

Volume 23, Issue 1

THE PITT CAPSULE

September Recap



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What is The Pitt Capsule?

The Pitt Capsule is a student-run newsletter to showcase what Pitt Pharmacy organizations are up to each month! Check back in with us to see past events, upcoming activities, and the accomplishments of our student pharmacists! The organizations included in each issue are: **AMCP**: Academy of Managed Care Pharmacy, **APhA-ASP**: American Pharmacists Association Academy of Student Pharmacists, **ASCP**: American Society of Consultant Pharmacists, **CPNP**: College of Psychiatric and Neurologic Pharmacists, **ISPOR**: International Society for Pharmacoeconomics and Outcomes Research, **Kappa Psi**: Kappa Psi Pharmaceutical Fraternity, Incorporated, **LKS**: Lambda Kappa Sigma, **PDC**: Phi Delta Chi, **PLS**: Phi Lambda Sigma, **PPA**: Pennsylvania Pharmacists Association, **PIIP**: Pittsburgh Pharmacy Investment Portfolio, **Rho Chi**: Academic Honor Society in Pharmacy, **Rx-Ambassadors**, **SASP**: Student Association of Specialty Pharmacy, **SCCP**: Student College of Clinical Pharmacy, **SIO**: Student Industry Organization, **SNPhA**: Student National Pharmaceutical Association, **SSCP**: Student Society of Cannabis Pharmacists, and **SSHP**: Student Society of Health System Pharmacists

UPCOMING EVENTS:

KEEP AN EYE OUT FOR THE FOLLOWING EVENTS:

- October 10: Young Professionals Lecture
- October 18: PPA + PLS Preceptor Appreciation Event
- October 25: NIH Speaker Event
- October 27: Drug Take Back Day
- November 7: Unique Internships Event

AMCP: ACADEMY OF MANAGED CARE PHARMACY

BY: ANTHONY MENARD (P3), DIRECTOR OF COMMUNICATIONS

Hello Pitt Pharmacy students. The Academy of Managed Care Pharmacy (AMCP) at the University of Pittsburgh started out the year with the Pitt Pharmacy Back-to-School Picnic where 45 students signed up for our mailing list. On September 14, AMCP hosted its first general body meeting with about 20 people in attendance. AMCP will host "What is Managed Care Pharmacy" September 27 to educate students on the area of managed care and why the area is important to influence healthcare at a higher level. We hope to increase our membership and the number of students who participate in the Pharmacy and Therapeutics Competition in January. In a poll, 11 students indicated they were interested, and 18 students indicated they may be interested. In November, AMCP will collaborate with SIO to host two events. One event will be a pharmaceutical industry internship preparation session, and the second is a networking event with a recent Pitt Pharmacy alumni. AMCP is looking forward to a great semester in Pitt Pharmacy.

APHA-ASP: AMERICAN PHARMACISTS ASSOCIATION ACADEMY OF STUDENT PHARMACISTS

BY: JULIA GLEASON (P3), MEMBERSHIP VICE PRESIDENT

Happy Fall everyone! I hope you all enjoyed attending the Back-to-School Picnic in early September. This event is one of the main events that APhA-ASP has the opportunity to plan. At this event, we had **over 300 people attend** with 20 organizations represented. We hope that everyone had a great time meeting the different organizations, playing lawn games, meeting new peers, and enjoying the food! Congratulations to all the prize winners! At this event, we also started sorting all APhA-ASP members into the six different Houses—blue, green, purple, orange, red, and yellow. Look out for updates on our instagram (@pittaphaasp) regarding which house is leading in points. As a reminder, the house with the most points at the end of the year will win a fun prize!



We had the ARCO roundtable event on October 3. At this event, students learned about the different concentrations that Pitt Pharmacy offers!

Now that you have one month of school completed, are you looking for opportunities to get more involved and gain leadership experience?

APhA-ASP has a variety of different leadership opportunities including positions on E-board, project leaders, and committee members! Project leaders can range from Operation Heart, Operation Diabetes, Operation Immunization, Operation Reproductive Health, Operation Infectious Diseases, Operation Substance Use Disorder, and Over-the-Counter Safety. If you missed any deadlines and still would like to get involved, please reach out to anybody on E-board!

Another event that we are excited about planning is the Unique Internship event where students will present about non-traditional internship experiences. This event will be on November 7. This is a great event to connect with students and ask questions! APhA-ASP is very excited about this year. Please follow us on Instagram (@pittaphaasp) and Facebook to stay updated on all our future events! We hope to see you all there!

