

The Dose

AMCP: FALL SUCCESS

Kim Brown

President

Happy end of the year! Just like everyone else, AMCP has had a very busy semester. In October, eight members from the St. Petersburg branch attended the AMCP Nexus educational conference in Boston. They got to experience a great residency and fellowship showcase and took in beautiful sights. AMCP STP also took part in Domestic Violence Awareness Month during October. We were able to donate many toiletries to The Spring, the domestic violence center in Tampa. Thank you to all of those who donated and made a difference for victims of domestic violence!

In November, we kicked off our first Pharmacy & Therapeutics (P&T) competition here at the St. Petersburg campus in conjunction with the Gainesville campus! Best of luck to all of the competitors and we know you will do a fantastic job representing our campus at the local competition in January. We also hosted Sue Samson, a Florida SHINE advocate, who taught us Medicare 101 during our November meeting! AMCP has had a wonderful start in its first few months and we're ending the year strong with our second elections on December 5th.

Editor's Note

Now is a perfect time to give thanks for everything that we have in our lives. I am especially thankful for all of my "Pharmily". 2014 has brought many trials and tribulations to my family and I would not have been able to get through it without the kind and warm hearted friends I have made here in pharmacy school. Last week celebrating "Pharmsgiving" with all of my colleagues made me realize how truly blessed I am to be attending such an amazing college with the best students around. What are you thankful for this Thanksgiving?

As the semester comes to an end remember the hard work that you have put in and finish finals strong. Campus nominations will be taking place December 5th. Make sure to go out and vote for your new organization leaders and enjoy reading my last edition of The Dose.

Go Gators!

-Jayme-Jo TenBieg
Student Council Vice President
jtenbieg@ufl.edu



<http://www.onsecrethunt.com/wallpaper/wp-content/uploads/2014/10/Happy-Thanksgiving-2014-Wallpaper-9112.jpg>

APHA-ASP: A SEMESTER OF INNOVATION

Rachel Hubn

Vice President of Publications

Our chapter has participated in many innovative screenings and events this semester. At our annual Pizza and Policy Night, U.S. Representative David Jolly spoke to us about the importance of bipartisan cooperation. He reminded us that no matter your party affiliation or personal beliefs, when driven individuals come together to accomplish a common goal, there is very little that can stop them! This is a critical message for us as we aim for provider status, because we likely will not accomplish this by ourselves. We must continue to work with the other members of the healthcare team and the public to increase their knowledge and understanding of all that we do as pharmacists so that they may share our goal of provider status.



In addition to our continued advocacy efforts, we also have been providing vital and new information for our budding future pharmacists. At the Pens and Pumps session, put on by Operation Diabetes, we learned from a certified diabetes educator about all the different pens on the market: how to use them and what important counseling points to give to the patients. We also received a comprehensive lesson on how insulin pumps work to mimic natural insulin secretion in the body. This allows for more tight control of blood sugar to minimize hyperglycemic complications while avoiding the dangers of hypoglycemia. This event is imperative for our students because with the increasing incidence of Type 2 Diabetes, pharmacists must be proficient at counseling our patients about these important devices.



We are extremely proud to report that our chapter had a significant turnout for the Region 3 Midyear Regional Meeting! Our chapter has been known for our involvement and it is always exciting to see it hold true year after year! Our coordinator, James Alcorn, did a fantastic job of incorporating learning and leadership events with critical networking opportunities to ensure that we all had a well-rounded experience. Stacy Epling, our chapter delegate, led our discussion of the policies from each school and it was thrilling to see each student weigh-in on what issues impacted them with each policy proposed. During the final session, it was inspiring to see the policy process move forward and it reminds us that even though we are students, we can make a difference through APhA-ASP!



As the semester winds to an end, Election season heats up! Please come out to our election meeting, whether you plan on running or voting, and be sure that your membership is valid. We are excited to welcome the new ASP executive board as we graciously thank all the members who have served us tremendously this year!



