



THE PITT CAPSULE

OCTOBER EDITION 2021

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UPCOMING EVENTS

November 2 @ 12 PM

Guest Speaker
w/AMCP

November 3 @ 12 PM

Unique Internships GBM
w/ APhA-ASP

November 10 @ 12 PM

General Body Meeting
w/ SSHP

November 12 @ 12 PM

Letter of Intent Workshop
w/ PLS

November 16 @ 12 PM

Professionals, Posters, and
Progress Event
w/ Rho Chi



LIFE WITH THE INDIAN HEALTH SERVICE IN PINEHILL, NM

Nauka Bhalodia (P4) & Roshni Pattabiraman (P4), Diversity & Inclusion

During the past weeks, we have been completing an ambulatory care rotation with the Indian Health Service (IHS), in Pinehill, New Mexico. Pinehill is one of the smallest IHS facilities, which allowed us to have a very distinct experience within this already unique patient care setting. The community has about 300 people who live in the area, and Pinehill is about 60 miles from the nearest town. It is very remote and secluded, and is located at the top of a mountain, at about 7,000 feet elevation. The population here is predominantly Navajo, and their primary concerns are diabetes, hypertension, obesity, and high cholesterol. Rheumatoid arthritis, psychiatric conditions, and alcohol abuse are also common in the community. Due to its extremely remote location, it absolutely qualifies as a food desert; the nearest grocery store is over 60 miles away, and in Pinehill there is only a gas station, a small market that has the bare essentials, and an elementary school. This is directly linked to the very high rate of obesity in this community; with limited resources and access, people have no choice but to make unhealthy lifestyle decisions, which in turn increases their risk for diabetes, hypertension, and high cholesterol. In order to get groceries, go to high school, or receive moderate to high intensity healthcare, they must drive to the Zuni reservation or the nearest town.

Given the isolation of this community, the health clinic has fairly robust facilities: a year-round pharmacy, a dental office, and a doctor's/nurse practitioner's office. Monthly visits by other specialists are common to provide diabetic eye and foot exams, women's health visits, and more. During our time here, we have also noticed that nonadherence is a large concern; we believe this may be linked to health beliefs in the community as well as low health literacy. Most of the residents here do not leave the reservation for higher education, due to limited resources and financial instability. This is directly linked to how Natives have been historically treated, and speaks to a much larger issue involving equality and equity for both healthcare and general quality of life. Despite this, the people here are kind and welcoming, and are open to learning about their health conditions and medications; we have counseled on a multitude of medications to those who are older and only speak Navajo, and for those who are younger and share more with our own background. By taking the time to talk with them about the indications and necessity of their medications, we truly feel that some patients are more motivated to make changes and improve their compliance. Ultimately, this experience has given us perspective on how resource-limitation can impact every facet of living, and the importance of advocating for our patients. When the time is taken to try and understand their background and reasoning, we can tailor our explanations to them and improve our communication. By taking these steps towards adjusting how we deliver information and healthcare, we can have a lasting influence in how communities are served – we hope to carry these experiences with us going forward to any patient population we work with in the future.



AMCP: ACADEMY OF MANAGED CARE PHARMACY

Michelle Trinh (P3), Director of Communications

Happy Fall everyone! October was a busy month for AMCP! We had our Pharmacy & Therapeutics (P&T) meeting where we introduced the P&T competition and how to participate. We have a good number of students engaged so if you are still interested in participating, feel free to reach out to Kayo Tsuchihashi (kat112@pitt.edu) or myself (mlt76@pitt.edu)! We also had a great opportunity to host a guest speaker, Kelly Makay, who joined us via Zoom to talk about her career focus in managed care/industry consulting.

We have a few exciting events coming up in November, such as a guest speaker event on November 2, a managed care residency panel in collaboration with University of Maryland, University of Florida, and Shenandoah University on November 3, and a P&T meeting on November 11. Follow our social media (Instagram: amcppitt, Facebook: AMCP at University of Pittsburgh) to stay updated on the details of these upcoming events! Lastly, we are still looking for a P1 representative. This is a great opportunity for a leadership position and it is pretty low-maintenance, so if you are interested, please let Kayo or me know!

APHA-ASP: AMERICAN PHARMACISTS ASSOCIATION ACADEMY OF STUDENT PHARMACISTS

Maya Tsvetkova (P3), Membership Vice President

Happy November from APhA-ASP! October was a busy month for all students, but we still had great participation in our events including the ARCO Information Session. Our Patient Care Committee is working diligently to find opportunities for students to get involved, so be on the lookout for Patient Care and IPPE opportunities.

