

# The Pitt Capsule

Orientation Edition

## + Congratulations, Class of 2019!

The Pitt Capsule would like to extend a warm welcome to all of you! The APhA-ASP Communications Committee publishes a monthly newsletter that contains updates from thirteen professional organizations within the School of Pharmacy to keep student pharmacists informed on current events and leadership opportunities.

Over the summer, writers worked hard to capture essence and personalities of their organization to give you a world-class preview of what it is like to be part of the phamily. Fasten your seatbelt and enjoy this ride to this pharmtastic land!

*Daisy Zhu (P3)*

*The Pitt Capsule Editor-in-chief*

*APhA-ASP Communications Vice President*

### Chapter Highlights:

**APhA-ASP**

**Rho Chi**

**SCCP**

**AMCP**

**PLS**

**PPA**

**SNPhA**

**SSHP**

**CPNP**

**LKS**

**PDC**

**KY**



*APhA-ASP Eboard 2015-2016*



*APhA-ASP Eboard 2014-2015*

### APhA-ASP Social Committee

*Alexa Hospodar (P2), APhA-ASP Social Vice President*

"The Social Committee Invites You to the Annual Back-To-School Picnic!"

The social committee wants to welcome incoming and returning students to the new school year! To kick off the year, we want to invite you to the Back-To-School picnic that will be on Tuesday, September 1st at the Veteran's Pavilion in Schenley Park from 6-9 PM. This is a great opportunity for students to catch up after the summer break with some free food and drinks and for the incoming P1 class to explore the different organizations the school has to offer. Each organization will be looking to recruit new members and will have a booth with information to hand out to students. And

who could forget the dessert competition? So bring some of your best homemade treats!

Along with planning the Back-To-School picnic, the social committee is finalizing dates and beginning to plan the details of the annual formal and pharmacy weeks in January! If you think that joining the social committee to help plan all kinds of fun events that our chapter of APhA-ASP holds, our first meeting will be September 22nd at noon during lunch, with the location to be announced at the first APhA-ASP general body meeting. If you enjoy planning social events, having fun, and getting to know some other students

enjoy planning social events, having fun, and getting to know some other students with the same interest, then this is the committee for you! Additionally to planning the Back-To-School picnic, we work had to plan the events of pharmacy weeks in January and early February, which includes the No Talent Talent Show, formal, the White Coat ceremony, and other fun events for the school throughout the year! If you think this committee is a good fit for you, feel free to come to our first meeting or send me an email at [arh72@pitt.edu](mailto:arh72@pitt.edu)!

We look forward to seeing everyone at the Back-To-School picnic and to having another year of successful events!

One event we hold during the year is "The Price is Right: Pharmacy Edition!" where students had the opportunity to play in a game show to guess the price of different types of medications and win some cool prizes along the way! We are always brainstorming for new events to hold, and we are open to anyone that wants to join the committee or offer ideas!



*Contestants for The Price is Right: Pharmacy Edition!*

## **SCCP: Student College of Clinical Pharmacy**

*Ryann O'Neill (P3), SSCP Secretary*

**The Student College of Clinical Pharmacy (SCCP)** is one of the newest organizations in the School of Pharmacy. SSCP focuses on introducing our members, and the school at large, to the vast world of clinical pharmacy and research. Clinical pharmacy blends pharmaceutical care with specialized therapeutic knowledge to optimize medication use and outcomes.

Last year, SSCP began laying the groundwork for a chapter-wide project to encourage students to reach out to and work with faculty. The project's ultimate goal is to create an easily utilized system by which students can seek out appropriate mentors to match with their clinical career goals, research interests, or area of specialty to which they wish to be exposed.

Additionally, we paired with another pharmacy organization, Rho Chi, to hold a student-led discussion about research and mentorship experiences with various faculty members. Many students spoke of their Special Topics projects, which are student-led, faculty-mentored research projects, which can be carried out for credit or as a complement to pharmacy school curriculum. SSCP also entered into

collaboration and partnership with Primary Care Progress (PCP), an interprofessional organization at Pitt. We also held our first-ever, team-based local Clinical Pharmacy Challenge in April! Overall, we are proud of our successes accomplished over the past year.

