

The Pitt Capsule

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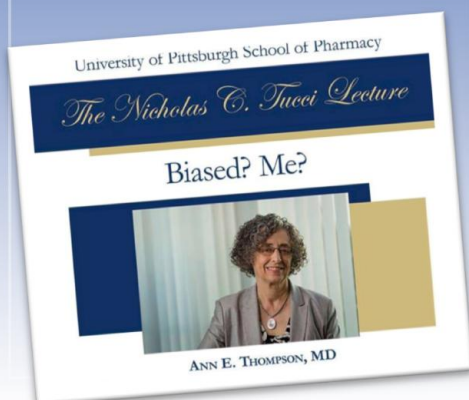


APhA-ASP: American Pharmacists Academy of Student Pharmacists

Alexa Hospodar (P3), Social Vice President

On behalf of APhA-ASP, thank you to everyone that came out and participated in the Pharmacy Weeks events. It was a huge success and we couldn't have done it without you!

With the spring semester in full swing, it's already time for APhA-ASP elections. Today at our general body meeting, we will be voting on four executive board positions, so be sure to stick around and hear what the candidates have to say. Good



Save the Date!

Tucci Lecture
Luncheon

February 7, 2017
12-1 PM

Salk Hall

Next APhA-
ASP GBM

March 1, 2017
12-1 PM

Salk Hall

APhA-ASP
Annual

March 24-26, 2017

San Francisco, CA

Continued from previous page (APhA-ASP):

luck to everyone running! Interviews for the appointed positions will be held next week and those appointed to the positions will be announced shortly after.

In early February, APhA-ASP will be holding a professional headshot fundraiser. This is great way to get a professional picture that can be used for applications, your LinkedIn account, and various other professional reasons. Headshots will only be \$5 and all proceeds will be donated to

PharmPAC. Keep an eye out for further details about time and location!

There will be a luncheon with the speaker of this year's Tucci Lecture, Dr. Ann Thompson, who spoke about bias during her lecture. The additional luncheon with her will be on **February 7th** from 12-1 PM. Seats are limited, so be on the lookout for signups if you are interested in learning more about Dr. Thompson and her outlook on the profession of pharmacy.

SSHP: Student Society of Health-System Pharmacists

Heather Johnson (P3), Business Manager

December was a very exciting month for the University of Pittsburgh's SSHP chapter. We attended the ASHP Midyear Conference in Las Vegas, NV, a gathering of approximately 26,000 pharmacy professionals. Pitt/UPMC had over 90 attendees alone. At this conference, students were inspired by the keynote speaker, learned about the match process, and had the chance to mingle with residency programs. It was a very successful event for SSHP.

We hope to keep the excitement alive with our events for this semester. Currently, SSHP is focused on our upcoming elections. We are looking for dedicated and hard-working P1s and P2s to assume leadership roles within our organization. SSHP is also planning a CV workshop this semester. Geared primarily at P2s and P3s, this workshop will allow students to hear from faculty about the best CV practices. Students will need a CV throughout pharmacy school and beyond, so now is a perfect time to make sure

your CV presents you in the best way possible. SSHP is also in the beginning stages of planning a fundraiser that would involve a pharmacy themed game night. Right now we are also accepting new members so make sure to turn in your form and \$10 fee to an E-board member. One of the easiest ways to get involved in SSHP is through our professional projects and currently our group leaders are all planning events for the semester. Get involved in what interests you! P1s and P2s, maybe you will even attend an event that you want to lead next year!



P3 students Tyler Ginn and Dominic Leader presenting our chapter's poster on Men's Health at the Student Society Showcase

A group of PDC
Brothers prepare for
the Steelers game in
Gatlinburg, TN



PDC: Phi Delta Chi

Tommy Szeltner (P2), Worthy Keeper of Records and Seals

Greetings and salutations! It has been a while since the last report on the Boys in Old Gold and Dregs of Wine, but let be assured that we have been busy. From volunteering at Global Links and bonding in the Smoky Mountains to performing at Dr. Salk Hall, PDC has had a lot on its plate. We have also initiated our new pledge class, welcoming 23 new brothers into our ranks. We are proud of these young men and cannot wait to see them continue to improve our great organization.