Our membership drive ends on November 8, so make sure to go over to our school's portal to pay your dues if you still haven't signed up. We are excited to welcome back so many of you that joined APhA-ASP in past years! Students that were not previously APhA members will be sorted into their APhA-ASP House soon, so be on the lookout for the email from our chapter about the details of that event. We hope that students will be able to get to know their peers and faculty advisors through different House events that we'll have throughout the year. We also have a very exciting nutrition event planned for you before the holidays, and we hope to see all our new and old members there!

Finally, this week (November 1-4) is the virtual APhA-ASP Midyear Regional Meeting (MRM). If you registered, please take advantage of the networking and professional development opportunities by attending as many nights as you can! The full schedule and other information about MRM can be found at mrm.pharmacist.com.



Our last meeting of the semester will be held in Salk 456 on November 3 at 12 PM. It will feature some unique internships that our peers are involved in, so come to learn about the various opportunities in pharmacy that are available for students. Hope to see you all there!

ASCP: AMERICAN SOCIETY OF CONSULTANT PHARMACISTS

Grace Havens (P3), Secretary

Hello everyone! I hope the fall semester has been going well so far! It is hard to believe how fast it's gone by. It has been a busy semester so far for ASCP planning in-person events and activities for the rest of the year. In September, we hosted a prep event with a Top Drugs Kahoot and a Q&A session for the P1 and P2 students before they went to SilverScripts. Our chapter also participated in the Pittsburgh Walk to End Alzheimer's on October 16 and we raised \$570 for the Alzheimer's Association. It was an awesome morning and we were so grateful to be able to participate!

Looking towards November, we plan to collaborate with APhA to host a speaker event for Home Care and Hospice Month to highlight the essential role that caregivers have in healthcare. Additionally, our chapter has submitted an abstract for ASCP's annual meeting that will be published in The Senior Care Pharmacist's November issue, overviewing our chapter's success last year despite the COVID-19 pandemic. We also plan to begin distributing fidget blankets that were made last year to local nursing homes, and begin to gather supplies for our upcoming Fidget Blanket making event in the spring semester.

We hope to see everyone at our upcoming events, and good luck with the rest of the semester!



Our team at the 2021 Pittsburgh Alzheimer's Walk at Highmark Stadium



CPNP: COLLEGE OF PSYCHIATRIC AND NEUROLOGIC PHARMACISTS

Zoe Ricketts (P3), Secretary/Membership Chair

CPNP was happy to welcome so many new members this October! We also held some very successful events, such as our LGBTQIA+ Conversations event on October 13. This was a brand new event that focused on healthcare inequalities and experiences related to mental health of individuals in the LGBTQIA+ community. We covered multiple topics, such as hormone replacement therapy, prevalence of mental illness, and access to mental health and social services. We also had some awesome facilitators to guide the conversations. We hope to host a similar event next semester, so keep an eye out if you missed out on this one!

Our second big event was our annual Naloxone Training, presented this year by Katlyn Goertler. This session provided education on the ongoing opioid crisis in the US, as well as associated statistics in Allegheny County specifically. Attendees were also trained on how to administer naloxone in an emergency situation with help from the “Sim Man”. This event continues to be a huge success every year, especially because knowledge of naloxone is a very valuable resource for pharmacists to have!

Finally, we held our very first CPNP de-stress event, during which student pharmacists had the opportunity to unwind and participate in a painting activity. We had a lot of fun taking a break from the stress of pharmacy school. Look out for more de-stress events to come in the future — hopefully this November! As always, you can find more information about our upcoming events and ways to get involved on our Instagram (@cpnp_pitt) and our Facebook page (CPNP Pitt Chapter).

KAPPA PSI: KAPPA PSI PHARMACEUTICAL FRATERNITY, INCORPORATED

Erika Thomas (P4), Corresponding Secretary

Happy November! The semester so far has been very busy for our Kappa Psi chapter at Pitt. In October, we had many social events which provided nice opportunities for members to unwind and relax among friends. Also in October, we attended the Mountain East Province regional meeting, at which two of our members won scholarships and three were elected to regional executive board positions. Looking forward to November, we will continue our brotherly bonding with many of our traditions highlighting our ideals at our meetings.