As we enter our second year on campus, we look forward to offering a variety of opportunities to expose our members to clinical pharmacy, research, and new experiences! Some of these include promotion of the new ACCP Clinical Research Challenge, a networking event with faculty to especially highlight those who are involved with ACCP, publishing clinical cases in the Pitt Capsule, monthly case studies or updates in therapeutics presented by faculty, residents, or students, and even a potential networking/pen pal project with clinical pharmacy students in China! The growth of the organization and addition of new activities and events will provide great opportunities for involvement and leadership, especially for the incoming P1 class.

In October, some SSCP members will be attending the ACCP Global Conference in beautiful San Francisco,

to hear from and interact with leading practitioners and researchers from all over the world. Yearly ACCP meetings are also a wonderful place to gain experience presenting research and posters of your own or participate in the final rounds of the Clinical Pharmacy Challenge, with the top awards including a trophy, plaque and monetary prizes.

SCCP has monthly meetings, with the first meeting on **Thursday, September 24th**. We hope to see you there!



*SCCP Eboard 2015-2106*

## AMCP: the Academy of Managed Care Pharmacy

Alex Marshall (P3), AMCP Communications Chair

AMCP, or the Academy of Managed Care Pharmacy, is a national organization for pharmacy students and professionals interested in a niche area of pharmacy combining aspects of pharmaceutical knowledge, business, and patient care. AMCP is committed to providing the best available pharmaceutical care for all patients in the most cost-effective manner. One area of focus in managed care is formulary management, which allows physicians, pharmacists, and other health care professionals to work together to promote clinically sound medication therapy and positive therapeutic outcomes. Managed Care Organizations are also highly involved in specialty pharmacy, an exponentially growing area focused on high expense medications, including many with specific storage and handling requirements. Finally, Managed Care works to improve patient outcomes through oversight of Medication Therapy Management programs at community pharmacies. If you are interested in a dynamic career that influences the more than 200 million Americans covered by a managed pharmacy benefit, AMCP is the organization for you!

While there are numerous topics within the field of managed care, Pitt's AMCP chapter is here to ensure that its members are exposed to and comfortable with each aspect.

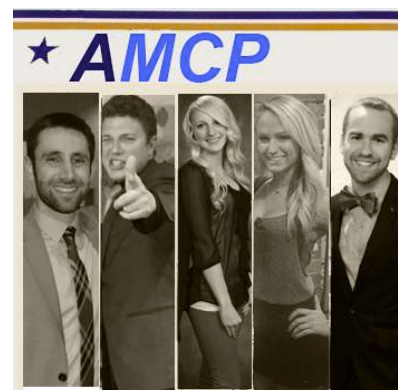
AMCP brings in leaders in the field to present on topics of expertise at general body meetings and monthly events. Pittsburgh is a great city for managed care pharmacy, and our organization takes full advantage by providing our members constant learning and networking opportunities. We will also have an annual curriculum vitae (CV) workshop, focusing on how to look your best on paper. During this workshop, there will be a focus on the steps needed to obtain a managed care residency.

In addition to learning more about this centerpiece in the healthcare system, AMCP will offer students an opportunity to participate in the Pharmacy and Therapeutics (P&T) Competition. This competition provides students with incredibly valuable experience in formulary management, health economics, and product analysis. Eight teams are selected nationally each year to compete at AMCP's Annual Conference! You will hear plenty more about this great opportunity during our general body meetings in the fall.

AMCP also travels throughout the year and our organization knows how to pick great locations for its conferences!

Last year, the AMCP Annual Conference was held in sunny San Diego and nine members from the Pitt AMCP chapter attended. Pitt's AMCP Chapter provides members with financial assistance to both the AMCP Annual Conference in the spring and AMCP Nexus in the Fall. AMCP Nexus is a smaller midyear meeting that allows AMCP members to learn more about managed care and serves as a warm up for the Annual Conference in the spring. This year, AMCP nexus is in Orlando, Florida, from October 26-29. Please reach out to us if you are interested in attending and we will help get you all squared away!

Keep an eye out for an e-mail about our first meeting! If you have any questions about joining or the workings of the organization, just send an email to our communications chair, Alex Marshall, at [acm102@pitt.edu](mailto:acm102@pitt.edu).