Our big event for the month was our annual retreat to Gatlinburg, TN. Over the long Martin Luther King Day weekend, 18 of our brothers journeyed to the Smoky Mountains to meet with other PDC Chapters and to spend a

little R&R time with each other. Despite the recent forest fires, the area was still beautiful with temperatures in the mid-60s. It was nice to thaw out a little bit after many weeks of winter in Pittsburgh. The retreat ended with a Steelers playoff victory, which was the cherry on top of an already sweet weekend.

As mentioned above, several of our brothers hit the stage for Dr. Salk Hall to support several philanthropic causes including Project Hope. Brothers Marc McCann, Sam Bott, Paul Stangl, and Tommy Szeltner all did a great job sharing their talents, personality, and dashing good looks with the Pharmacy and Dental schools.

With a new semester comes new and exciting things, keep

posted for our annual professional sale, our monthly hoagie sales, and much more. Until then, thanks for reading and good luck in your spring semester!



PPA: Pensylvannia Pharmacists Association

Nicolette Diehl (P3), Communications Ambassador

The Pitt PPA Chapter ended last semester with the annual Christmas Toy Drive for Matilda Thesis. P1, P2, and P3 students were encouraged to donate toys during the last weeks of the semester. The toys were distributed to the parents at the clinic the week before Christmas. Together we donated over one hundred toys to over thirty families in Pittsburgh; we would like to send a huge thanks to all who donated. Congratulations to the P3 class for donating the most toys!

On **January 11th**, Dr. Pater and the Pitt E-board hosted the annual local OTC competition. Eight teams of P2 and P3 students completed to win the local title and move onto the state level. A team of P2s including Luke Jennings, Michelle Miller, and Dana Jenkins prevailed and competed in the annual

statewide competition at the Mid-Year conference last weekend. Stay tuned for the March Pitt Capsule to hear more about the competition and the Mid-Year conference!

Now that the spring term is upon us, it is time to start thinking about running for our Pitt E-board and statewide Student Advisory Board positions. We send an email to the school about our open E-board positions including communication ambassador, government ambassador, membership ambassador, and Katy's Kids. If you are interested in applying for one of these positions, please consider reaching out to the current ambassador for more details. Additionally, the Student Advisory Board applications are currently open until **March 10th**. Many of our E-board and chapter members sit on this board, so please reach out if

you have any questions or want more details about the positions.

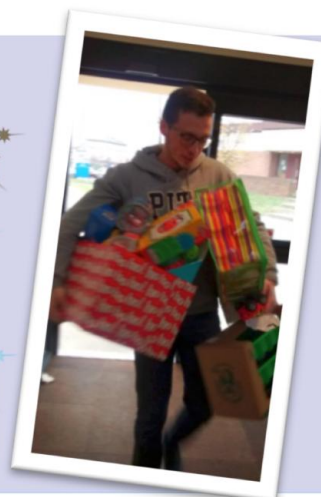
As quick reminder, Legislative Day is scheduled for **April 19th**. This is a great opportunity to meet with state legislatures and discuss bills that impact our role as student pharmacists. If you are attending (P2s especially), please consider completing the GRASP program, which will educate you on the bills discussed and better prepare you for your trip to Harrisburg. It is free of cost to PPA members and details can be found online. Any questions about the GRASP program can be directed to Brando or Phil.

Lastly, we want to welcome Dr. Brandon Antinopoulos as our new faculty advisor! We are happy to have him on board and are excited to work with him during this semester.



Toys collected from P1, P2, and P3 students for the annual Matilda Theiss Christmas Toy Drive

Brando moving like lightning at the toy drive





SCCP: Student College of Clinical Pharmacy

Mikhaila Rice (P2), Secretary



SCCP is looking forward to what this semester holds! We kicked off with a GBM featuring Dr. Pruskowski, who talked about her membership in ACCP. The following week, we hosted our local Clinical Research Challenge to decide which three students would move on to represent us in the national competition. If you missed participating in the Clinical Research Challenge, keep an eye out for the Clinical Pharmacy Challenge, which takes place towards the end of the semester; our Pitt students have done well in

these national competitions in the past, so don't hesitate to give it a try! Throughout the semester we plan on hearing from more professors who are involved in ACCP, possibly meeting up for a social event with the Duquesne SCCP chapter, and rolling out our OTC project for students on lower campus. If you're interested at all in clinical pharmacy of any kind, be sure to check out our Facebook page @universityofpittsburghsccp to get the latest updates on meeting times and locations.