ASCP: AMERICAN SOCIETY OF CONSULTANT PHARMACISTS

BY: HAILEY ROUP (P3), SECRETARY

All of us at the American Society of Consultant Pharmacists loved seeing your smiling faces at the welcome back picnic. The American Society of Consultant Pharmacists (ASCP) focuses on the care of seniors both who live at home, as well as in long-term-care homes. If you have any interest in working with older adults, or an interest in the Geriatric and Palliative Care Area of Concentration, then this club is for you! Thank you to everyone who could make it to our first GBM last month.



Our GBMs will continue to be hosted on the third Wednesday of every month during our lunch break. We are hosting a fidget blanket making activity this month, date and time are to be determined. Fidget blankets are soft lap blankets that have added components to increase textile variety; some have zippers, Velcro, buttons, and other textile additions to keep the hands busy of those with dementia.

Fidgeting is a great way for those with dementia to keep their minds focused on one activity, reduce stress, and offer an outlet for their energy. This is a great event to de-stress and enjoy making something special for those with Alzheimer's or dementia. People of all sewing skill levels are welcome. We can make the blankets from something as easy as hot glue guns all the way to those who want to bring their own sewing machine! We are also having an Alzheimer's Walk on October 8. We would love to see all of you participate! We are excited to continue to engage with you all throughout the rest of the year with activities to benefit older adults.

CPNP: COLLEGE OF PSYCHIATRIC AND NEUROLOGIC PHARMACISTS

BY: RACHEL KIM (P2), SECRETARY/MEMBERSHIP CHAIR

Welcome back to school! CPNP has been working hard planning many great events for the semester. To start, we held our first general body meeting, where we went over what CPNP is, some projects we're working on, and our current executive board. In the same meeting, we held our annual 'R U OK?' Day on September 9 which turned out to be a success, with 21 attendees. 'R U OK?' Is a harm prevention non-profit that advocates the importance of mental health and focuses on ways to encourage people to have conversations that can help others who are struggling in their lives. We provided a safe place for students to have open conversations about mental health and shared resources about ways to start that conversation. To end off the event, we decorated semi-colon cookies for National Suicide Prevention Month.

On September 10, CPNP tabled at the American Foundation of Suicide Prevention "Out of the Darkness Walk" at Highmark Stadium, where we talked about our chapter and how we raise awareness for mental health and suicide prevention. Also, on September 21 at 12 PM, we held a Talk Save Lives event with speaker Jamie Zelazny, who shared valuable information regarding suicide prevention. We are so grateful for Jamie Zelazny's presentation on the topic.

A future event to be on the lookout for in the month of October is our Naloxone Training on October 6 at 12 PM..

We look forward to planning many more events regarding the topic of suicide prevention and mental health! Remember to follow us on Instagram (@cpnp_pitt) and Facebook (CPNP Pitt Chapter) for chapter updates, info about events, and other ways to get involved.

KAPPA PSI: KAPPA PSI PHARMACEUTICAL FRATERNITY, INCORPORATED

BY: EVAN FINK (P2), CORRESPONDING SECRETARY

Hey Pitt Pharmacy, and welcome back to a new school year! Kappa Psi welcomes all the new P1 students to our happy Pitt pharmily. Kappa Psi brothers have been up to all sorts of exciting things! This past July, our chapter was represented at the Kappa Psi National Grand Council Convention in Phoenix, Arizona! Beta Kappa's own Chris Miller, PharmD presented at GCC as Grand Vice Regent.

At GCC, our chapter won “Top Performing Chapter” and the “Advocacy Award” on behalf of the University of Pittsburgh School of Pharmacy! Additionally, our especially decorated Brother, Maggie Schmidt, won the nationally recognized “Member Spotlight Award” for her outstanding work within the professional fraternity. Karen Hoang, a University of Pittsburgh graduate and Pittsburgh Graduate Brother as well as our very own GCD, was also recognized with the “Grand Council Deputy Certificate of Excellence” for her leadership and contribution to the Beta Kappa chapter, the national Kappa Psi Fraternity Inc, and the pharmaceutical career.



So far this semester, the Brothers of Kappa Psi have been busy with recruitment events such as ‘A Very Gouda Game Night’ featuring a delicious variety of charcuterie boards and a tense game of Jeopardy. Our incredible recruitment events brought in lots of high achieving and dedicated new prospective members who the current Brothers are so excited to get to know this semester! Keep your eyes out for their dedication and success!