SNPhA: GIVING THANKS DURING A SEASON OF GIVING

Derek Pearson

SNPhA-President

Season's Greetings St. Petersburg Campus! The start of a new school year is always an exciting time full of reunions with old friends, new opportunities, and of course, new friends and colleagues! SNPhA's members were hard at work this semester both on campus and out in the community. On campus festivities included the first SNPhA Indian Cultural Luncheon and Pharmacy Leadership Society (PLS) Leadership Showcase, while off campus students could be found at a variety of screenings in the community.

SNPhA is traditionally a culturally oriented organization, so the October general body meeting was transformed into a cultural festival, complete with history, heritage, authentic food, and learning a dance called Dandiya Raas using Dandiya sticks. The luncheon was a great success and an even greater amount of fun, which was a most welcome break from studying. This semester also saw the creation of the PLS Leadership Showcase, which was a collaborative event between organizations in hopes of educating students on leadership opportunities available within the student organizations. The showcase was well staffed by current chairpersons and elected persons, and is expected to greatly improve the general knowledge of positions for our campus's upcoming elections.



Some old favorites also returned this year, most notably our screenings at Target's National Night Out and St. Petersburg's Saturday Morning Market. This year marked SNPhA's second for participating in Target's National Night Out, a community event that hosted hundreds of local families and dozens of local vendors. Our students saw patients for immunization, blood pressure, and chronic kidney disease – with Ronald McDonald as our most notable patient! The Saturday Morning Market is a lovely crafts fair held in downtown St. Petersburg and features local vendors, live music, and of course, UF College of Pharmacy students. This was put together by Operation Diabetes and Chronic Kidney Disease, and staffed with help of our pharmacist, Dr. Jessica Maltz.



Wrapping up the semester is Remember the Ribbon with participation in World AIDS Day and a SNPhA social at the Dali Museum. World AIDS Day is held on December 1st to honor and remember those lost, while raising awareness on how to stop the spread of HIV. During SNPhA's Dali social students will be able to enjoy art by Dali and a special exhibit featuring Picasso, as well as live music in the museum. After working up an appetite while absorbing the cultural ambiance we will take the fun to Red Mesa Cantina for an end of the semester pharmlily dinner. This will effectively end our semester, and what better way than with our pharmacy family?



KAPPA EPSILON: RAISING BREAST CANCER AWARENESS

Isabella Maafu
Secretary



News that the St. Petersburg campus will be closing came as a surprise to many of us. KE members faced the realization that our family and fraternity will no longer grow, but this only motivated us to improve our efforts to help this local community, while we still can. We are also cherishing the bond we share as sister-brothers, because it will live on long after our campus closes.

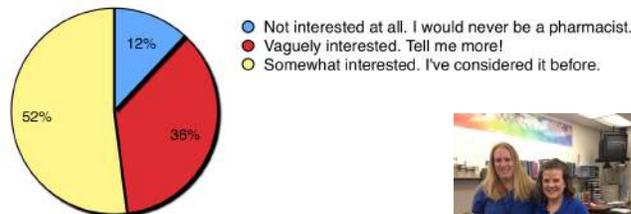


KE members successfully participated in the annual Susan G. Komen Race for the Cure to support breast cancer. KE is very proud to announce that UF College of Pharmacy St. Pete held the title for the largest school team, winning the award for a second consecutive year! The Alpha Omega Chapter also raised \$500 for breast cancer awareness at our yearly philanthropy. Lastly, congratulations to the 3PD class, champions of the Coin Wars competition. We appreciate all who participated and/or contributed to our breast cancer awareness projects.

This semester, our member volunteers presented Pharm-CORP to Seminole High School students for the Great American Teach-In.

Pharm-CORP is a nationwide endeavor that was designed so KE members can encourage students to pursue an advanced degree and introduce them to pharmacy. We were curious how local high school students feel about pharmacy. So we asked 25 students “How interested are you in a career in pharmacy?” The results:

Did the results surprise you? I was stunned that no students selected the fourth answer choice, “Super interested. I want to be a pharmacist.” This could very well be an indication for more Pharm-CORP presentations, and KE is happily planning to continue educating high school scholars about the profession of pharmacy. Additionally, KE members will continue to strive in their pursuit of the profession of pharmacy. We encourage all our fellow students to do the same. We wish you stress-free finals and a happy holiday break!