KY: Kappa Psi

Matt Greene (P3), Corresponding Secretary

Welcome back everybody! Here's hoping you had a recuperative winter break. This January we welcomed these eight adorable little baby P1s into our illustrious Brotherhood! Welcome to the Chapter guys, we are very proud to have you! With pledging over after a long fall semester, Kappa Psi is looking forward to elections when we will pass the reins to a new Executive Board for the new year. In the meantime, we enjoyed our annual, much-anticipated Ski Trip; as usual, everyone had a great time. We bonded as Brothers outside the context of Oakland and without the responsibilities of school getting in the way, and we are already looking forward to Ski Trip 2018!

The Brothers have lots of ideas for new and continuing philanthropy projects this spring on top of our busy academic schedules. We also have Spring Provence Conclave to look forward to in Reston, VA in early April. It wouldn't be

spring term without a good road trip! As I mentioned earlier, our elections are coming up soon, which means my tenure as Corresponding Secretary is coming to an end. It has been a lot of fun and a great learning experience, which is something I think all of us on E-board can say. Therefore, as this is will be my last article for this publication, I just want to say so long, and thanks for reading!



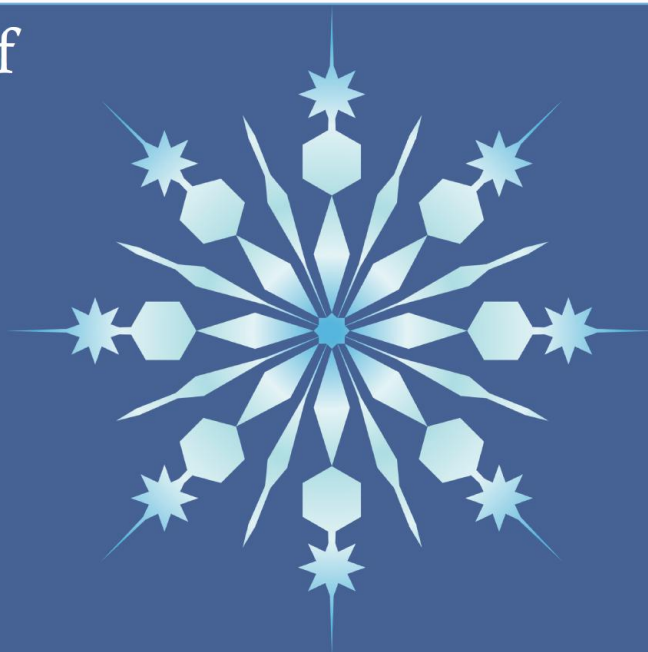
Left to Right: Tsion Tafesse, Nicole Farrah, Kim Dao, Lina Shao, Olivia Fritz, Emily Craine, Varsh Prakasam, Vivian Tsai

ASCP: American Society of Consultant Pharmacists

Amanda Schwenk (P2), Business Manager

The spring semester is not the only new addition to 2017; Pitt's chapter of the American Society of Consultant Pharmacists has arrived! Our leadership team is extremely excited to finally bring this organization and its many benefits to the student pharmacists of our school.

The American Society of Consultant Pharmacists is focused on providing optimal medication management services to improve health outcomes for geriatric patients. Over 9,000 pharmacy professionals are involved in the organization, and we hope you will consider joining as well! Becoming a member allows you to participate in the events and activities the organization assembles, in addition to opening up networking opportunities with local geriatric pharmacy professionals. Throughout the semester, we will be reaching out to geriatric pharmacists, pharmacy residents, and other professionals in the field to speak to us about their roles in pharmacy and caring for our older population. They will be speaking to us at our monthly meetings, scheduled for **February 16th**, **March 23rd**, and **April 4th** at noon. We will also be visiting local senior centers to take blood pressure readings and speak about medication adherence, participating



in the Alzheimer's Walk in the fall, and educating older adults about important immunizations and poison prevention.

