

PITT CAPSULE

Dear Aspirin

Asked and answered by students

What are some tips for paying attention in class (especially early morning colloquiums)?

- ❖ Pretend that the instructor is your celebrity crush -Chelsea
- ❖ Sitting in the front of the room. – Jessie
- ❖ CAFFEINE! – entire E-Board

Do you have any exciting and healthy lunch ideas?

- ❖ Buy a really cool lunch box so you can show it off to everyone! - Dylan
- ❖ Triscuits + Hummus - Kelsey
- ❖ Szechuan Iomein \$6.25

I am struggling with a group member who is so obviously inconsiderate of the rest of the group. What should I do? Should I confront this group member? Should I try to be subtle about it? Should I write them a letter?

Tweet them? Help!!

- ❖ Be discrete. Try to approach them one-on-one. Focus on solution to problem, not personal attacks. - Mallory
- ❖ Actively delegate work; they may not realize what they need to do
- ❖ Tweet about them with their name in the tweet or post song lyrics on Facebook

ISSUE HIGHLIGHTS

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Class of 2016

Georgina Waldman, Class President

The P3 class feels like it was P1 year just yesterday, and we can't believe that we are already talking about rotations for next year. This is met with a mixture of excitement and dread, especially because that means the real world is getting closer and closer. Off block selection begins in November, and we say bring it on.

A Great Start for PLS!

Lana Avshalumov, PLS Secretary

PLS began the year by co-hosting the annual Fall Leadership Retreat with APhA-ASP. The retreat started out with a delicious dinner and a speech from PLS Vice President, Alex Marshall and PLS President Elect, Maddie Chavara. Alex and Maddie encouraged students to start a "movement" and played Taylor Swift's single, "Shake it off," to help engage students. P3 class president, Georgina Waldman, started off the movement and was the first one to stand up and dance to the song. This then encouraged participation from the rest of the students and soon, the whole room was out of their seats and dancing. This activity was meant to encourage students at the retreat to take the lead on projects and find ways to help motivate others to get involved in these projects, and ultimately, create a movement!



P2 Class Meets National APhA-ASP President

Alex Marshall, Class President

Our Fall semester, better known by everyone in the pharmacy school as "P2 Fall," is well underway. We are in the midst of our first round of exams and chugging our way through. The class is very excited to be learning about pharmaceutical therapeutics and has handled the transition into this tough semester well.

Even though the academics are difficult this semester, our class is still very involved outside of the classroom. Our classmates Troy Albrecht, Kaley Hayes, Daniela Policicchio, and Brian Terreri had the opportunity to invite Matt Osterhaus, National President of the American Pharmacists Association, to the School of Pharmacy. Matt Osterhaus presented to the faculty and students of the entire school about APhA's push for pharmacist provider status, the innovations of Osterhaus Pharmacy, and his career path. It is fantastic to have members of our class taking the initiative and giving the school such a great opportunity. From the P2 class, we hope the transition into pharmacy school is going well for the P1s and that the P3s are enjoying the start of their last year of classes. Hail to Pitt!



Upon the conclusion of this activity, students were motivated and excited to begin planning events for the Dean's Theme – Self Care. Students worked within their respective organizations to further develop their ideas and plan their events for the school year! We're looking forward to the implementation of these projects and cannot wait to see the sort of impact we can make as student pharmacists!

AMCP

Brent Milovac, AMCP Communications Chair

Pitt AMCP is doing big things, ladies and gents. Our booth at the pharmacy school picnic generated so much interest that we had to change the room where we planned to have our first meeting. And speaking of the first GBM, we posted record numbers for attendance. If you still don't know what managed care pharmacy has to offer, chances are that the dude sitting next to you can enlighten you.

Nexus—AMCP's equivalent of a mid-year meeting—is upon us. Call it a tea party because it's going down in Boston from October 7-10. As of the writing of this article, four of AMCP's finest (P3s Jennifer Baird, Janetta Geronian, Brian Lee, and Brent Milovac) will be in attendance, with a few others currently interested. We're excited to bring back the latest sizzling inside stuff on specialty pharmacy and the changing health care environment. Also notable, abstract submissions for the annual meeting in April will be opening on October 29, so get those projects cooking, y'all.

Not to be outdone, the P&T competition is also looking for love. Sign-ups will be open until October 20, when teams will be set in stone. The eDossier and system tutorial will be available to participants beginning November 1. More deadlines will be discussed at later meetings, but bear in mind that team submissions will be due in the beginning of January. Don't fret; we'll have lots of experts coming in to help along the way, so stay tuned!