In terms of our social events, we carpoled to Soergel Orchards on October 15 to pick pumpkins and apples. This was a great opportunity to foster brotherhood with our current members and our membership candidates. We also held a virtual movie night featuring



Halloweentown to get into the spirit of Halloween. The movie was enjoyed by all in attendance and got us ready to attend a haunted house the next week. Each year, we make the trek to Hundred Acres Manor Haunted House for the thrill and bonding experience. I would say it did not disappoint!

At our regional meeting, which was held virtually, we were represented by Ruth Li (P2) and Katie McGraw (P2). They did a fantastic job representing our chapter throughout the meeting and especially during the chapter updates. This meeting, there were two scholarships awarded to Ilane Saad (P3) for her creativity in her artwork to represent Kappa Psi ideals, and Erika Thomas (P4) for her essay on inspirational brotherhood. Additionally, this was an election meeting, so a new executive board was instated. Our chapter has great representation with Vincent Knecht (P4) as president, Erika Thomas (P4) as treasurer, and Grace Rong (P4) as historian, all having been voted in. Congratulations to these outstanding Brothers!

Overall, we had a very successful October, and we look forward to what November brings!

Some of our Brothers enjoying a day at Soergel Orchards



LKS: LAMBDA KAPPA SIGMA

Sharon Jayamohan (P2)

Hey everyone! I hope everyone is making it through what seems like the busiest time of the semester. This school year has been a busy, but fun, start for the sisters of LKS. We want to welcome all the pledges who accepted their bid for LKS. We are so excited to get to know all of you throughout your time at Pitt Pharmacy! Our new sisters successfully attended their pinning ceremony followed by a fun-filled big/little reveal!

This past month, we had some very successful events as well! We held a professional event for our sisters where Dr. Traci Conti came to speak to us about the importance of understanding the racial disparities seen in healthcare. Our fundraising chairs also collaborated with Duquesne's chapter on an LKS apparel sale. We have a lot of exciting events coming up, so stay tuned!



Look out for announcements regarding our tabling events, service events, and fundraisers. We have a lot to look forward to and are excited to see what we accomplish this year. Welcome again to our incoming pledge class and good luck to everyone on upcoming exams!

As always, keep up-to-date with all upcoming LKS events by following our Instagram @lks_delta_chapter!

PDC: PHI DELTA CHI

Nick Eggers (P3), Worthy Keeper of Records and Seals

Last month, PDC had the honor of having one of our brothers, Ian Montelius, elected as Pitt Homecoming King. We are very proud of him and this achievement, so we decided to sit down with him to ask a few questions about his experience and feelings surrounding Homecoming.



Ian Montelius

Q: What was the process of campaigning like?

A: Campaigning was very time consuming. It created some challenges in terms of studying for pharmacy classes. However, it was an awesome way to meet a lot of new people here at Pitt. The events during homecoming week were a blast as well!

Q: What was your favorite part of the process?

A: It's hard to pinpoint one thing, but being able to connect with so many first and second year students through campaigning and talking to them about what Homecoming is all about was a great experience for me. I especially mention the sophomore students because they were virtual last year, so they hardly had any interaction with the traditions and activities of Homecoming. It was a great experience and I wouldn't change a thing. The entire day of Homecoming was like a dream and I'll never forget the feeling of walking on Heinz field with all of the other candidates, as well as seeing my friends after the presentation who I've grown so much with for the past four years.

Q: Is there anything that you learned during that process that you think might carry forward into your pharmacy career?

A: I think one thing that I learned about myself is that I want to pursue a career that involves people. I have had some difficulty figuring out what exactly I want to do with my career in pharmacy, but all the people I was able to connect with through homecoming changed that. I now know that I want to work very directly with people, hopefully in a setting where I can provide patient care as well.



PLS: PHI LAMBDA SIGMA

Rachel Qian (P3), Secretary

Phi Lambda Sigma has had an exciting and busy month! This month started off with our annual Fall Leadership Retreat with APhA-ASP, where each organization presented their Dean's Theme project. Thank you to everyone who presented and your dedication towards this year's theme of Women's Health! In addition, we held the Annual Young Professionals Lecture with Rho Chi, featuring Dr. Stephen Davis, who gave an inspiring talk on learning and growing within his professional pharmacy career. It was a great event and thank you to those who attended!

Our President-Elect, Ruth, has led multiple philanthropy events with Family House in Oakland and Shadyside, baking sweet treats and preparing snack bags for families in the Pittsburgh area with loved ones currently seeking medical treatment. We are so proud of Ruth and the members of PLS who have participated in these philanthropy events to provide some light and smiles to families enduring tough times.