As our organization kicks off, it is crucial that we have support, interest, and participation from all of you! There are many available leadership positions for next semester and the openings for new project ideas are endless. The beauty of being involved in this organization is that almost all of us, in some capacity or another, will care for geriatric patients in our careers. Obtaining more experience with this patient population and making a difference in the lives of many will always be a smart choice. We look forward to seeing you all at our next meeting, and best of luck with the new semester!

SIO: Student Industry Organization

Paul Stangl (P2), Communications Vice President

Student Industry Organization is starting the semester off strong with a number of exciting events coming up! In January, SIO hosted a student tour of a Mylan Pharmaceuticals factory in West Virginia. We enjoyed providing students with a firsthand opportunity to experience and

learn about how drugs are manufactured. Additionally, the second round of the Biotech Investment Fantasy League began **January 17th**! The Investment League had a successful first semester. Many students showed up to participate and learn about investments and the

Continued from previous page (SIO):

business aspect of the pharmaceutical industry, including drug development and current events! Coming up in February, we will hold our annual Pharmaceutical Industry Symposium. This event will feature distinguished guest speakers, keynote speakers, and various interactive

activities. The symposium is open to students from all classes in the School of Pharmacy as well as PhD program students. The event is business casual. Please join us for a great day of pharmaceutical industry networking, learning, and of course food! As always, for all things SIO please like our Facebook page for more announcements, events and sign-ups!

Biotechnology Fantasy Investment League

Collin Wolf (P2) and Sam Bott (P2)

Following the conclusion of the first round of the Biotechnology Investment Fantasy League (BIFL), we would like to congratulate our winners and participants on their successful investment efforts. The winners for the fall term are Rami El Chammas, Emily Novak, and Tim Crabtree respectively. We asked El Chammas if he could share some insight on his investing success: "It took lots of research, perseverance, and fearless investing," says El Chammas, clearly showing his focused efforts.

With over fifty student investors and multiple faculty members, investors were exposed to a myriad of strategies and perspectives. Drawing attention to one investing group called Suite 11, a joint venture between Dr. Smith and Dean Kroboth, we found their strategy focused on solid company fundamentals and modest company growth. "Clearly our strategy this term wasn't enough to compete against the other student investors," commented Dr. Smith. "This project reminds me of the late John Curran, a Pitt Pharmacy Alumnus, Ph.D. Class of 1971 (the student services center is named after John and his wife Connie). John always said that pharmacists should use their knowledge of drugs and the industry to guide investments. He would have been so proud that students developed and

implemented this Fantasy Investment League. It is a great way to learn about the pharmaceutical industry and investing strategies that you can use for the rest of your life. I hope to spend more time analyzing so that I can catch up to the students."

As we welcome the spring term, we would like to present the opportunity for all interested students to develop and showcase their investing skills. At BIFL, there are a few ideas that are central to our work. First, uncertainty creates opportunity. The turbulence of the election created an environment where many of our investors succeeded. Second, good research on companies with solid fundamentals yields sound investments. And finally, anyone can invest. No experience or technical skills are required to make good investment decisions.

So join us. Spring session enrollment closes on **February 1st**. Let's think big about the future of our careers, new directions in healthcare, and our own financial ability.



From left to right: Tyler Graham, Sam Bott, Collin Wolf, Emily Novak, Rami El Chammas, and Dr. Smith

LKS: Lambda Kappa Sigma

Karen Quach (P3), Corresponding Secretary

Since the last time you heard from us, we had many events even before the holidays, including the annual fall formal with PDC and the holiday dinner at Buca di Beppo! It was the perfect way to end the year before the start of the holidays. We also had a number of sisters attend ASHP's Midyear Clinical Meeting and Exhibition in December, some of whom presented posters on their ongoing research projects.

Most excitingly though, our chapter is proud to announce that we officially initiated 62 ladies into the chapter this year! We are so excited to have these

ladies on onboard, and we cannot wait to see how our chapter will advance under the direction of our future leaders.

