation Heart."

PLS and Rho Chi are excited to present the third annual James and Nancy Mastrian Young Professionals Lecture. We will be joined by Dr. Gordon J Vanscoy, who serves as the Chairman and CEO of PANTHERx Specialty Pharmacy, the

Associate Dean of Business and Innovation at Pitt Pharmacy, and the generous benefactor of the annual White Coat Ceremony! Dr. Vanscoy will be leading a lecture entitled "Dream, Reflect, Execute, Repeat" followed by a brief Q&A.

We're excited for our upcoming leadership workshops, the first of which will be an Organization Leaders Panel catered towards P1 students. P1s can ask our student leaders for advice on how they reached their position, how to get more involved, and more. This should be a great opportunity for P1s to learn more about each of our organizations and how to become involved! In November, we will be co-hosting "Women in Pharmacy" workshop with our LKS chapter. Come ready to be inspired and learn from inspirational female leaders!

We hope to see you at our future events, and we can't wait to see how this year unfolds!

Phi Lambda Sigma & Rho Chi
present the

**James P. and Nancy A. Mastrian
Young Professionals Lecture**



Dr. Gordon J. Vanscoy, PharmD, CACP, MBA
Chairman & CEO of PANTHERx Specialty Pharmacy
Associate Dean for Business Innovation
at University of Pittsburgh School of Pharmacy



Rho Chi

Taylor Conrad (P3), Historian

Pitt's academic honor society started off the semester running head first and sure made the most of September! The Back-to-School Picnic was a success with many P1s expressing interest in Rho Chi, asking what we do for the school, and how we help students. Many of our big events are in the process of being planned, but we have been able to finalize some of the important details. The Young Professionals Lecture will be held on October 11th from 12 PM in Scaife 6. This year's guest speaker will be Dr. Gordon Vanscoy who is the chairman and CEO of PANTHERx Specialty Pharmacy. We also have a Posters, Professors, and Progress Event scheduled on November 2nd at 12 PM in Salk 402. This is a great opportunity to interact with faculty and to show interest in helping them with research!

The members of Rho Chi continued our ARC Health Talks at the Salvation Army Rehab Center in South Side, which took place on September 10th. Last month's topic was cold and flu; these will be continuing and are planned for every second Monday of the month. Other news include two review sessions that were held: Cardiology for the P2 students and Top Drugs for the P1 students. As the semester starts to get busier, please keep in mind that we offer peer-tutoring, in groups and one-on-one. Feel free to reach out to any member if you need help or advice!

Rho Chi will be holding its annual business card sale which will be occurring throughout late September and into October. More information will be available via email and class Facebook pages. These are great ways to impress potential employers or mentors, especially if you plan to attend any networking events.

Congratulations to Jessica Cercone for being September's Member of the Month! We look forward to her continued leadership and another successful month!

Pictured above: Members Jessica Cercone, Jennifer Jordan, and Taylor Conrad present Rho Chi's poster at the Back to School Picnic.

Games4Health Hackathon Opens for Participants, Expands Its Reach

Cathy Dziuba (P2)

Midterms starting may not be particularly fun, but this opportunity sure may be the break you needed! Games4Health is a hackathon devoted to making games (computer games as well as card or board games) to make educational health materials more accessible to the public. Interdisciplinary teams come together over a weekend to make this educational game, choosing from a wide array of topics or making their own.

What can you take home? Cash prizes, networking, and an eyebrow-raiser on your CV. Although Games4Health is relatively new, Pitt Pharmacy is already well-represented, with a history of placing in this competition.

Working as part of an interprofessional team is taken to the next level in this experience. Although pharmacy school teaches us the importance of communicating with other health professionals, it is interesting to partner with professions that we usually don't even think of working with, like those in computer science, information science, business, and art. Rest assured, it is not expected for us to know how to code, just as those from non-health fields are not expected to know much about health issues.

And the benefit to both parties is mutual. Dr. Dimitriy Babichenko, the primary organizer and

faculty coordinator of the event, noticed that it brings pharmacy students out of their comfort zones, in a good way: "I've noticed...that students are used to [being] siloed in their own schools.... That being said, all teams that won were cross-disciplinary teams – they contained computing, health sciences, and social sciences [or] arts students." In turn, non-health students learn "that being a programmer, writer, or artist is not enough to develop a meaningful game that can serve as an effective teaching tool or a clinical intervention tool."

Games4Health was started as the result of a revelation "that there was a tremendous amount of interest in these areas of research around the University, particularly in the health sciences. We wanted to create an opportunity to connect interested faculty/researchers with students, as well as give students an opportunity to work on cross-disciplinary teams, engage in academic research, and build their portfolios." Our very own Dr. Ravi Patel, Dr. Lorin Grieve, and Dr. Babichenko coordinated with various schools across Pitt to get the event off the ground, and it has been running ever since. Last year, it boasted a total of 63 students in 11 teams.

What's new this year? Although the topics from the previous year are still valid to create a game for, there are new topics of interest in works, and students can still choose to address a non-listed topic if they so choose. Furthermore, students from other schools, including Carnegie Mellon and Chatham, now have the ability to enter into the competition, making for a richer student experience.



Interested? This year, Games4Health runs October 19th-21st. For more information, visit the event website at <https://pittgames4health.com/> or contact any of these faculty members below:

Dr. Babichenko, dmitriy.b@pitt.edu

Dr. Patel,

pharmacyinnovationlab@gmail.com

Dr. Grieve, lbg6@pitt.edu



Letter from the Editor

October is American Pharmacists Month, a time where we take to appreciate our profession and what pharmacists do for us as a community and individual. As student pharmacists and pharmacists-to-be, it is important to learn about to be an effective leader.

In addition to safely providing medicine, pharmacists offer lots of different services as part of their commitment to helping patients live healthier lives. One important factor is leadership, which is something that can start with pharmacy school organizations. Remember, always keep an open mind to everything and learn from your experiences!

Ashley Yao, P2
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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 Ashley at amy51@pitt.edu or Julia at 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, and we will see how we can incorporate them.