Welcome to November, School of Pharmacy! We hope everyone’s had a chance to relax after the first few rounds of exams and made it to your favorite pumpkin patch for a fall photo shoot (or just to buy a pumpkin perhaps.)

Rho Chi has several upcoming events for you to enjoy! First up is the Rho Chi Faculty Poster Session taking place on November 4th in Room 402. In addition to getting to network and discuss research with 16 different faculty members of the School of Pharmacy, you’ll also get some free lunch and have the chance to win a raffle prize for attending! We hope to see you there.

Also on the Rho Chi radar: on November 18th at lunch, Rho Chi and PLS will be hosting their professional lecture series, featuring Dominic Lio, PharmD, Regional Manager at Zoll Lifevest. Join us for an interesting
On October 20th, SSHP held its annual Residency 101 with Dr. Katie Greenlee of the Cleveland Clinic Main Campus. Dr. Greenlee is the PGY1 director, as well as a clinical specialist in cardiology. A huge thank you goes out to her for explaining what being a resident entails, tips for the application process, and factors in choosing a program that is the right fit for you! Mark your calendars for Tuesday, November 17th, which will be this year's Residency Panel. During this event, students will have the opportunity to ask questions to residents who have gone through the process first hand. This event is open to all members, whether you are positive you want to complete a residency, or are unsure and just want to learn more about it. Upcoming general body meetings will be geared towards preparing students for the Midyear conference in New Orleans. Dates for the meeting will be announced soon. Another final congratulations goes out to the winners of this year’s local Clinical Skills Competition: Cameron Ninos and Ryan Winstead! Good luck to them as they represent Pitt at Midyear. We would also like to recognize the 2nd place team, Dan Nelson and Darren McGlaughlin, and in 3rd place, Kerry Moore and Kyle Zacholski. Great job to all!

This fall has been filled with many a webinar regarding pharmaceutical industry fellowships! Make sure you are up-to-date with all webinars by “liking” our facebook page at: facebook.com/SIOpitt.

Our annual field trip to a pharmaceutical industry company is in the works by the executive board – stay tuned for this trip coming in January! SIO will also begin selling men’s ties and bowties, and women’s scarves with the PittPharmacy logo as a fundraiser. Make sure you stay on top with these fashion staples! Our next event will be a guest speaker on November 19th. Pat Quinn is the Senior Director of Trade at Novo Nordisk in Princeton, NJ. While he does not have a degree in pharmacy, he works with many pharmacists in his role and he is eager to talk to us about pharmacist opportunities in his field of expertise in pharmaceutical industry!

The Student Society of Health System Pharmacy

Alyssa Davis, SSHP Business Manager

This month begins a new feature of Rho Chi: Member of the Month! This month we actually feature two Rho Chi members, Alex Marshall and Kerry Moore. Alex and Kerry, along with fellow P3’s John Chang and Dylan Atkinson, won first place in the Achieving Independence Competition at the Pennsylvania Pharmacists Association Annual Meeting in Harrisburg for their stellar community pharmacy business plan and innovative services development. This year marks the fourth in a row that Pitt has won this prestigious achievement. Congratulations & H2P!

Members of the Month:

This lecture in which we learn how to seek unique opportunities like Dr. Lio’s and how the profession will change with advancing technology.

Autumn…the year's last, loveliest smile. – William Cullen Bryant
With the semester in full swing, our SNPhA members have been very busy. The Operation Immunization Flu Clinics with Falk Pharmacy and Dr. Hall are still continuing with the height of the flu vaccine season. If you are interested in volunteering or receiving IPPE hours, please contact snpha.pitt@gmail.com for the signup sheet! Spots are still available and we are always looking for more participation!

SNPhA and APhA-ASP have been working tirelessly together since Fall 2014 on the HPV Awareness Initiative with the Jewish Healthcare Foundation (JHF). Our purpose is to target the catch-up college-aged population by educating about HPV, the vaccine, and general sexual health, and encourage students to receive their vaccines. Through interactive health fairs in dorms, pharmacy students at various stations talk about the topic in an open discussion format. Sutherland East and Lothrop Hall were some dorms that participated in the initiative. In addition to the dorm events, we held a movie screening for Someone You Love: The HPV Epidemic with a health panel in the William Pitt Union. Our goal is to hold an event (continued)
every month, so we are looking for another venue for November. If you are interested in helping us out, please contact Nayanika Basu (nab100@pitt.edu) or Ingrid Pan (inp3@pitt.edu).