More recently, our chapter held the 5th Annual Doctor Salk Hall- thank you to everyone who attended and we truly hope you enjoyed the show! We are very proud to announce that we raised over \$1450, which was donated to both our philanthropy, Project HOPE, and the winner's charity of choice, amfAR.

Furthermore, our chapter has been diligently working to make sure we are continually

making a difference in our community, through both professional and service projects. To name a few events, we participated in the MLK Day of Service, the Matilda Theiss Toy Drive, and more! In addition, you can catch us OTC Tabling at the University Pharmacy, as well as with one of our newest connections, Catholic Charities of Pittsburgh.

As always, please follow us on Facebook (@PittLKS) and Instagram (@LKSDeltaChapter) for more information and to stay updated on all of our events!



LKS Delta Chapter initiates 62 ladies in the fall of 2016.



The Dr. Salk Hall contestants, pictured with the LKS Dr. Salk Hall co-chairs and the evening's MCs.

RESOLUTIONS FOR PHARMACY STUDENTS

In case you're off to a late start on making (or keeping) your New Year's Resolutions, we've listed a few of our favorites here!

- Make time to exercise
- Go after the internship of your dreams
- Participate more in class (requires showing up to class)
- Spend less money at the coffee cart
- Try a new restaurant or meal every month
- Host a dinner party
- Study outside more once the weather gets nicer
- Say "sorry" less; use "thank you" more
- Read about something other than pharmacy, or something about pharmacy... it's up to you
- Learn a new language
- Befriend someone in another health care field
- Meet Kirillova's dog
- Present a poster at a conference
- Be pharmtastic, always



AMCP: Academy of Managed Care Pharmacy

Hilare Kimmel (P3), Communications/Social Media Chair

AMCP is gearing up for the spring semester with the annual Pharmacy and Therapeutics Competition. Two teams of four students will compete against each other in a formulary management style competition. The teams consist of P3's Elizabeth Garcia, Alexa Hospodar, Hilare Kimmel, Ally Seitz, Tim Crabtree, Brando Barry, Gabby Dziuba and P2, Rami El Chammas. The winning team's materials will be submitted to the national AMCP student chapter for a chance to compete against other pharmacy schools at the annual AMCP conference this March in Denver, Colorado.

In addition, AMCP will be hosting a webinar for the AMCP Northeast Region Affiliate in Salk Hall on **February 23rd** from 6 to 7:30 PM. The topic is "Emerging Biosimilar Trends and Insights" presented by Jim Smith, RPh, MBA and sponsored by AbbVie. Dinner will be provided. Please contact Carley Mingone at cjm119@pitt.edu by **February 17th** if you plan to attend this event. Room details to come!

AMCP will also be looking for upcoming P2 and P3 students to take over the AMCP e-board. Please contact any of the current AMCP e-board members if you have any questions!

PLS: Phi Lambda Sigma

Gabrielle Dziuba (P3), Secretary

Phi Lambda Sigma kicked off the spring semester with the annual Pharmacy Auction at the Hilton Garden Inn. The auction, which was held on **January 26th**, raises awareness and money for the Grace Lamsam Charity foundation. Phi Lambda Sigma wants to thank all the faculty, alumni, and students who attended and participated in the event by bidding or donating items. Each year it is the students and faculty who participate that contribute the most to the success of this event and we are thankful for all the continued support. Some of the auctioned items included: horseback

riding with Dr. Pringle, a pot-luck lunch donated by APhA-ASP, and an evening of dinner and cookie baking with Dr. Meyer. A special thank you to Dr. Drab, Dr. Pschirer, Josh Krise, and Jenna Borowski for acting as auctioneers for the night. Additionally, Phi Lambda Sigma is excited to be welcoming new members in early February. Congratulations, new members! The induction ceremony will take place in March. Be on the lookout for the second round of the leadership workshop series, which will be open to all students in the School of Pharmacy. Last year's workshops were extremely successful and we are looking forward to great speakers and interesting topics this spring!