AMCP 2015-2016 Eboard

## PHARMACY PHUN PHACT

BEFORE he opened his printer's shop in Philadelphia, **Benjamin Franklin**, what didn't that guy do? -- was engaged to be a clerk for a mercantile store. For a short time he sold a variety of items, including herbs and medicines. Later, of course, Ben became famous for his many inventions and statemanship, and for dispensing healthful advice through his Poor Richard's Almanac, including "An ounce of prevention is worth a pound of cure" and "An apple a day keeps the doctor away."

Sources from "They Sold Drugs." *Benjamin Franklin*. N.p., n.d. Web. 07 Aug. 2015.





## PLS: Phi Lambda Sigma-National Pharmacy Leadership Society

*Kerry Moore (P3), PLS Secretary*



*PLS 2015 Inductee*

Welcome, student pharmacists! Phi Lambda Sigma (PLS) is a national pharmacy leadership society. The mission of PLS is to recognize leaders within the field of pharmacy and to foster leadership development in our



Here at Pitt, we are a very active chapter and you will encounter PLS throughout your pharmacy school career! In fact, you may have already met several PLS members at your pharmacy school interview last winter!

In addition to our peer mentoring program, PLS partners with several other organizations in the pharmacy school for events.

For example, each semester PLS and APhA-ASP host the leadership retreat, which allows students across all classes and pharmacy organizations to come together for collaboration and brainstorming

PLS and Rho Chi co-host a lunchtime lecture, which is a great opportunity for networking and leadership development early on in your pharmacy school career. Finally, our most popular event of the year is our PLS Auction which takes place early in the spring semester and benefits the Grace Lamsam Fund to help fund pharmacy services at the Birmingham Free Clinic in the South Side. The auction allows students and faculty to "bid" on auction items such as dinners with professors, kayaking with the Dean, or a game of kickball with UPMC residents – just to name a few of the items. We look forward to meeting all of the future pharmacy

## Rho Chi: Looking Forward to a Brighter Academic Year!

*Kaley Hayes (P3), Rho Chi Historian*

The Alpha Omicron chapter of Rho Chi extends a warm welcome to the Class of 2019! The Rho Chi Society is the academic honor society in pharmacy with the mission to encourage and recognize excellence in intellectual achievement and foster fellowship among its members. Members who are in the top 20% of their class are inducted into the society during the spring semester of their 2<sup>nd</sup> professional year; even though induction does not occur until then, P1s still have plenty of opportunities to participate in events held by Rho Chi to understand what the organization is all about.

One way that Rho Chi members are looking forward to meeting P1s is through our tutoring program! The first year in the School of Pharmacy has some tricky concepts in Biochemistry, Principles of Drug Action, and other

subjects, but Rho Chi members are excited to help the P1s out by creating opportunities for one-on-one tutoring, group review sessions, and extra practice so that first year pharmacy students can breeze through their first professional year. Keep an eye out for our emails and your ears open for our in-class announcements about our tutoring services.

Rho Chi Members have been busy this summer participating in health talks at the Salvation Army Rehabilitation Center, preparing for the upcoming year, and furthering their own individual academic pursuits! Heading into the 2015-2016 school year, we're looking forward to continuing our previous projects as well as developing new ones. Rho Chi, in conjunction with Phi Lambda Sigma, holds a monthly

lecture series with lunch that features a distinguished guest related to the profession of pharmacy. We'll keep you informed of who, what, where, and when; you just sit back and enjoy the lecture and your lunch! In addition, Rho Chi also runs a bi-annual blood drive, a lab card fundraiser you won't want to miss out on, and opportunities to learn about older students' and faculty's research projects.

Even though P1s cannot join the organization until spring of their second year, we invite all students to participate in events held by Rho Chi in the spirit of academic advancement of the profession of pharmacy (and sometimes, also in the spirit of free pizza). We highly encourage any P1s with questions about the Rho Chi Society, inquiries about our events, or struggles with any class concepts to

reach out to any of the Rho Chi members; we're here to help you in during this exciting academic



*Rho Chi  
2015  
Inductee*



*SIO's current Chief Executive Officer, Brian Terreri (P3), and former Chief Operating Officer, Jenn Baird (P4), at the MSL Mixer, October 2014.*

## SIO: Student Industry Organization

*Kerry Moore (P3), SIO Communications VP*

Welcome to pharmacy school, P1s! The Student Industry Organization (SIO) is focused on exploring the pharmacist's role in the pharmaceutical industry. These roles include research & development, medical communications, economics & outcomes research, marketing, and much more! Please come to our first general body meeting where we will go more in-depth on the mission and goals of our organization, and how P1s can get involved as members and in leadership positions. The stock value for pharmacists in industry is growing! Don't miss your chance to invest in a lucrative career path.