With the recent changes in Pennsylvania legislation for pharmacists and pharmacy students, it was important to be informed on the new responsibilities and roles for pharmacy students. Daniela Policicchio, the Legislative Chair, educated pharmacy students and undergraduate SNPhA members on the current scope of pharmacy practice, the changes in legislation, and even had members write to their legislators about current bills being considered in the state Senate. In addition to her presentation, she created a video with the help of Matt Bruno, a P3, for the Ready, Set, ACTion! competition to advocate our profession. We would appreciate it if you viewed and clicked the thumbs button on the SNPhA Youtube page for our chapter’s video: https://www.youtube.com/watch?v=ZPLDIpVPWSQ

As the school year continues, we are looking for ways to expand the HPV Awareness Initiative with APhA-ASP to include more of the catch-up, college-aged population. In the upcoming month, we are hosting the Pittsburgh AIDS Task Force and Dr. Tom Glowa, PACT clinic pharmacist, to talk about HIV/AIDS. We are also hosting a blood pressure training event for undergraduates (where we would love pharmacy students to come precept). If you are interested in helping out and getting involved with SNPhA, please contact us at snpha.pitt@gmail.com!

Lambda Kappa Sigma

Kayla McFeely, LKS Corresponding Secretary

What’s up?
As our new members continue the initiation process, the sisters of Lambda Kappa Sigma continue to anticipate their arrival as initiated sisters. In the meantime, we have enjoyed getting to know the new members through sisterhood events and through our lineages. We have also been working hard to promote and learn about our beloved profession through rewarding shadowing experiences with faculty members and OTC tabling (find us in tower’s lobby!) We have also been working with Family House and Pittsburgh Promise to give back to the community and connect with patients in a personal and rewarding way. All of these experiences have been wonderful so far (and great portfolio material!) Also exciting — we are selling fudge and working with Pitt’s med school to expand our inter-professional relationship with the students who lend us lecture halls for our exams...how nice!

(continued)
Bragging time!
Special shout out to those on our Dean’s Theme committee for putting together a wonderful Global InFLUence clinic where we were able to immunize 128 students and faculty members with the 2015-2016 influenza vaccine! A few dental students even made an appearance. This was also a great opportunity to show off the new and improved 402! This event increased access to the vaccine, and was able to raise money for Unicef through donations. We raffled off Fitbit® gear and offered a decadent dessert table – would it be an LKS event without one? Shout out to those involved in making this event a success, including the Dean’s Theme chairs Hayley Fedorek and Hilare Kimmel, along with all of those who were able to come out and get vaccinated. Finally, congrats to the lucky Fitbit® winners… get those steps in!

Looking forward to...
We are getting excited for our end of November formal and of course the completion of the initiation process of our new members! Lastly, good luck to all students on exams… the end of the semester is right around the block!

Phi Lambda Sigma
Kerry Moore, Phi Lambda Sigma Secretary

It may already be halfway through the fall semester, but Phi Lambda Sigma (PLS) is just gearing up! President Maddie Chavara attended the IPSF Executive Meeting in The Hague, Netherlands. She represented PLS and presented a poster at FIP on the PLS Leadership Workshop Series Development that she and Vice President Alex Marshall developed over the 2014-2015 Academic Year. Additionally, Alex Marshall, Kerry Moore, and Dylan Atkinson were members of the winning Achieving Independence Competition team at the Pennsylvania Pharmacists Association Annual Conference in Grantville, PA.

(continued)
Congratulations to all of our student pharmacists who are representing Pitt Pharmacy by demonstrating our leadership potential outside of the School!

In the next few months we will be finalizing the application for membership, which will be posted on the PLS Portal page in December – keep your eye out for the application and contact any member with questions!

Another new item to watch for on our Portal page is a new leader spotlight series titled “LeadeRx.” LeadeRx will highlight one student pharmacist leader outside of PLS on our Portal page monthly. Watch out – you may be our next LeadeRx!