SNPhA: Student National Pharmaceutical Association

Top Triamwong (P3), Secretary

Hello everyone! A new semester has begun and SNPhA is once again hitting the ground running. We provide both our student pharmacists and our undergraduate students with opportunities to serve the underserved. Preparations are underway for the upcoming regional conference in Birmingham, AL, where the great Dr. Martin Luther King Jr. was jailed and wrote a series of deeply insightful letters during the height of the Civil Rights Movement. Aside from its historic significance, the conference will be a great place

to network with other like-minded students and share research posters. In other news, SNPhA is going ahead with its annual HIV presentations to the students at Taylor Allderdice as well as Oak Hill. We are also hard at work putting together a collaborative screening of the HPV documentary that was screened last year with Duquesne's chapter. As you can see, there's plenty to do at SNPhA, and we hope you join us this semester as we move ahead in this bold new year.

CPFI: Christian Pharmacists Fellowship International

Olivia Marchionda (P3), Vice President

Welcome back to a new semester! We hope that everyone had a relaxing winter break. To recap, CPFI finished out last semester making holiday cards for our wonderful faculty here at the school. We are so lucky to have great faculty to prepare us to be the best pharmacists we can be! CPFI has begun our weekly bible study meetings. We will be discussing a variety of topics this semester. If you



would like to receive our weekly emails and updates you can reach out to Kaela Walsh (P3), Angela Li (P2), or Olivia Marchionda (P3) and join our Facebook page- CPFI Pitt. All are welcome! We will be having elections for the next school year during our meeting on **March 29th**. Good luck in this spring semester!

CPNP: College of Psychiatric and Neurologic Pharmacists

Kristin Baughman (P3), Secretary

Welcome back! CPNP is proud of our accomplishments last semester, including participating in NAMI walks, completing a successful care package fundraiser, and holding a naloxone use presentation. We had our first guest speaker of the semester, Lisa Sherron, who is a drug representative from Janssen (Johnson and Johnson's pharmaceutical division) who talked to us about schizophrenia and the long-acting injectable treatments. At this meeting we also had the chance to use a hallucination simulation.

Looking ahead, we are setting up job shadowing and further

fundraising efforts. We are fortunate to have many connections at Western Psych, so our members often shadow the clinical pharmacists who work in areas like dual diagnosis (mental illness and addiction). Throughout the semester, we will be selling green ribbon mental health awareness lapel pins, so if you are interested in purchasing one reach out to any CPNP member. Additionally, we are working to expand our naloxone SIM man presentation to local high schools and collaborate with a local clinic that offers buprenorphine treatment for patients recovering from opioid addiction.

We are also looking forward to CPNP's national conference this April in Phoenix, Arizona, where some of our members may have the opportunity to present a poster. Lastly, we are looking to strengthen our involvement in the neurology aspect of CPNP as well as hoping to arrange guest speakers to discuss this subject with us at future general body meetings. We are always looking for new ways to broaden our knowledge about mental health and promote mental health awareness. We intend to provide a variety of experience and exposure for our members. If any of this sounds interesting to you, don't hesitate to contact us at cpnppitt@gmail.com or check out our PoRxTAL page!

Rho Chi

Olivia Marchionda (P3), Historian

Welcome back to a new semester! We hope everyone had a wonderful winter break with a smooth transition into the spring semester. P1s: one semester down, you got this. P2s: Enjoy this semester; it's much better than last (but what isn't better than P2 Fall?). P3s: The light is at the end of the tunnel! But the tunnel is filled

with lots of oncology and neurology exams.

To recap, Rho Chi held the annual Posters, Professors and Progress back in November. The event featured faculty and their research, and students were able to rotate through the tables that interested them the most. The event was a success

and we hope that everyone who attended enjoyed it as much as we did!

Rho Chi members have been busy preparing for the Rho Chi meeting that is taking place at the APhA Annual meeting in March. We are very excited that Rho Chi has been nominated for a prestigious chapter achievement award for

Continued from previous page (Rho Chi):

the second year in a row! The chapter has prepared a brief video that will be shown at the meeting in San Francisco.

On **February 22nd** at 12 PM in room 402 Rho Chi is hosting our annual Student Research and Poster Presentation Session. This event is a great way to learn about all of the projects and research that your peers are working on outside of the classroom. Come for free food and great conversations!