This year we will be repeating our October Medical Science Liaison (MSL) Mixer, which is an event for student networking with Pitt Pharmacy alumni that currently work in the pharmaceutical industry in a variety of roles. Our field trip to Novo-Nordisk in New Jersey was a huge success last January, so be on the lookout for a similar experience this year! Additionally, we will host speakers and current fellows in the pharmaceutical industry so we can learn first-hand about the pharmacist's role and the education and fellowship-application process that is unique to industry.

## PPA: Pennsylvania Pharmacists Association

*Laura Yost (P3), PPA Communications Ambassador*

The Pennsylvania Pharmacists Association (PPA) is the leading voice of state pharmacy legislation. Members of PPA strive to advance the profession of pharmacy through advocacy, education, and communication to enhance patient care and public health.

One of PPA's major events is attending Legislative Day at the state capitol in Harrisburg where we talk with state Senators and Representatives about pending pharmacy legislation. After our visit to the capitol last spring, a new law was passed that allows pharmacy interns to immunize patients! Look forward to participating in PPA's Operation Immunization events throughout the 2015-16 academic year.

PPA has opportunities for both Pennsylvania residents and out-of-state students. Conferences are held in state which provide enormous educational value without extensive travel costs.

value without extensive travel costs. Mark your calendars for the **PPA 2015 Annual Conference, October 1 – 4** at the Holiday Inn Harrisburg-Hershey in Grantville, PA. Attendance allows you to build relationships with students and pharmacists practicing in all areas of pharmacy across the state of Pennsylvania. Events include student poster presentations, networking dinners, a residency showcase, and interesting CE programs students can attend.

As a member of PPA you receive a FREE membership to the Allegheny County Pharmacists Association (ACPA). ACPA hosts free educational dinners throughout the year which are excellent opportunities for networking with local pharmacists.

All students (yes, you!) are welcome to attend **ACPA's Annual Picnic on Wednesday, September 9** at Schenley Park's Anderson Pavilion to get to know us, eat a free dinner, and beat Duquesne in the annual kickball game! Join us for our first meeting of the semester Thursday, September 3 at lunch for more information.



## SNPhA: the Student National Pharmaceutical Association

*Ingrid Pan (P3), SNPhA President*



*SNPhA Members  
at the Uniontown  
Health Fair*



*SNPhA members and pre-  
pharmacy students at McKee  
Place Family House*

The Student National Pharmaceutical Association (SNPhA) is excited for the upcoming busy 2015-2016 school year! SNPhA addresses pharmacy and healthcare-related issues and the poor minority patient population by developing programs and events to improve the community.

Since community service is a huge part of SNPhA, our members participate in the JDRF Walk to Cure Diabetes, Pitt Make a Difference Day, and the Chronic Kidney Disease Walk. We even cooked a healthy dinner while offering blood pressure readings to the McKee Place Family house residents last year. We plan on expanding our involvement in the community through more outreach events.

Our mission is to promote active participation in national healthcare issues. By utilizing the skills we learn in pharmacy school, we organized Operation Immunization flu clinic, the Diabetes Health Fair at Sam's club, and hosted a health fair in Uniontown. We also are working with the Jewish Healthcare Foundation to educate the college-aged population about HPV and its health-related risks on campus.

Not only does our organization consist of talented pharmacy students, but also has a huge pre-pharmacy undergraduate participation.

RxPrep and SNPhA are joining forces so that pre-pharmacy students have the best resources to gain pharmacy experiences, offer mentorship, and answer questions about pharmacy school. By working with each other through our programs and events, SNPhA members have become one, big "phamily".