Moving forward, there are lots of exciting events and happenings to keep your eye out this semester coming from Kappa Psi! Our chapter will be hosting all the pharmacy schools of the Mountain East Province this October! In addition, there will be lots of philanthropic, social, and professional development events coming up! Haunted houses, apple picking, and pumpkin spice lattes are on our agenda this fall... Spooky!



Our professional development events are free for the whole school to attend and will be broadcasted for all to know about! We will be hosting a diabetes lunch session, collecting first aid items for first-aid kits/OTC packs for a homeless shelter, and learning some pharmacy-related American Sign Language hand signs to utilize in our practice as we continue to make healthcare more accessible for all. We look forward to seeing you all semester long, best of luck in all your studies, take care of yourself first, and if you totally regret not joining Kappa Psi... Hey, there's always next year! May your class recordings upload quickly and your vitamin D3 gel tabs never roll away.



THE BROTHERS OF KAPPA PSI

LKS: LAMBDA KAPPA SIGMA

BY: SHARON JAYAMOHAN (P3), CORRESPONDING SECRETARY

Happy fall everyone! And congrats on making it through the first full month of school. These past few weeks have been a busy but fun start for LKS. We had three successful recruitment events put on by our amazing recruitment chairs, Emily Drake and Hunter Kline. We were able to have a speed dating event to meet potential new members, a game night, and a donut and philanthropy event! We had a great time at each event with both old and new friends.

We want to extend a warm welcome to all the pledges who accepted their bid for LKS and we are so excited to get to know all of you throughout your time at Pitt! Big/Little reveals are quickly coming up and we can't wait for our families to grow!

Look out for announcements regarding upcoming fundraising and social events. We have lots to look forward to and are excited to see what we accomplish this year. Welcome to our incoming pledge class and good luck to everyone on upcoming exams!

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



PDC: PHI DELTA CHI

BY: IAN MONTELLIUS (P3), WORTHY KEEPER OF RECORDS AND SEALS

A new year is upon us at Pitt Pharm, and the Mu Chapter of Phi Delta Chi is excited as ever to get things rolling again! PDC is looking to continue our mission like we do every year: Provide a lifelong home for pharmacy professionals by inspiring brotherhood, leadership, service, and scholarship. Our core values are purpose-driven leadership, brothers for life, selfless service, and lifelong learning. Above all else, though, members of PDC will always echo our motto, "Alterum Alterius Auxilio Eget", meaning "each needs the help of the other." This rings true for all aspects of pharmacy, especially within our fraternity.

Our main focus so far has been on recruitment, which was a big success! The Welcome Back Picnic kicked things off for our recruitment. Then, we had joint recruitment events with LKS and played some fun lawn games, as well as a backyard barbecue. When it was all said and done, we recruited 21 new members into PDC! We're thrilled about these new members and very proud of our recruiting efforts.

Looking ahead, we are working together with LKS to make a grand carnival-style event for the Dean's Theme of diabetes advocacy this year, with more details to come! We also are planning a big fundraising event that will be of interest to many Pitt Pharm students, whether you're a P1 or a P4 or anywhere in between.

Cheers to a great upcoming year!

PLS: PHI LAMBDA SIGMA

BY: CAROLINE MCKENNA (P3), SECRETARY

Welcome back from PLS! As an introduction, Phi Lambda Sigma is the Pharmacy Leadership Society and we seek to support pharmacy leadership commitment by recognizing leaders and fostering leadership development. We kicked off the semester at the Back to School Picnic, where Ruth Li (P3) and Yuhyeon Soh (P3) promoted PLS to new students. Thank you to everyone who came out to speak with us, it was great to meet you all!

On September 15, we started our leadership development series with Leadership in Academia: Q&A with Dean Amy Seybert. Special thanks to Shay Roth (P3) for organizing this event! During Dean Seybert's talk, she spoke about leadership strategies, types, and her vision as dean for Pitt Pharmacy. We want to thank Dean Seybert for her time and commitment to developing leadership in student pharmacists!

In terms of upcoming events, we are excited to continue our leadership series with Leadership in Industry with Kathy Monagai, which will take place on October 11 at 5 PM in Salk 5200. We will also be holding an information session October 25 at 12 PM in Salk 402, where we will speak about the application process and our new Mentorship Academy program. As always, feel free to reach out with questions and follow us on social media to keep updated on events and opportunities!