Rho Chi Updates

Meera Vachhani, Rho Chi Historian

The year is off to a running start for the members of Rho Chi! We kicked off the year with our semi-annual blood drive on the second Wednesday of the year. Thank you to everyone who donated and made it a success! Rho Chi continues the monthly Health Talks at the Salvation Army Rehabilitation Center in the Southside, the most recent topic being the ever-so-popular cold and flu! Next month, the topic will be vaccinations! Rho Chi members also had a chance to brush up on their patient assessment skills by helping the P1 students during their patient experience practicum. Rho Chi members took blood pressures, helped with peak flow meters, calculated BMIs and assisted with blood glucose testing for the P1s.

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The Rho Chi tutoring program was excited to hold their very first "Semester at a Glance" for the P1s on September 5th. This session was geared towards giving the P2s an overview of the fall to help them prepare for the semester ahead. More sessions will follow throughout the semester with sessions including preparation for the WISER/capstone for P2s, Top Drugs games for P1s and much more. Keep your eyes open for dates for those! We have also rolled out our annual business card sale; business cards are something that every professional needs when it is time to visit all of the annual conferences! Don't be the only one without a business card so get those order forms in by September 30th!

Last but not least, don't forget to join us for the Rho Chi/PLS lecture series! Our first lecture to kick off the series **is on September 25th**; we will be joined by Dr. Robert Maher, Jr. who is a professor at Duquesne University with a unique perspective on community pharmacy. Come join us to learn all about it!

SSHP Updates

Brandon Homanick, SSHP Business Manager

The Student Society of Health System Pharmacy is excited to get the semester and professional projects underway after a successful membership drive. Students will have the opportunity to compete in the local Clinical Skills Competition for the right to represent Pitt at the ASHP Midyear Clinical Meeting in Anaheim, CA on Tuesday, October 7th at 5pm. The CSC is an interactive, team-based analysis of clinical scenarios for hospital/health-system pharmacists that are presented to physicians. P3s and P4s are the most common competitors, but students of all classes are encouraged to participate. Sign-ups in teams of two are open until October 1st at midnight.

The next Clinical Talk will take place on Wednesday, October 29th at 12pm in Room 355. Dr. Benedict will be speaking about acute care pharmacy. All are invited to come and listen!

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(SSHP continued)

The organization is also preparing and coordinating events for the various professional projects through SSHP. The WPIC Vaccination project has begun their orientation process for presenters and will start projects in October. The Contraceptive project will continue this semester and has planned several events for the fall with sororities at Pitt, in addition to reaching out to other universities. The Men's Health and Poison Prevention projects are in the process of updating their presentations and setting up events. If you are interested in getting involved with any of our projects or any questions, email us at pitt.sshp@gmail.com, 'Like' us on Facebook, or follow us on Twitter @Pitt_SSHP!



Greetings From PPA

Brittney Knass, PPA Communication Ambassador

Hello, everyone! We hope everyone is having a great start to the new school year so far! Pennsylvania Pharmacists Association had a great time at the APhA-ASP back to school picnic, and we are excited to welcome upwards of 16 new members to our student chapter! It was great to see everyone who came to our very first general body meeting. For those of you who couldn't make it, mark your calendars for **Tuesday September 30, 2014 at noon** for our next general body meeting which will be held in **458 Salk**. We will be continuing to plan our Dean's Theme events focusing on OTC products for women's sexual health. We had a great time at the Allegheny County Pharmacists Association picnic in September. We mingled with fellow pharmacists and pharmacy students and played dodgeball against Duquesne students, who unfortunately showed us up on the field once again. Continue to be on the look out to for when and where the next ACPA **free dinner** will be hosted!

PPA's annual conference is a much anticipated event and we look forward to cheering on Aaron Devanathan, Shea Liput, Neil Turco, and Meera Vachhani who are competing in the Achieving Independence Competition.



(PPA continued)

Over the next couple of months we are looking forward to organizing our Dean's Theme Project, hosting a legislative update talk given by Patricia Epple, the CEO of Pennsylvania Pharmacists Association, and hopefully participating in a Katy's Kids program at local elementary schools.

Looking forward to a fun filled October!