We are excited for the upcoming school year and can't wait to meet you and your class. If you are interested in joining, we will be holding our first general body meeting on August 8<sup>th</sup> at noon or contact us at [snpha.pitt@gmail.com](mailto:snpha.pitt@gmail.com). Hope to see you at the Back to School Picnic!



*Up: SSHP members at WPIC  
immunizations presentation.*

*Down: SSHP members at Step  
Out Walk against Diabetes*



## SSHP: Student Society of Health-System Pharmacy

*Alyssa Davis (P3), SSHP Business Manager*

Welcome to pharmacy school, P1s! The Student Society of Health-System Pharmacy (SSHP) is a student organization under the American Association of Health-System Pharmacists (ASHP) that focuses on pharmacists in hospital and ambulatory-based practice settings. Pitt's chapter is generally 150 students across all classes and all professional interests!

This year, we are very excited to start our newest OTC Syringe Access Project, which is aimed at offering clean needles to IV drug users and safe disposal of used syringes in the community. We will also continue the success with our established projects such as: Men's Health and Contraception Talks with the undergraduate fraternities and sororities, and Poison Prevention, to teach about proper medication storage and disposal. Last year, our WPIC Vaccine Project was even nationally recognized with an outstanding project award!

The Midyear Clinical Meeting will be held this December in New Orleans and SSHP is proud to send members to this event with reimbursement. Students have the opportunity to network with leaders in the field, give poster presentations, and begin preparing for the residency process. Other main SSHP events include: Residency 101, Diabetes Walk, Q&A sessions with clinical pharmacists, a CV workshop, and our very own



*Cont'd from the previous page: SSHP*

process. Other main SSHP events include: Residency 101, Diabetes Walk, Q&A sessions with clinical pharmacists, a CV workshop, and our very own clinical skills competition. We are always looking for more students to get involved and hold leadership positions (even as a P1). Don't forget to stop by our table at the back to school picnic and our first general body meeting on September 1st! We hope to see you there!

If dancing isn't your thing and you're more into saving the world, you're in luck because every year PDC works endlessly to raise money to end pediatric cancer at the St. Jude's Give Thanks Walk. In fact, last year, we raised over \$5,000, only 2<sup>nd</sup> to Target. This September, we are once again taking to the hills of Frick Park in hopes of raising even more money for this amazing cause. Finally, we offer monthly presentations (by yours truly) on a variety of topics such as hypertension/diabetes management, over-the-counter medicines, etc. Our lasting relationship with the Jewish Community Center and blossoming one with the YMCA also allows us to conduct brown bag events where we help the elderly better understand their medications.

Now you are all probably wondering, "Gee, how can I become a part of such a remarkable and respected organization that offers so many outstanding benefits?" Well it's simple really; all you need to do is show us that you care by attending our rush events this September. There's going to be food galore at every event so you definitely will not be leaving empty-handed.

## Phi Delta Chi

*Tyler Ginn (P2), Phi Delta Chi Secretary*

Phi Delta Chi, otherwise known by the Salk Hall brethren as PDC, is one of three pharmacy fraternities at Pitt. Unlike Lambda Kappa Sigma or Kappa Psi, PDC is one of the few pharmacy frats remaining that is comprised of all dudes. PDC prides itself in promoting both social and professional bonds. As you walk through Salk Hall, you will see every brother looking after one another and always lending a hand; it is through our motto: "Each Needs the Help of the Other" that we are able to foster such unparalleled brotherhood.



*PDC brothers at White Coat Ceremony*

Our first event will be the school-wide picnic where you can stop by our table, grab a burger and hot dog, and just kick it with some guys being dudes. Our pizza lunch is a super casual time (no white coat needed) just to get a feel for what exactly PDC has to offer.

Our third event is us eating our weight in wings at Quaker Steak for no other reason than because we can. And finally, we'll be throwing the pigskin around and corn-holing it up with the LKS girls at our annual cookout. So come on by, get fat with us, and see what Phi Delta Chi truly stands for.

Our fraternity works tirelessly from within and with other organizations in order to create the best pharmacy experience possible. You can find us at countless social gatherings, service events, and professional activities. For example, this year, our brothers will be dancing the night away with the beautiful LKS ladies at our annual formal where chapter superlatives are announced, food is served until you're 30 pounds heavier, and people move and groove until Fetty Wap and Taylor Swift's beautiful voices can't save them anymore.