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**Academy of Managed Care Pharmacy**

*Alex Marshall, AMCP Communications Chair*

AMCP is gearing up for a busy next couple of months! Several of our members are attending AMCP Nexus on October 26-29 in Orlando, Florida. Our organization is excited to learn about the growing field of managed care in a great location! This is a great opportunity for students to attend educational sessions and network with managed care executives, pharmacy directors, medical directors, and other professionals from the industry!

This week, AMCP is having its second General Body Meeting. During this meeting, we will be outlining the Pharmacy and Therapeutics (P&T) Competition. This competition provides student pharmacists across the country the opportunity to learn more about drug evaluation, formulation management, and comparative effectiveness research. Students learn to develop and manage a formulary system through evaluating literature, conducting comparative studies, and making real-life decisions based on cost-benefit analysis.

The 2016 P&T Competition drug has been announced and is Ventavis (iloprost) for the treatment of pulmonary hypertension. This competition is a great item to include on any resume as it involves both development of a monograph as well as a presentation. This opportunity is open to students of all years and teams of four compete. Pitt has a local competition, and the winning team from our chapter submits its presentation to AMCP. The AMCP committee then selects eight teams to participate in the National Student P&T Committee Competition at the Annual Conference San Francisco! If you have any questions or would like to sign up for the competition, just send us an email at AMCPpitt@gmail.com!
Pledging and Pumpkins

October in Kappa Psi

Betsy Smith, Kappa Psi Corresponding Secretary

Amongst tests and assignments, the Brothers of Kappa Psi have been eagerly getting to know our new pledge class. In October, we inducted 22 new pledges from the P1 class. One of our favorite events during the pledging season is our annual haunted house trip. This year, we returned to Hundred Acres Manor to walk through a haunted house that included a scary maze at the end! Along with our chapter, over 20 Brothers from D’Youville College in Buffalo, NY attended the event. It was a great chance to bond with our chapter and our New York Brothers!

Also during October, 5 Brothers attended a Province meeting in Philadelphia. It was great to experience the City of Brotherly Love with our own Brothers! Later in the month, many Brothers traveled to Morgantown, WV for another province meeting to learn about our fraternity and network with grads and collegiates alike. These meetings are always a priceless experience filled with new friendships, learning experiences, and fun times.

Speaking of grads, it was great to spend time with so many of them at the Pitt Pharmacy Homecoming Event! Because it was held in the Salk Pavilion, many grads got to see the renovations as well as the updated 402. They all loved sharing stories of how Salk Hall was “back in the day.” Everyone had a great time socializing, enjoying the food, and laughing at our caricatures.

The month of November may prove to be just as exciting with our continued philanthropy, patient care projects, and Lineage dinner at Mitchell’s Restaurant in downtown Pittsburgh.
Ladies and Gentlemen, we are now in the thick of it - the relentless stretch of the semester jam-packed with MTM, clinical pearls, exams, and perplexing Schiff questions. While the prognosis sounds bleak, there is always one therapy I recommend to my patients during this time, and that’s “take 1-7 PDC brothers PRN for service, professional, and social events. Titrate to the amount of work and fun needed for an indefinite period of time.” Nevertheless, if you do not believe the guidelines for this condition are sound, just look at these clinical trials that prove otherwise.

First off, our brothers raised $4,702 for St. Jude’s Give Thanks Walk this year. However, we are not just stopping there. We’re going to continue raising money throughout the school year in hopes of becoming the number #1 donator for next year’s walk. Nevertheless, our motto is “Each Needs the Help of the Other,” therefore, we do not just want to focus on one cause; everyone needs equal help, so we are looking towards aiding as many patient populations as possible. Therefore, we have been extensively contacting organizations in order to set up events. For example, this Saturday (10/24), a couple of our men led by Brother Matt Bruno are going out to St. Mark’s Lutheran Church in Brookline to set up a free flu clinic, take blood pressures, and counsel patients on immunizations. However, our brothers don’t just stop there! No, no, no, service is a marathon, not a sprint. The following Wednesday (10/28), these same dudes and more are going out to Family House for a couple hours in order to cook dinner for those less fortunate.