High School Student Interest in Pharmacy Careers



STUDENT COUNCIL

Ashley K. Whytas
Secretary



<http://www.tjjournal.com/wp-content/uploads/2011/12/candy>

It’s that time of year again, and the holidays are right around the corner! Student council has the pleasure of presenting you with our holiday grams this semester. Candy grams are a wonderful way to send a supportive message to your fellow pharmacy students during finals week. They will be on sale for \$2.00 and will be available for purchase in Veronica’s office soon. Also, student council elections are coming up. Don’t forget to nominate your fellow classmates for leadership positions. We look forward to seeing you on December 5th for voting. This is an excellent opportunity to get involved with campus elections. Nervous about running for a position? Student council will facilitate the transition into your new position to ensure your success.

KAPPA PSI: GIVING BACK AND GIVING THANKS

Lauren Aune
Newsletter Editor

“Gratitude is not only the greatest of virtues, but the parent of all others.” -Marcus Tullius Cicero

As November comes to a close the Brothers of Kappa Psi have taken this month to reflect on what makes them thankful and pay their blessings forward to the community. As future pharmacists we have been given a wonderful gift to devote our whole careers to serving those in our community. As a pharmacist you have an opportunity to pay it forward each and every day. Some of our Brothers have already devoted themselves to serving by being in the military. We would like to take a moment and give our deepest gratitude to Alex Espinosa, Derek Pearson, Misael Nieto and Chris Rahim. It is because of their selfless spirits and those of the men and women with whom they served that we are able to enjoy and maintain our freedom. Thank you gentlemen for all that you have done!



In an effort to give back to our community our Delta pledge class organized and held a flu shot clinic on October 31st. We are so proud of their willingness to give their time to educate those in the community about the importance of getting an annual flu shot. As a follow up from our last article, we did take a little time from our studies to attend the Bucs versus the Minnesota Vikings game. It was a picturesque Sunday full of fellowship and football. On November 6th our Brothers participated in our annual philanthropy event the Light the Night walk hosted by the Leukemia and Lymphoma Society. We were able to raise \$1000 that will go towards advancing research in finding better therapies to help cure those patients who are affected by blood cancer.

As Brothers in Kappa Psi we are always willing to lend a hand to those in our community. We were given the opportunity to be a part of local hospital history as Florida Hospital in Tampa celebrated the opening of their new fifty bed emergency department. This event involved the community with various health exhibits including a poison prevention that our Brothers and pledges had the honor of staffing. We were grateful to be a part of such a successful event that had over nine hundred guests in attendance.



Paying it forward does not always have to involve grand gestures of selflessness; even the smallest of opportunities to give of yourself have the potential to make a big difference. We are thankful for the many blessings and talents within our fraternity. Each and every day presents an opportunity for us to find ways to use these talents to give back to our community.



FSHP: THE SKY'S THE LIMIT

Bailey O'Brien
President



It is amazing how quickly the semester has flown by! Amidst a busy few months, FSHP has worked to continue to provide students with opportunities to enhance their personal and professional development.

At our October meeting, students had the opportunity to attend a brown bag workshop. Students were able to learn about the medication reconciliation process and practice their patient interviewing skills as we prepare for our first brown bag event of the semester at Pinellas Park Senior Center!

We also successfully held our first annual "Mentor Dinner" in collaboration with USF, LECOM, and SW-FSHP. Current FSHP President, Christine Gegeckas, along with pharmacists from around the community joined us for an exciting evening as students participated in round table discussions to learn about career paths, residencies, and other learning opportunities from the pharmacist mentors! Students thoroughly enjoyed the evening and SW-FSHP is looking forward to helping to continue to host this event in the future! We are excited to continue to enhance our relationship with SW-FSHP and we look forward to continuing to collaborate with USF and LECOM for future events!