APhA-ASP Social Committee

Jessie Lewis, APhA-ASP Social Vice President

The school year started off with a bang at the Annual Back-to-School Picnic! Students were able to mingle and check out all of the organizations that were set up in the sprawling lawn at the Vietnam Veteran's Pavilion. For P1's, I'm sure it was a blurry sea of flyers and signup sheets, and for the upperclassman it was a great opportunity to recruit new members into these extraordinary pharmacy groups. The music was bumping, there was hot food off the grill courtesy of some of the handsome pharmacy guys, and a class v. class tug-of-war contest broke out. A big thanks goes out to everyone who helped to make it such a great evening, and to everyone who came out to the picnic!

You can expect to have the chance to be involved in more fun events hosted by the Social Committee throughout the rest of the year, starting with the Second Annual Pharmacy School Spelling Bee to be held next month during October's Pharmacist Month celebrations! Keep an eye out for announcements and signups, and start practicing your spelling of drug names and medical terms! S-I-M-V-A-S-T-A-T-I-N.....Hope to see everyone there in October!



SIO presents: Pharmaceutical Industry Mixer!

Victoria Brown, SIO New Member Committee Chair

As all student pharmacists know, networking can be crucial to landing opportunities like internships, fellowships, and even careers. SIO's first formal event of the 2014-2015 school year, the Pharmaceutical Industry Mixer (October 3rd, 2014), is an excellent opportunity for students to network with a plethora of professionals!

Co-hosted with the Alumni Society at the School of Pharmacy, the mixer will include a question-and-answer panel hosted by Genentech Senior Medical Science Liaison and Class of 1998 Pitt Pharmacy alumna Diane Ammerman. Alumni from AstraZeneca and Daiichi Sankyo will also be featured on the panel. A cocktail hour reception, complete with food and a cash bar catered by the University Club, will follow the Q&A session. This networking session is designed to facilitate personal interaction and mingling between the industry professionals and students. The knowledge and connections gained from this exclusive event will give students a cutting edge in the industry field of pharmacy!

The SIO E-Board is in the process of setting up additional events throughout the year, such as an industry field trip and fellowship and internship meetings, so students who were unable to sign up for the Industry Mixer will have further opportunities to cultivate their professional skills. Information regarding these events, E-Board elections, and more will be coming soon!

SNPhA Updates

Tyler Halfhill, SNPhA President

The school year has officially begun, and SNPhA has some great projects under way! The Operation Immunization Flu Clinic in Falk Pharmacy is up and running. We have already had 5 students participate thus far, and there are many more scheduled to help pharmacists give flu shots! Spots are still available, and we are always looking for more participation!

We are also putting a team in the JDRF Walk to Cure Diabetes on Saturday, September 20! The JDRF Walk is a fundraiser for adolescents with type-1 diabetes. Each participant donates \$10 to the walk and gets a free "Team SNPhA" T-shirt to wear while participating in the walk! So far we have raised \$305 for this great cause!

SNPhA is participating in the DEA Drug Take Back Day on September 26! DEA Drug Take Back Day is an event dedicated to helping patients discard their unused or unwanted medications. Because these medications cannot be thrown away in the trash or flushed down the toilet due to risk of diversion or water supply contamination, many patients have no way to rid themselves of their old medications. On September 26, SNPhA will be at UPMC locations around Pittsburgh assisting with this drug take-back in an effort to safely discard medications!

SNPhA has big plans upcoming for the month of October! We plan to participate in the undergraduate "Healthy U" fair, as well as put a "Team SNPhA" in to volunteer for Pitt Make a Difference Day! We hope to see you there!

Professor PHUN Phact

Professors:

Dr. Pater
Dr. McGivney
Dr. Pschirer
Dr. Smith



Phacts:

- I have 16 grandchildren
- I have a blackbet in Tang Soo Do
- I have a collection of antique medicine bottles
- I travelled all of the country and Europe for

Send your answers to pittcapsule@gmail.com to win prizes!



Phi Delta Chi

Brent Milovac, PDC Secretary

The gentlemen of Phi Delta Chi are pleased to help you off the edge of your seat as we give you an inside look at our year thus far. P3 brothers Dylan Nelson and Cameron Ninos attended PDC's 15th biennial Leader-Development Seminar in Tampa, Florida. After building and strengthening leadership skills with some of pharmacy's most influential names, our boys were able to bring home loads of good news. PDC Mu was the nation's second-most improved chapter in the overall Thurston Cup Standings. These standings factor in brotherhood, scholarship, leadership, and other important attributes. We're excited to continue our devotion to making ourselves a force to be reckoned with in chapter achievements.