### Rush Schedule:

9/1 – Back-to-School Picnic

9/10 – Informational Pizza

Lunch

9/17 – Wings at Quaker Steak

9/19 – BBQ Cookout w/LKS

Any questions about the rush process or our fraternity, in general, can be directed to Tyler Ginn (trg21@pitt.edu), Bobby Pardini (rap100@pitt.edu), or Cavan O'Reilly (cto6@pitt.edu).

## Kappa Psi Pharmaceutical Fraternity, Inc.

### *Betsy Smith, Kappa Psi Corresponding Secretary*

Kappa Psi is Pitt's Co-ed pharmacy fraternity as well as the oldest and largest pharmacy fraternity in the world. The fraternity is dedicated to advancing the profession of pharmacy, forming strong networks between Brothers, and holding members to high standards. Brothers of Kappa Psi participate in both philanthropy and social events each semester.

Kappa Psi is very active in the school of pharmacy. The patient care project this year, "Planet Pittness" was a huge success: Brothers educated college students in the residence halls on healthy living on campus. Kappa Psi's event during Pharmacy weeks this year was "Pie a Kappa Psi," where we raised money for the Birmingham Free Clinic.

Some of the service projects this past year included cooking a meal at Family House, volunteering at Global Links and the Pittsburgh Poison Center, and participating in Relay for Life. Other highlights during the year for Kappa Psi include a Halloween haunted house trip, a lineage dinner, a ski trip at WISP resort in January, a spring formal, and a Pirates Tailgate.

Members of Kappa Psi also have a chance to travel and network with Brothers outside the University of Pittsburgh. In August, 13 Brothers attended an international Kappa Psi convention in Denver, Colorado. This past year, some students had the opportunity to attend regional meetings in Baltimore, MD, Nashville, TN, and even Florida.

Kappa Psi is a great way to get involved in pharmacy school, meet some awesome people, and have tons of fun! We hope to see you at the first rush event for Kappa Psi will be at the Back to School picnic. Rush will continue throughout September. For more information about Kappa Psi, please feel free to talk to me or any Brothers or visit the Kappa Psi Page on [www.Porxtal.com](http://www.Porxtal.com).



**CONGRATULATIONS!** On Aug 6<sup>th</sup>, 2015 in Denver, Colorado, the Beta Kappa Chapter of Kappa Psi at Pitt won Chapter of the Year! –It is the 4<sup>th</sup> time that Beta Kappa won since 2002.



*KY Brothers at Spring Formal*



*Brothers hanging out at the Pittsburgh Zoo.*

## LKS-Lambda Kappa Sigma: Here's to the New Beginnings!

### *Kayla McFeely, LKS Corresponding Secretary*

After a busy summer of getting in those intern hours, reading the active ingredients on sunscreen bottles and poison ivy lotions, and somehow finding time to relax before classes begin, the sisters of Lambda Kappa Sigma are ready to jump back into another exciting year of successful fundraisers, professional projects, and social events.

We are planning to continue some of our most notable projects such as potlucks and bake sale fundraisers, and of course the hype for who will be crowned the next Dr. Salk Hall is already mounting. In this male beauty pageant, the dental and pharmacy boys (men?) face off to earn not only bragging rights, but also a donation to a charity of their choosing. We are also looking forward to expanding some of our fresher projects such as Hope WaLKS, which really started to take shape last year.

Each sister will play an important role in making these events successful in order to support the chapter and our charity, Project HOPE. This fabulous charity, which began as a U.S. Navy hospital ship called S.S. Hope, looks to provide the necessary medicine, supplies, and education in order to counter the hardships associated with disaster. They also work to promote public health and wellness around the world, and LKS is proud to have been able to support their efforts over the last few years.



*Cont'd from the previous page: LKS*

We are also excited to continue to support the National Ovarian Cancer Coalition any way we can by participating in 5K's, bake sales, tabling and of course, last year's widely successful Teal Tap fundraiser held at Carson City Saloon in South Side...start planning your teal outfits and getting excited for this super fun and rewarding event!