Finally, our member of this month is Elizabeth Garcia! Elizabeth serves as the Vice President for our Rho Chi chapter. Elizabeth has worked diligently to plan our blood

drives, which have been very successful. She has also used her time to write several award nominations, work on initiating new chapter events, and has been a huge contributor to our chapter's success! Here are some fun facts about Elizabeth:

1. What is the scariest thing you have ever done?

I moved across the country to Seattle with my husband (then boyfriend), even though I'd never been to Washington state before and neither of us had jobs. But we were able to find an apartment, find work, and make new friends, and it taught us a lot about what we were capable of.

2. What do you consider your best talent?

Organization! I'm really good at planning, making lists, creating spreadsheets, and other aspects of early project management.

3. What does a perfect day look like to you?

Sleeping in late, making a big pot of coffee, and reading historical fiction (in progress: Hilary Mantel's "Wolf Hall" and Conn Iggulden's Wars of the Roses series). Followed by getting dressed up and heading out to see a live opera, either at the Pittsburgh Opera or the Metropolitan Opera.



Advice from a Fourth Year: My Top Five Pharmacy Information Resources

Keito Hoshitsuki (P4)

The ability to access the right information effectively is one of the most important skills to acquire. Since information changes so quickly, it is even more important than memorizing every detail from class. For example, the Class of 2016 learned completely different cholesterol, hypertension, and diabetes guidelines, and the hepatitis C guidelines were not even published at the time because the information changes too quickly for a print version to be valid for long.

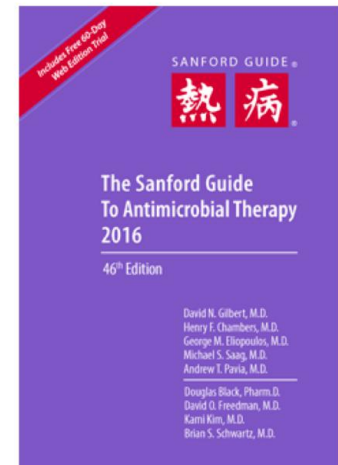
I would like to share five resources that I have found to be the most useful for practicums, capstones, and rotations. Some of these resources do cost money; however, I have found them to be a worthwhile investment.

#1 Dynamed - \$100/year

Dynamed has greatly improved my pharmacy school experience. I find this to be my most valuable resource, and I use it almost daily. Dynamed is similar to UpToDate in that it provides disease information and management strategies, but I prefer it to UpToDate because of its superior organization and methodology in incorporating evidence. DynaMed's recommendations are supported by evaluated literature. Both quick summaries and in depth analyses are included. I highly recommend the free trial.

#2 Sanford Guide – variable pricing

This guide is the same as the printed book, and there are both app and web versions available. The app is much more portable, updates regularly, and has the capability to search by bug or drug. You can get just the microbial therapy guide or get a bundle with Hepatitis and HIV/AIDS treatment. This is the most recent addition to my information arsenal, and I use it frequently. The Sanford Guide is a fantastic resource to refresh your ID knowledge and help you make confident antibiotic recommendations.

**#3 Micromedex (specifically the Adverse Effects tab under In Depth Answers) – free via HSLS**

I won't go into detail about all of the benefits to using Micromedex, but the most useful part is the Adverse Effects tab, which can be used to evaluate the likelihood of a symptom being an adverse drug event (ADE). Physicians frequently ask about the possibility of ADEs, and a long list is not helpful in knowing the probability. Micromedex does an excellent job citing percentages and the source of the information.

**#4 Preventative Care Apps (CDC immunization schedule and AHRQ ePSS) – free**

Yes, this is cheating a bit by filing two apps under one heading but both are great for preventative care. The CDC app provides quick access to current vaccine schedules. AHRQ ePSS provides preventative care guidelines from the U.S. Preventative Services Task Force (USPSTF) and is particularly useful for ambulatory care.

#5 Lexicomp – \$285/year but often discounted

I would consider this “luxury” resource. Lexi-Drugs and Pediatric Lexi-Drugs can be accessed for free via UpToDate, but it requires an Internet connection. Unfortunately, Internet can sometimes be unreliable in remote locations or in certain hospital units. I would consider purchasing Lexicomp in case you don't always have Internet access. It is an app suite that includes adult and pediatric databases along with many other resources. I find the medical abbreviations dictionary to be particularly helpful when reading physician notes.