Finally, yo boys are breaking out the good ol’ blood pressure cuffs and dusting off our JNC 8 guidelines, because we are about to start up our hypertension lecture series for the new school year. Led by Professional Chair Kyle Zacholski, on Monday 11/2 PDC is going out to Jeffrey’s Drug Store in Canonsburg to talk to patients of all different ages about what hypertension is, who is at risk, and what treatments are available. At these events there will be PITT Forms galore as we also offer free blood pressure screenings and brown bag events. Since it would be rude to only offer these luxuries to the people of Jeffrey’s, we will also be having this lecture series at Salk for any of our colleagues that want to get their fill of loops, thiazides, ACEIs, and ARBs.

As we look forward to getting really comfy with this next round of exams, be on the lookout for brothers of Phi Delta Chi waltzing throughout the hallways and tangoing in the atrium, because the PDC/LKS formal is just around the corner...
The Pitt Capsule

November 2015

Pennsylvania Pharmacists Association

Laura Yost, PPA Communications Ambassador

The PPA 2015 Annual Conference was very successful for the University of Pittsburgh. Many students, faculty, and residents from Pitt attended the conference in Grantville, PA on the first weekend of October. We would like to congratulate Dylan Atkinson, John Chang, Alex Marshall, and Kerry Moore for winning the Achieving Independence competition! The team presented a plan to purchase a pharmacy and implement innovative patient-centered programs at the forefront of pharmaceutical technology. The group demonstrated exceptional entrepreneurial skill and won the competition against every other school of pharmacy in Pennsylvania!

We would also like to congratulate Dr. Zemaitis for receiving the Cardinal Health Generation Rx Champions Award. His achievements include the development of Project Lifeline to reduce opioid overdose in Allegheny County as well as a Prescription Drug Monitoring Program in Pennsylvania. In addition, he serves on the PPA Medical Marijuana Task Force to work with legislators in the passage of appropriate medical cannabis legislation in Pennsylvania. He has demonstrated outstanding commitment to raising awareness of the dangers of prescription drug abuse among the general public and the pharmacy community.

We are proud to announce our Pitt PPA chapter won the Government Relations Award! Thank you to everyone who attended Legislative Day last semester and helped us win the award. To see pictures of PPA Annual Conference,

PPA encourages everyone to take part in the Government Relations Advocacy for Student Pharmacists (GRASP) program. Any student who is a PPA member may participate free of charge (non-members can participate for $25). GRASP is an excellent way to differentiate your portfolio and CV. Participation in this program will help students gain a better understanding of federal and state government and its impact on pharmacy – information which is important for all areas of pharmacy practice. Students also will learn tips on sharpening communication and writing skills. Student can complete this webinar-based program at their own pace. No prior knowledge is needed – just an interest to learn and

(continued)
follow us on Twitter @PittPPA. Soon we will provide information about PPA Midyear Conference which will be January 28-31 in Harrisburg.

As part of our Dean's Theme project we will be working with the Pitt Athletic Department to create a public service announcement about pharmacist-provided vaccinations. We will also be promoting flu shots in community pharmacies, with a focus on informing parents of the importance of getting their children vaccinated. **PPA Dean’s Theme committee** is open to all PPA members and we would appreciate your involvement! Please email Laura Yost at lay17@pitt.edu if you are interested in participating.

**College of Psychiatric and Neurological Pharmacists**

Jessica Pavolko, CPNP Secretary

CPNP had a busy month! We welcome all of the new members we gained at our first general body meeting. Our first big event, the 5k NAMI Walk, took place on Sunday, October 4th on the beautiful trail at the Waterfront. NAMI, or the National Alliance on Mental Illness, is an organization that fights the stigmas associated with mental illness, a cause very close to our hearts. Eleven students from CPNP and other pharmacy organizations attended, and together, we were able to donate $290, far surpassing our goal. Overall, NAMI raised $163,464! We couldn’t be more proud and very much look forward to contributing to this noble cause next fall.

Looking ahead, we are setting up job shadowing, movie groups, our Dean’s Theme project, and fundraising efforts. We are fortunate to have many connections at Western Psych, enabling our members to shadow the clinical pharmacists who work in areas like dual diagnosis (mental illness and addiction.) Movie groups involve watching a movie that depicts mental illness, such as A Beautiful Mind, and discussing its impact together. For the Dean’s Theme project, we’ll be working with People’s Oakland, with more details to come! Lastly, we’re looking into different fundraising ideas, from t-shirts to yoga studio gift cards. We are also looking to strengthen our involvement in the neurology aspect of CPNP and are hoping to arrange guest speakers to discuss this subject with us at future general body meetings. If any of this sounds interesting to you, don’t hesitate to contact us at cpnppitt@gmail.com or check out our PoRxtal page!