Another event to note is our annual brotherhood retreat. We made the trek to Ohiopyle State Park in Pennsylvania where we braved the rapids and flexed our massive guns to fight our way through the relentless Youghiogheny River. One fearless rafter even fell overboard...twice! Not to worry, though—we all made it back in one piece.

We're also looking forward to our upcoming professional sale. We'll be offering a number of different professional items to choose from, including clipboards and portfolios. There will also be options for combination packages where we'll slice some dollars off the tag for students who just can't get enough.

Next time we check in, we'll be rolling deep with this year's new members. Until then, you stay classy, Pitt Pharm.

A Fun Start to a New Season for LKS

Lana Avshalumov, LKS Corresponding Secretary

The ladies of Lambda Kappa Sigma spent the month of September hosting our P1 recruitment events as well as organizing future service events and professional projects! The LKS sisters had an opportunity to spend time with the new P1s at the APhA-ASP Back to School Picnic and enjoyed getting to know the P1s better at our dessert lunch, barbeque, and potluck dinner!

Also in the month of September, a group of sisters participated in a walk/run to support the National Ovarian Cancer Coalition and helped raise money for ovarian cancer awareness. The sisters, pictured below, were proud to be among ovarian cancer survivors and learn the stories of those currently undergoing treatment.

A group of sisters also participated in the Fall Leadership Retreat this month and came back with some great ideas about self-care! We are excited to implement these ideas and engage students in our upcoming projects throughout the year! We have also started fundraising for the semester and are excited for our annual School of Pharmacy clothing sale. This sale provides students and parents with the opportunity to buy School of Pharmacy hoodies, sweatpants, T-shirts, and much more! Any questions about this fundraiser can be directed to Julia DiNardo and Jennifer Fever.

LKS hopes that everyone has a great October and we are looking forward to welcoming a new class of P1s into our chapter soon!





Kappa Psi Gears Up for Province and Pledging

Karen Hoang, Corresponding Secretary

Kappa Psi has had a busy but enjoyable rush season! We had four rush events which included ones with themes such as fiesta and tailgate. The events were a ton of fun and included activities such as a kickball game and a hot pepper eating contest. We really enjoyed getting to know the members of the P1 class better. In the end, we had 30 pledges accept their bids and are extremely excited to get to know the pledges better! Upcoming events for our chapter include Round Robin, where the brothers get to know potential littles better, and Induction, where the pledges are inducted into Kappa Psi. We also had a couple of brothers go to the Delta Epsilon chapter of Kappa Psi at Duquesne University to help with one of their rush events; we had fun getting to meet people from their school and getting to know their chapter better!

On the regional level, our chapter is looking forward to the Mountain East Province Fall Assembly at the Wyndham University Center on campus. This is a regional meeting where brothers from all over the country and the region attend in order to build the bonds of brotherhood and exchange ideas to help better our organization. We are excited to have 31 brothers attending this regional meeting and can't wait to meet other brothers from around the country.



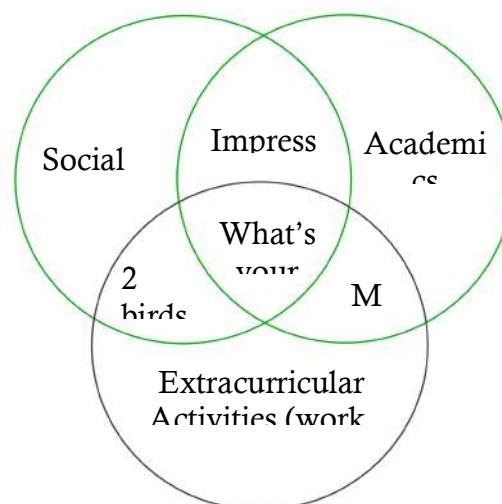
Brothers from our chapter and the Delta Epsilon chapter at Duquesne mingles

Oh, you perfect, huh?

Aaron Devanathan, Class of 2014

One of the biggest pitfalls in pharmacy school is the desire for perfection. "Perfection" is usually defined by achievement of the trifecta: social life, extracurricular activities (work and organizations), and academics (school). Take a look at the figure below and see where you land on there. Are you "perfect"? Turns out, being "perfect" is relative. Can you still be "perfect" by maintaining your social life with extracurricular activities? Of course. How about academics and extracurricular activities? Yes. The goal is to truly be the best person you can be and not strive for some level of "perfection" that is ultimately unattainable.