Phashion Phorum Featuring:

Dr. Hernandez

Pauline Hoang (P3) & Doreen Foy



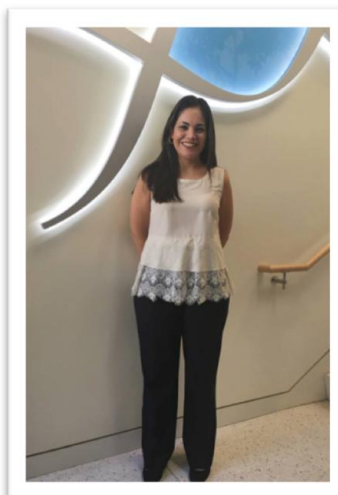
Last fall, we were fortunate to talk to Dr. Hernandez about her exciting career pathway from Spain to the U.S. and pharmacy practice in Spain. Dr. Hernandez lived in a rural area in Northern Spain. After completing her pharmacy degree, she went on rotations in the UK. With an interest in pharmacoeconomics research and academia, she attended Pitt School of Public Health, and then applied for a faculty position. She has been with us since August 2016. Growing up, her mother was a pharmacist and she owned an independent pharmacy in the basement of her house. She was exposed to pharmacy services starting at a young age and her compassion in delivering health service to patients has only grown since then. In Spain, there are only independent pharmacies, which are owned by pharmacists. Opportunities to counsel on over the counter medications are more common in Spain than in the U.S.

Regarding international rotations, Dr. Hernandez advises students to explore the practice site in advance, doing enough research to ensure that they will enjoy the experience in a different culture. The school cannot give you all the options you want, so it is up to you to make the best out of every opportunity!

Spain is known for its fashion sense, which is very much reflected in Dr. Hernandez's style. She picks her daily attire based on the occasion: for professional attire, she prefers dresses, and for lectures, she usually puts on a pantsuit. Some of

her favorite brands include Uterqüe, Twin Set, Ted Baker, and Mirto. She does not follow trends and loves to share clothing with her mom. She believes that comfort and affordability should come first in fashion. She shared that dress attire in pharmacy in Spain was stricter because students are required to look professional at all times. No shorts, sneakers, etc. were allowed. Heels are a common part of professional dress for women in Spain.

The U.S is now a second home for Dr. Hernandez, but she goes back to Spain for Running of the Bulls and Christmas to partake in family traditions. During her time in Pittsburgh, Dr. Hernandez has come to love the Strip District and Steelers games, which remind her of Spain and the excitement that soccer brings.

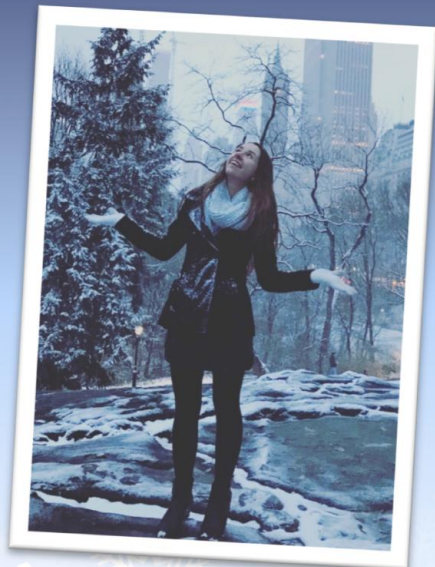


Editor's Choice:

*Closet Digital Abstract
2 in 1 Contrast Tie
Front Wrap Dress –
Professional dress
with the trendy
flared sleeves and
wrap skirt*



*Disclaimer: Opinions expressed are the editor's alone.



Letter from the Editor

As I read through all of the articles that were submitted for this issue of the *Pitt Capsule*, I was impressed once again to see just how many unique organizations our school has to offer. Many of them are currently seeking students to take on leadership positions for the upcoming year.

If you haven't already considered running for a position – I say you should go for it! Find a way to get more involved in the organization that you find to be most interesting, and leave your mark.

Yours,
Mikhaila Rice

The *Pitt Capsule* Editor in Chief
APhA-ASP Communications Vice President

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