A tip on gardening…

**Without hard work, nothing grows but weeds.**

– Gordon B. Hinckley

follow us on Twitter @PittPPA. Soon we will provide information about PPA Midyear Conference which will be January 28-31 in Harrisburg.

As part of our Dean's Theme project we will be working with the Pitt Athletic Department to create a public service announcement about pharmacist-provided vaccinations. We will also be promoting flu shots in community pharmacies, with a focus on informing parents of the importance of getting their children vaccinated. **PPA Dean’s Theme committee** is open to all PPA members and we would appreciate your involvement! Please email Laura Yost at lay17@pitt.edu if you are interested in participating.
SCCP
Ryann O’Neill, SCCP Secretary

October was an exciting month for the Student College of Clinical Pharmacy! Nine Pitt students, along with numerous faculty and UPMC residents, attended ACCP’s annual meeting in the beautiful San Francisco, CA. It was a great opportunity to network with clinical pharmacists and learn more about clinical pharmacy and residencies. First off, congratulations to P4’s Neil Turco, Aaron Devanathan, and Cameron Ninos for making it to the quarter finals of the Clinical Pharmacy Challenge! The competition was fierce, and the team proved that they have a great body of pharmacy knowledge. Additionally, congratulations to P2 Jillian Grapsy for presenting her research to the pharmacists of the Palliative Care PRN.

The conference offered many educational programs for students. The “Emerge from the Crowd” program provided background information on residencies, a panel discussion with four residency program directors (RPN) from across the country, a CV review session led by RPN’s and residents, and residency topic roundtables. Other programs included career roundtables, led by clinical pharmacy specialists, and presentations on global updates in clinical pharmacy. And, of course, there was a poster showcase to learn about recent research and knowledge from around the world.

Traveling to San Francisco provided opportunities for some great tourism! The group spent time in Fisherman’s Wharf, a neighborhood famous for its seafood, sea lions, and shops at Ghirardelli Square. They also visited the Golden Gate Bridge and the garden of Lombard Street.

Ask any E-board member for more information.

APhA-ASP
Alexa Hospodar, ASP Social VP

Our chapter had a blast at MRM! We learned so much about our profession and mingled with fellow student pharmacists from our region. Everyone looked great in their Richmond Red Carpet outfits Friday night, and we explored Richmond during Time On the Town Saturday night! Thank you to everyone that came and made the weekend such a success!

The social committee is excited to announce we will be having a laser tag event at Laser Storm on Wednesday, November 4th at 7PM so take a break from studying and join us for a few games of laser tag and fun! Also look out for an announcement about the Annual Spelling Bee that will be held in the next few weeks!

Pharmacy Weeks will be here before you know it, and at the last social committee meeting, we talked about the details of formal, which will be Saturday, January 23rd. We will be sending out another announcement about formal soon, but start to keep an eye out for awesome outfits to wear that evening! If you are part of an organization that wants to hold an event during Pharmacy Weeks, you can contact Kara Ioannou (P1) at kai25@pitt.edu or Alexa Hospodar (P2) at arh72@pitt.edu.

Autumn...the year’s last, loveliest smile. – William Cullen Bryant
Phashion Phorum

**Alex Marshall: Leading with Style**

Stephanie Tchen, Iris Tang, Doreen Foy

Alexander Marshall is the class president for the Class of 2017 and he takes pride in leading with style. He started the interview off with the statement: “Dress to impress.” On a regular basis in pharmacy school, instead of jeans, he prefers to wear khaki pants with his favorite argyle sweater. On professional dress days, Alex impresses with his neatly bleached and ironed white coat. White coats are one of the first things that patients notice and should therefore be one of things that you take more care in maintaining. He recommends wearing no more than 3 lapel pins as having too many embellishments on your white coat can be distracting and may make it look less well put together. He usually lets his parents clean his white coat because who else is better at laundry secrets than parents? For special occasions, he spends about 7 extra minutes to spike his hair – take notes, men.