Instagram: @pittpls

Facebook: Phi Lambda Sigma: University of Pittsburgh

Email: philambdasigma@gmail.com



PLS AT THE BACK TO SCHOOL
PICNIC



LEADERSHIP IN ACADEMIA: Q&A
WITH DEAN SEYBERT

RHO CHI: ACADEMIC HONOR SOCIETY IN PHARMACY

BY: MADISON KORNIDES (P3), HISTORIAN



Rho Chi is eager for a semester full of events, exam reviews, blood drives, and more! Starting off strong in September, we were able to introduce our organization to the incoming P1 class at the Back-to-School Picnic. Members of Rho Chi's Executive Board had the chance to discuss our tutoring services and highlight upcoming events for the semester. A few days after the picnic, we were able to meet at our first general body meeting!

This assembly highlighted all the exciting opportunities in store for the semester and served as a chance for members to catch up since Induction last semester. One such opportunity occurred on September 15, in which members were able to volunteer to speak at a Health Talk in the community. The talk was hosted at the Adult Rehabilitation Center and focused on depression-related care as well as general information regarding the new bivalent COVID-19 booster dose. Rho Chi students were available to answer any questions surrounding those topics and serve as a resource to attendees, providing a valuable experience for all involved.

On September 21, Rho Chi hosted two successful events: a Studying Tips and Tricks Talk and a blood drive! The first occurred during lunch and was hosted by our Tutoring Co-Chairs—Beth Corry and Tyler Zahurak—in which they discussed general tips for studying and success in the pharmacy curriculum shared by our members. Beth and Tyler were also able to explain the tutoring services we provide and discuss how that process works. Later that day, Rho Chi hosted our first blood drive of the semester at Salk Hall!



This event was planned by Vice President Matt Roth in collaboration with Vitalant, with whom we continue to plan future blood drives in the coming months.

Looking ahead, Rho Chi will be partnering with Phi Lambda Sigma for the annual Young Professionals Lecture, to occur on October 10 at 12 PM. We also plan to continue our Health Talks series on October 13 and are eager to get involved with the community! To stay up to date with Rho Chi events as well as find helpful links to connect with tutors, be sure to follow our Instagram, @rhochi_alphaomicron!

SCCP: STUDENT COLLEGE OF CLINICAL PHARMACY

BY: BETH CORRY (P3), SECRETARY

Welcome back everyone! Thanks to everyone who visited us at the Back-to-School Picnic and attended our first GBM! The Student College of Clinical Pharmacy is excited to be back and has many events coming up. If you have an interest in clinical pharmacy, consider becoming a member as dues are only \$1. At the end of the year, we will give out prizes to the member with the best attendance at SCCP events and a member chosen at random through a raffle.

We want to congratulate the winners of our local ACCP Clinical Pharmacy Challenge: Jaccie Hisashima, Margaret Schmidt, and Alexander Aubin!

We hold monthly journal clubs to facilitate a discussion about clinical research affecting patient care. Thank you to PGY2 pharmacy resident Dr. Jack Janosik for holding our first journal club of the semester and giving students some tips on how to lead a journal club. Our next journal club will be led by Mary Zhuang on October 11 at 12 PM in Salk 5200.

Some other events to look forward to this semester are our Wine Glass Fundraiser and service events ranging from food banks to a PittServes Box project. Join us at our next GBM on Tuesday October 4 at 12 PM in Salk 402 to learn more about our events for the semester!

Follow us on social media for updates:
Facebook: @universityofpittsburghsccp
Instagram: @sccp_atpitt

**SERVICE CHAIR OLIVIA LIU (LEFT),
PRESIDENT MARY ZHUANG
(CENTER) AND PRESIDENT-ELECT
EVAN COONEY WITH OUR
POSTER AT THE BACK-TO-
SCHOOL PICNIC)**



SIO: STUDENT INDUSTRY ORGANIZATION

BY: LAUREN MAURER (P3), VICE PRESIDENT OF COMMUNICATIONS

Welcome back Pitt Pharmacy students, faculty, and staff! The Student Industry Organization has kicked off the school year with some amazing events. On Tuesday September 6, we welcomed all students to our GBM where we discussed upcoming events for the fall semester. During this meeting, some P2 and P3 students had the opportunity to share their internship experiences within the pharmaceutical/biotech industry; amazingly, members of our executive board had roles within Clinical Research, Clinical Pharmacology, Medical Affairs, and Regulatory Affairs! This meeting was a wonderful opportunity to discuss the growing interest of careers in industry and how PharmDs are extremely valuable in this space. Later that evening, two second-year fellows (and Pitt alums) Holly and Emily spoke to students about the Rutgers Pharmaceutical Industry Fellowship Program (RPIF). It was insightful to hear their unique paths to fellowship and learn about some of their day-to-day tasks at each of their companies.