Last but not least, we are looking forward to the social events that bring us closer as a chapter, while also allowing us to grow with our pharmacy school family as a whole. Last year, we hosted our annual formal with Phi Delta Chi, participated in a movie night with Kappa Psi, and held our annual Black and Pink party at Cavo in the Strip District, not to mention hosting various sisterhood events such as a Fright Night outing, brunch at the Yard, a Pirate game, and the list goes on.

But most importantly, WELCOME TO THE FAMILY P1's! We are excited for you to embark on the tireless, but rewarding, journey of pharmacy school with us! Despite the unfortunate fact that "blow-off" classes no longer exist, we want to help make your transition into pharmacy school as painless as possible, so do not hesitate to approach any of the sisters for more information on our awesome organization and school in general. We look forward to meeting you all! For more information about our chapter, like us on facebook (PittLKS), and follow us on twitter and instagram (@LKSDeltaChapter)- we follow back.



*Up: LKS  
convention  
in St. Louis*



*Down:  
Undefeated  
powderpuff  
team 2015*



*LKS Initiation Fall 2014*

### **CPNP: College of Psychiatric and Neurologic Pharmacists!** *Kristin Lampley, CPNP Treasurer*

Welcome to pharmacy school! The College of Psychiatric and Neurologic Pharmacists (CPNP) promotes excellence in pharmacy practice, education, and research to optimize treatment outcomes of individuals affected by psychiatric and neurologic disorders. Last fall, Pitt joined 16 student chapters nationwide to advocate for this highly stigmatized patient population and encourage interest in the field of mental health.

During our first year as an official student chapter, we provided insight into the profession of psychiatric pharmacy through lectures from our expert clinicians at Western Psychiatric Institute and Clinic (WPIC). In addition to hearing from our outstanding pharmacists, we implemented educational development and community service projects at various sites, including shadowing and medication education group participation at WPIC and mental health movie groups with our faculty mental health experts. We are working on reaching out to several other mental health organizations in the Pittsburgh area.

Our goal is to provide a variety of experience and exposure for our members. We encourage you to join us in representing the University of Pittsburgh! We will have a stand at the back-to-school picnic, so please come stop by to learn more about CPNP!

## The Most Wonderful Time of the Year

Aaron Devanathan (P4)

P1s: welcome to pharmacy school! This is an exciting time in your lives as you begin this great journey. What I am about to say is repeated over and over again in the first few months from various organizations and individuals. My goal is to provide some tips and tricks, especially at the beginning of P1 year:

1. Organizations – there are many organizations here that you can join. Much like anything else, you have to take the time to understand what the organization represents and then join as you please. *The Pitt Capsule* (what you're reading) is great to provide you periodic updates of the organizations so that you choose wisely.
2. Classes – they are bunched together, which is different than most undergraduate years. The workload is larger and it consists of individual and group.
3. Your classmates – become friends with them. You're going to be seeing a lot of them in at least the next three years. It makes logical sense to

4. Conferences – organizations have conferences and it's a good idea to join them, even as a P1. Ask any P2, P3, or P4 and he or she will tell you how much fun conferences are. And take that opportunity to travel and meet new people; it will provide you new insights into the profession. I challenge you all to go to at least one every semester of pharmacy school!

5. Workload – stay on top of the work. We all boast time management skills, but be sure to actually manage that time. Little assignments can add up quite a bit rather quickly and the exams are always just around the corner.

6. Together – you're all in this together. If someone needs help, assist that person. If you need help, ask for it. You will be surprised how many students and faculty are willing to help you

This is one of the best schools because of the opportunities it affords you and the wonderful people. All you have to do is be open to the many possibilities of the profession and you will be amazed. The earlier you realize this for yourself, the more enjoyable the pharmacy school experience will be. So...meet new people, attend conferences, and work hard. It's definitely not impossible. As I said before: pharmacy is a small world, and we welcome you all into it!

## Acknowledgement

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## FINAL ANNOUNCEMENTS

APhA-ASP is looking for a **Publication Chair** for the Pitt Capsule Committee. Please shoot Daisy an email [pittcapsule@gmail.com](mailto:pittcapsule@gmail.com) if you are remotely interested in taking on a leadership position within APhA-ASP! We will talk details over coffee/tea!

Stay tuned for the October issue, where we will continue the Pharm's Phashion (a fashion column), Dear Aspirin (Q&A), and Professor Phun Phact (Matching game)!