Upcoming is our November workshop, on Friday, November 12 at 12 PM in 402, which will feature Dr. Amy Seybert and other faculty members who will lead students in improving letters of intent, essays, and personal statements. Dr. Seybert will review what she looks for when reviewing candidates for residency and fellowships at UPMC and help students organize their thoughts when beginning to think about writing application essays. This will be an interactive and engaging learning opportunity that we hope will help improve your application materials! We hope to see you there!

Lastly, we want to thank everyone who joined us for the PLS Application Information Session. The application process will be opening shortly after the fall semester ends, so keep a lookout for that information in an email! Please feel free to reach out to any current members of PLS with any additional questions - we are excited to get to know you and chat about the application process!



President-Elect, Ruth Li, dropping off snack bags prepared by PLS members to a Family House volunteer



PPA: PENNSYLVANIA PHARMACISTS ASSOCIATION

Molly Marciniak (P3), Communications Ambassador

We have officially reached the half-way point of the semester! Hopefully everyone has adjusted to their new classes and has had a great few weeks back in-person in the classroom. We are excited to get to know all of the new members for this year and share our events with them.

At the end of September, our president Sami Hohman attended the PPA Level Up Conference in Harrisburg, the first in-person PPA conference since the start of the pandemic. At the conference, Sami participated in various events such as a CV review workshop, a residency Q & A panel, as well as the Diabetes ImpAC Competition, where she placed third.

Congratulations to our new P1 class representative, Anneliese Harp. We look forward to having her take part in leading the organization. Be sure to watch out for PPA news and upcoming events from both Anneliese and the rest of the eBoard!



RHO CHI: ACADEMIC HONOR SOCIETY IN PHARMACY

Rachel Qian (P3), Historian

Happy fall everyone! Rho Chi has had a busy month and have enjoyed getting to see some of you at our events and tutoring/review sessions! We hope that everyone's first couple exams have gone well and that you are all taking some time for yourselves this busy semester.

We would like to extend a huge thank you to everyone who attended our Young Professionals Lecture on October 13 to hear what Dr. Stephen Davis had to share about growing and learning in the profession of pharmacy. We were so excited to have such a knowledgeable speaker and a UPMC Presbyterian Resident Alumni come speak to us on how he paved his career path into his current role.

Our next professional event planned for Tuesday, November 16 at 12 PM in Salk 402 is the Annual Professionals, Posters, and Progress Event. The School of Pharmacy



professors will be joining us to discuss their research projects. This is an excellent opportunity to learn about the research topics that our professors are currently conducting and to reach out to those completing projects in your area of interest. We hope to see you there!

As always, our tutoring co-chairs, Paige & Chad, have been working to bring the P1 and P2 classes review sessions and practice exams for biochemistry and cardiology. Keep an eye on the Facebook page for future dates and feel free to reach out if you're seeking one-on-one tutoring!

Our Blood Drive events with Vitalant continue through November with the next date set for Monday, November 8 from 12-5 PM in the Biomedical Science Tower. Rho Chi members will be tabling in the Salk Commons over the next couple of weeks with flyers including additional details. Please consider signing up by contacting Jocelyn (jne14@pitt.edu).

Rho Chi Service Chairs, Kassidy & Phuong, have been holding community outreach meetings with the men from the Adult Rehabilitation Center (ARC) on topics including flu and cold. The next session is on Monday, November 8 about the COVID-19 vaccine. We appreciate their hard work and dedication to serving the community through these educational events!

Last but not least, our Professional Co-Chairs, Erin & Gina, have been working hard to plan the Business Card Sale! The Google form to order is tentatively set to be due on November 5. Two great designs are featured this year and having these business cards will definitely come in handy for IPPE & APPE rotations and impress your preceptors! Feel free to reach out with any questions regarding the sale. We hope everyone continues to stay safe, and the Rho Chi members wish you all good luck with your exams in November!



Paige Verona & Ryan Kasper at the Young Professionals Lecture, featuring Dr. Stephen Davis

SIO: STUDENT INDUSTRY ORGANIZATION

Payal Bhatt (P3), Vice President of Communications

Throughout the month of October, SIO has hosted career-boosting events. We hosted our annual Rutgers Pharmaceutical Industry Fellowship Virtual Informational Session with Holly Graber (class of 2021) and Domenick Francis (class of 2020) who discussed their experiences and career pathways. The RPIF program fosters growth and development for future industry professionals through many key features including training opportunities with leadership, outstanding alumni holding prominent positions, a trusted and proven pathway to industry for an enhanced career path, and rigorous academic and professional development. We also encouraged participants to join the FDA's annual pharmacist's month session, in which



pharmacists explained their various roles advancing oncology drug development for patients with cancer. We also had an MCPHS informational event on October 19 with Diana Li, PharmD (post-doctoral fellow, global medical writing) and Alexandra Maresh, PharmD, RPh (Post-doctoral fellow, metabolic – global medical communications/global affairs). We are so grateful to all who came to hear what these talented PharmDs had to say!