Later that week on September 8, we had a blast at the Back-to-School Picnic and played some fun games with students! We really enjoyed sharing information about our organization and the uniqueness of the pharmaceutical industry. We later held an event on Tuesday September 20, where we welcomed two current Massachusetts College of Pharmacy and Health Sciences (MCPHS) fellows who discussed their paths to fellowship and their current roles. Stay tuned for our upcoming events by following our Instagram @sio_pitt!

SNPHA: STUDENT NATIONAL PHARMACEUTICAL ASSOCIATION

BY: LANA CALLAGHAN (P2), PRESIDENT-ELECT

Happy start of the semester everyone! This past month, the Student National Pharmaceutical Association has been busy with many fall festivities! SNPhA E-board members had the opportunity to attend the Activities Fair for undergrad students and the Welcome Back Picnic at the William Pitt Union. Overall, hundreds of people came to our tabling events, and we are very happy to see how many students are interested in serving the underserved!

This year, our goal is to increase community outreach initiatives and improve health disparities. On September 16, SNPhA celebrated #remembertheribbon for HIV/AIDS and Aging Awareness Day by handing out white coat red ribbon pins in the atrium. This is one of many events that we will be hosting throughout the year to bring attention to chronic disease states!

SNPhA is also planning the annual JDRF Walk on Sunday, October 23 at 10 AM in Schenley Park! All donations go to the Juvenile Diabetes Research Foundation to help fund research of Type 1 Diabetes. Our goal for this year is to raise \$1000 and we can't do it without your help! Please refer to the link below to donate to our team. This is also a Prime-Rx approved event for patient advocacy, and it's a great way to exercise on a crisp fall morning!



Link for JDRF Walk Fundraiser:

https://www2.jdrf.org/site/TRfr_id=8703&pg=team&team_id=328247

We are very excited for what this semester brings and have many fun events planned! Stay tuned for more social and volunteer engagements to come!

**SNPHA'S HIV/AIDS INITIATIVE
CHAIRPERSON, MARIA ARLIA, AND
PRESIDENT, NIDHI VEDATI, HANDING OUT
RED RIBBON PINS IN HONOR OF HIV/AIDS
AND AGING AWARENESS DAY.**

SSCP: STUDENT SOCIETY OF CANNABIS PHARMACISTS

BY: MOLLY STOCKWELL (P3), SECRETARY

Welcome back everyone, and happy fall! We'd like to thank everyone who stopped by at the Welcome Back Picnic and our first GBM. We discussed our parent organization (ISCPH) and the opportunities offered for members, such as journal clubs and committee memberships.

We have some exciting events planned for this month, the first of which is an Intoxication and Impairment event led by Melani Kane, the president and co-founder of ISCPH. Later this month we will be hosting an event to discuss activism in the cannabis industry, so we hope to see you all there! Follow us on Instagram @sscp_pitt to stay up-to-date with SSCP, and good luck on any upcoming exams this October!

SSHP: STUDENT SOCIETY OF HEALTH SYSTEM PHARMACISTS

BY: MEGAN HUTAR (P3), INTERNAL DEVELOPMENT CHAIR

Welcome back to the start of a new school year! SSHP has been busy all summer planning exciting events for our members. We kicked off the school year with our first GBM on September 6 and the annual Back-to-School Picnic on September 9. Thank you to all for stopping by our table! We were delighted that so many students are interested in seeing what SSHP has to offer this year.

On September 28, we successfully invited panelists from all over Pittsburgh for our annual Residency 101 event, where students learned about what residency entails and the path to becoming a resident. Our speakers were able to discuss their personal experiences as residents and as residency program directors, providing students the unique perspective from both sides of the application process. If you're looking for more information about residency from Pitt Pharmacy alumni, look no further than our presentation of residents and fellows from the Class of 2022 available under resources on the pharmacy student portal.

We have our annual Clinical Skills Competition coming up on October 5 from 5:30-8:30 PM in the NovoNordisk Learning Center (402) and Thursday October 6 from 12-1 PM in 5650. All classes are welcome to participate! This is an event where you and a partner will work up a patient case before presenting your assessment and plan to a panel of judges. It is a chance to test your patient skills and apply your clinical knowledge. The winning team will have the opportunity to compete nationally and represent Pitt Pharmacy. Find a friend and come practice your clinical skills! SSHP has many more events coming up this semester. Follow us on Instagram @sshp.pitt for all our updates. We look forward to seeing you all at our next GBM on October 5 in Salk Class of '03 Hall (456)!