In order to stay up to date, Alex likes to follows trends on blogs, Instagram®, and Twitter®. His main piece of advice is one of the cardinal rules of men’s fashion: your shoes should always match your belt. If you wear black shoes, please wear a black belt as well. In terms of fitting, Alex likes to stick more with fitted clothes and suits as they look more professional and stylish on him than loose ones. He also advises bow ties as a fun, trendy way to differentiate yourself from the masses in suits and ties. They can be a great option for standing out during networking events, but for formal events and interviews, classic ties are a must.

What you wear and how you wear it is how you present yourself to the world. In a world where first impressions are lasting, style is important. Choose a style that makes you comfortable and brings out your personality.

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**TieBar, Fountain Solid ($19)**

Just like with normal ties, bowties come in multiple styles and trends as well. One of my personal favorites is the diamond tip bow tie. Men may not have as many clothing options in which to personalize their style, but that is where the little things can come into play.

**Brooks Brother’s Merino Wool Argyle V-Neck Sweater ($148)**

Now that the weather is changing, sweaters are great layering pieces that can help you stay warm under your white coat. Make sure you get your own argyle sweater now for the low, low price of three easy payments of $49.99!!

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[Editor’s Choice:](Disclaimer: Opinions expressed in this section are the editor’s alone.)

[University of Pittsburgh School of Pharmacy]
Through education, I hope to empower others to achieve a common goal of excellent health and health care!
-Lindsay Jablonski, Social VP

I hope to provide constant support both medically and socially for patients who struggle with daily problems that may not be directly healthcare related.
-Erica Wilson, President

Although I am a small planet in this colossal universe of healthcare, I wish to ignite the darkness for my patients everyday!
-Daisy Zhu, Communications VP

I want to share my medication knowledge as a pharmacist to a healthcare team so that we can treat sick children with optimal therapies!
-Becca Wytiaz, Professional Development VP-Elect

My “Why” is to help patients to live healthier lives so they can focus more on their talents, relationships, and aspirations.
-Kaley Hayes, Patient Care VP

As a pharmacist, I will design optimal treatment plans that reduce drug interactions so patients can have minimal adverse events to help people live healthier, happier lives.
-Andrea Evankovich, International VP

My why is for my mother. My why is for all of the parents, family members, and friends out there who do not understand their medications.
-Stephanie Tchen, Interprofessional VP

My Why is to ensure every patient has the access and quality care they need. No patient should have to move forward alone, and I want to ensure that they have the proper care they need.
-Dylan Atkinson, Professional Development VP

I want to share our abilities to optimize medication therapy and prevent re-hospitalizations. With pharmacists on board, our communities are healthier, happier places.
-Brando Barry, Policy VP-Elect

By helping patients manage their medications, I want to increase patient compliance and access to medications to improve patient outcomes.
-Alexa Hospodar, Patient Care VP-Elect

I want to work with a healthcare team to optimize patient care, to help catch medication errors, and to connect with and earn the trust of my patients.
-Archita Achanta, President-Elect

As the most accessible healthcare professional, I want to create relationships with all of my patients so we can effectively manage their health!
-Jennifer Fever, Policy VP
From the Editor-in-chief

Trees dance in 50 shades of arrogant orange and birds flap their wings one-thousand-and-twelve times against the autumn sky; once again, I’ve fallen for Pittsburgh’s fall.

October American Pharmacist Month has given me a new perspective on how I go about advocating for the pharmacy profession. From Rep. Buddy Carter’s one-minute House Session Address for American Pharmacist Month to our chapter’s “Live-Your-Why” campaign, voices have been given to us in the most influential ways. As this country’s leader, Rep. Carter reiterated to the whole nation why we should thank our pharmacists; as chapter leaders, we share our most personal stories with fellow student pharmacists, hoping to become that beam of inspiration shooting across their night sky. Cheers.

Acknowledgement

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Jessica Pavolko
Betsy Smith

Kerry Moore
Kaley Hayes
Tyler Ginn
Alexa Hospodar
Alex Marshall

Dean’s Phashion Committee

Stephanie Tchen, Pauline Hoang **Co-Chairs**
Doreen Foy
Iris Tang

Publication Committee

Shivani Pandit, **Chair**
Hannah Hoseyini
Miranda Steinkopf