SNPHA: STUDENT NATIONAL PHARMACEUTICAL ASSOCIATION

Caleb Schork (P3), President

October was an exciting month for SNPhA! Most notably, we held our first undergraduate general body meeting on September 30, which was a great event to meet some of our new future student pharmacists at the School of Pharmacy who have an interest in serving the community. Our Vice President, Lana, created a GroupMe to stay in touch with our pre-pharmacy members. We think it is a great way for us to stay in communication and for undergraduate students to meet their peers with an interest in applying to pharmacy school in a few years.

Soon after this, on Sunday October 3, our chapter members participated in the Pittsburgh JDRF walk for Type 1 Diabetes awareness. Our Fighting Diabetes Chair, Rachel Qian, set up the event and our JDRF team. We completed this walk together virtually in Schenley Park and recorded the miles that we walked. As a chapter, we were able to raise \$245 dollars for T1DM research. This was a great way to raise money for an important cause, spend time with members from our chapter, and enjoy the great outdoors!

Perhaps the most exciting part of October for our chapter was presenting our idea for SNPhA's Dean's Theme Event at the annual Fall Leadership Retreat. Our Dean's Theme Chair, Ruth Li, worked hard and came up with a great idea for this year's theme of Women's Health. Without revealing too much just yet about our plans, we are considering a case study based event in which students can work alongside residents and their peers to provide care to a patient. We hope that this will be a fun and educational event in which students can practice their patient care skills while learning about new disease states and medications. We were voted the winners by the leadership members of all the other pharmacy organizations at the retreat. We are excited that our event garnered so much interest, and we can't wait to start putting the event together. Many of our members were present at the retreat in various leadership roles, and it is exciting to see all the diligent work towards serving women's health. Since SNPhA is an organization that focuses on serving the underserved, we are especially drawn to caring for women in our patient care efforts. Our chapter thanks Ruth and all other members that helped her in planning ideas for our event and presentation. Great job Ruth!



SNPhA is planning a book club or topic discussion related to underserved care soon. Keep an eye out for future updates about these events. Good luck to everyone during this tough stretch of exams!



Pharmacy and undergraduate chapter members at the Virtual JDRF Walk in Schenley Park on Sunday October 3

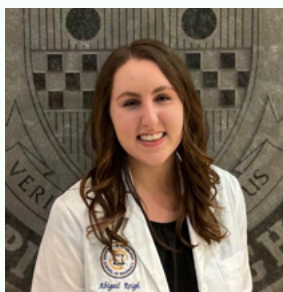
SSHP: STUDENT SOCIETY OF HEALTH SYSTEM PHARMACISTS

Jamie Kim (P3), Internal Development Chair

Happy Fall! SSHP had an eventful month with our annual Clinical Skills Competition and October GBM. This year, we had multiple teams comprised of P2, P3, and P4 students compete in our virtual Clinical Skills Competition. Student pairs worked together on a patient case to develop a care plan in the hopes of advancing to the final round, where they were judged by faculty on their oral presentations. Congratulations to our P4s, Abigail Reigh and Steven Astrachan for being selected to represent PittPharmacy at ASHP Midyear at the National Clinical Skills Competition! A special congratulations to all our finalists: Yihan Li and Mujtaba Mahmud, Nauka Bhalodia and Roshni Pattabiraman, and Thomas Rust and Jack Becker. Thank you everyone for participating, and we hope to see more competitors next year!

We invited our very own infectious diseases professor Dr. Bonnie Falcione to speak at our October GBM. Dr. Falcione covered both the path to becoming an ID pharmacist and the responsibilities that come with being one. In addition, she covered hot topics in the infectious diseases community and how pharmacy is involved. It was a great presentation with a giant microbe of *C. diff.* awarded to our very own Cassandra Morales for her participation.

Look out for more updates on SSHP's Instagram in the coming weeks. We have our next GBM scheduled for November 10. Hope to see you all there!