Pharmacy school, if you haven't learned already, is a high-strung environment. It's the nature of the beast. But the people make the environment, not the other way around. You will inevitably encounter students who can and will get involved with every organization, earn the A's in every class, and still be able to have a social life. But when you find a niche here in pharmacy school, which you will, pursue it and see if anyone else has the same interests as you. You will be amazed how much you can get to know people. My point is, you don't have to become involved in every organization or earn A's all the time to be "perfect". And the earlier you accept that, the more you'll enjoy your years here.



Phasion Phorum with PDK

By: Jenn Fever, Pauline Hoang, Stephanie Tchen

When I first saw Dean Kroboth, my eyes were focused on her. Not only because she is the Dean, but also because of her professional and fashionable appearance. The more I talked to her, the more I learned about her fashion-related stories and her advice on professionalism.

It is not about what you wear, but how you wear it. Dean Kroboth learned this crucial fashion tip when she went to a high school that required uniforms. She noticed that although everyone wore navy blue and white, "some people still stood out among the crowd." It wasn't because their clothes were more expensive, but because they appeared well groomed and confident. In fact, rather than the prestige and cost of our clothes, how we maintain them and how we present ourselves determine our look.

While focusing more on our presentation, we build our own style. Dean Kroboth does not look to anyone in particular for style inspiration because she wears what works well for her body type and personality. In professional settings, she chooses a classic and contemporary look, favoring skirts and dresses with a suit jacket over the classic pant suit. Outside of work, she has an "artsy twist" to her style, as she likes to buy clothes from local art festivals. In regards to her shoe collection, she discloses, "it is not as large as you would think." Her nude pumps with clear and hot pink heels by Kate Spade Leslie Lucite are her favorite pair because they give a professional look and a pop of color to her outfit. She chooses "functional yet stylish" shoes that are comfortable to walk in while complementing her wardrobe.

As student pharmacists, we often ask how we should maintain our professional appearance while expressing ourselves at the same time. According to Dean Kroboth, dark suits are appropriate dress for interviews, career fairs and conferences. A simple design and a dark color are very functional and should be a staple in every student's wardrobe. This style will prevent you from standing out in the wrong way and hide any coffee stains you may acquire throughout the day. With your white coat (get excited P1s), you have more "style freedom." Gentlemen, wear it to work or school with a button down shirt and tie along with a nice pair of pants. For the ladies, the white coat looks best paired with an appropriate dress or a nice blouse with slacks or a skirt. If you choose to wear makeup, you want to apply what goes with your skin tone, age and most importantly, your personality.



The Dean '14

The dean likes to wear eyeliner and light blue shadow to bring out her eyes. She also shares that studies have shown patients perceive women wearing lipstick to look more professional than those without lipstick on.

Attitude is also an important factor in how we look! Always stay positive and do not forget to smile. With your well-maintained and appropriate clothes, you will be more confident to communicate with other professionals. An approachable look is about standing straight, opening yourself up and "holding your heart out to the world." Nobody will want to talk to you with if you look down and keep to yourself! This may seem like a lot of work just to look good and professional at the same time, but put more simply, "dress for the job that you want and dress to enhance your accomplishments!" If you keep these tips in mind, you can have great style and professionalism just like Dean Kroboth.

PDK'S PICKS:



Kate Spade Leslie Lucite Pumps (\$328). Those shoes we all love to talk about. Color blocking has always been a huge trend. This allows you to get the look, but for your shoes!

EDITOR'S CHOICE:

True story: PDK never specifically mentioned these products, but we felt the need to include them anyways! Sorry, not sorry.



Ted Baker London 'Universal Plaid' Silk Bow Tie (\$49.50)

What looks more classy with your white coat than a bow tie? Most P2's got it down, but everyone else needs to jump on it! Plus, plaid is huge this fall. Go get you some.



Marc Jacobs Beauty Lust for Lacqueur - 312 Lust for Life (\$28)

Fall is the time for berries and wines. Ain't nobody got time for lipstick, though, so try using a gloss instead!

Letter from the Editor

Daisy Zhu, APhA-ASP Communications Vice President

Big shoutout to all of the writers and editors! The Pitt Capsule committee recruited 13 new members who have been working really hard to make this issue. Thank you so much!

To all of the professors who were interviewed, we greatly appreciate your time and understanding!

Lastly, thank you Dean Kroboth! We are so excited to share your secret of professionalism.

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Dear Aspirin

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Again anyone can submit articles!

Contact Pitt Capsule at pittcapsule@gmail.com