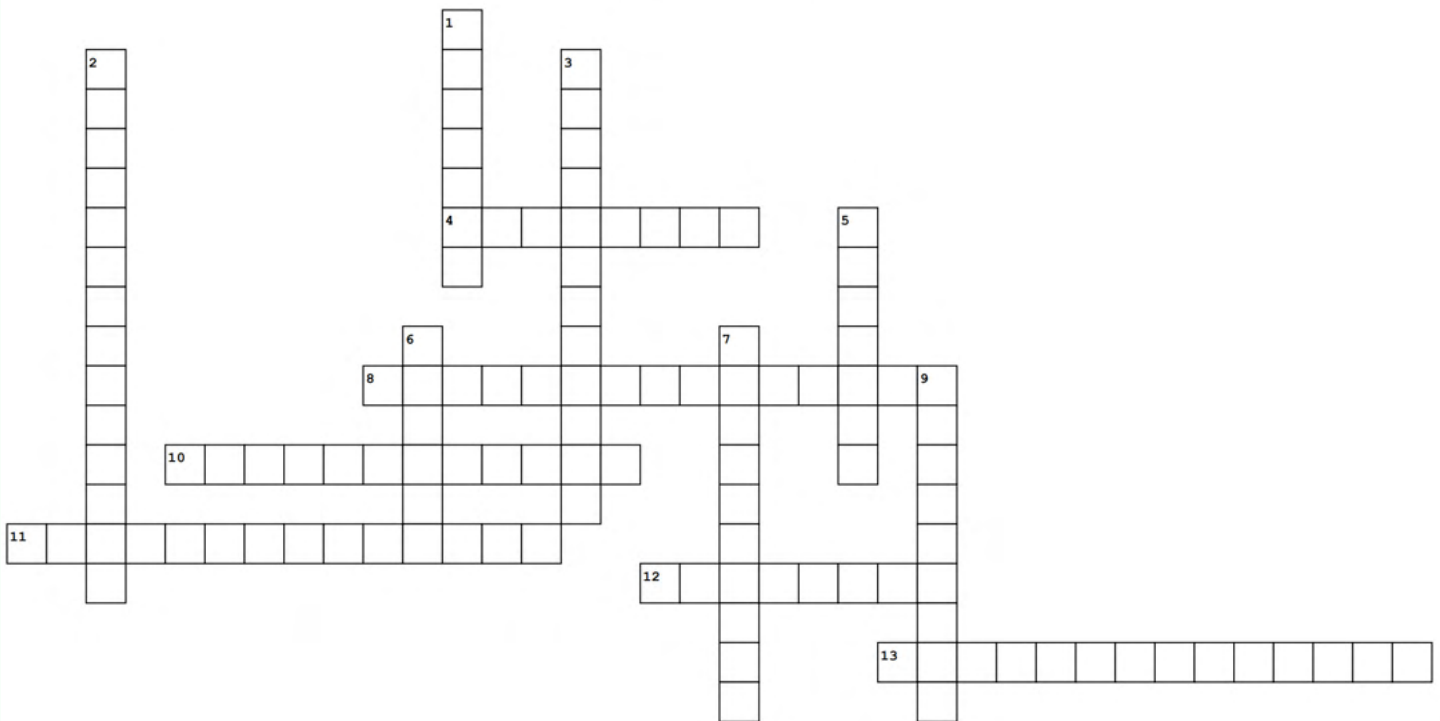


Abigail Reigh (P4) and Steven Astrachan (P4): our winners of the Clinical Skills Competition



SPOOKY CROSSWORD PUZZLE

Answers will be distributed in the next edition!



ACROSS:

4. A highly addictive drug that induces the activation of the dopamine reward pathway in the brain
8. This oral decongestant has cardiovascular concerns associated with its use
10. A severe complication of diabetes accompanied by fruity smelling breath
11. The reversible covalent modification that sends materials to the "trash bin" (think back to biochem)
12. This can be used to reverse opioid-associated overdoses
13. An antidote for acetaminophen overdose

DOWN:

1. Syndrome that arrives as an ADE of vancomycin
2. A condition that occurs when damaged muscle tissue releases its proteins & electrolytes into the blood
3. A progressive systemic disease with low bone mass and decreased bone strength
5. The kind of headache that presents as bilateral, diffuse pain with "tight" or "pressing" pain
6. The fourth step in the "five As" of smoking cessation
7. The "M" in ADME
9. When a patient has a BP of 180/120 AND target organ damage