To continue the momentum, our annual Intern showcase in collaboration with ASP for a mock interview session hosted by Target gave students great insight into the many internship opportunities available as well as important interviewing tips as students prepared for career days and various upcoming interviews!



As we prepare to wrap up the semester and this month of November, it is appropriate we end our events on a philanthropic note with our Ronald McDonald House Breakfast. Our FSHP members have the opportunity to come together and cook a warm hearty breakfast for the families staying at All Children's Ronald McDonald House. Cooking breakfast for these families in need is not only a great way to give back to the community but it is a reminder of how much we truly have to be thankful for!

Finally, with elections around the corner, it is a bittersweet time as one chapter comes to end and a new one begins. It has been an honor serving as your FSHP student chapter president and I am very grateful to have had the opportunity. Thank you to all the

wonderful officers and chairs as this past year would not have been possible without you! Best of luck to the rising leaders on our campus! I look forward to seeing the many great things you all will accomplish!

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it"

Sincerely,

Bailey O'Brien



ROTATION SPOTLIGHT: NEUROLOGY

Aaron Joseph
4th PD Student



What do you want out of a rotation? Your answer may be different from mine, but these are things you should know about yourself prior to even choosing your rotations. On your first day, most of your preceptors will ask what your expectations are and how you learn best. For me, I wanted a balance of everything. I wanted to have the independence to work on multiple different assignments at my own pace, while having the structure of deadlines to help keep me on track. I wanted to learn the clinical guidelines, while knowing the practicalities that may interfere with them. I wanted to have a preceptor that tailored my prior skill set to their expectations, so I can learn new material while still enhancing my current abilities.

I was able to get the above experience while I was at Tampa General Hospital on my Neurology APPE. My preceptor, Dr. Melissa Giarratano, was able to provide me this unique experience. Each morning, we went on rounds where we saw patients who had a myriad of conditions. Patients ranged from comas from motor vehicle accidents to exacerbations of autoimmune disorders. Prior to rounds, I was to assess our patients for appropriate renal dosing, IV to PO conversion, high-risk medication monitoring, and any lab abnormalities that were pertinent to their specific condition. During rounds, I was verbally quizzed on things I was not expected to know prior to the rotation. Any time I was unable to correctly answer the question it was due to her by the end of the day. Formal write-ups were not expected, for most questions, but an understanding of why the answer was what it was. We also had the privilege/responsibility of attending codes whenever they were to occur in the neuro ICU.

Each afternoon was different. Some days we went to meetings discussing indications for medications, while others we were consulted to assess TPN. She also provided two hours at the end of each day to conduct my follow-up on the questions she asked me, as well as my formal presentation and formal patient case work-up. At least one day each week we had a topic discussion. Some of the topic discussions included recommendations for subarachnoid hemorrhage treatment, while others were as broad as 'anti-epileptics.' For any narrow topic, Dr. Giarratano provided me the literature she wanted me to understand, whereas the broader ones I was expected to find my own information.

For me, this was a perfectly balanced rotation. It had high expectations with enough flexibility for me not to only have one thing to work on at a time. I would highly recommend this rotation to anyone who is considering residency and especially if you are considering critical care as a potential career path. After this rotation, I am strongly considering specializing in critical care.





DATES TO REMEMBER

November

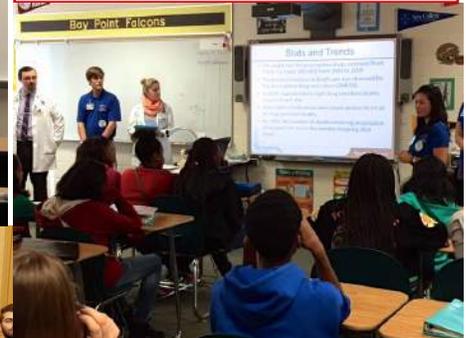
Thanksgiving- November 27th
UFVs. FSU- November 29th

December

Organization Elections- December 5th
Last Day of Class- December 10th
Finals Week December 13th-19th

January

First Day of School- January 6th
SOAR- January 16th-17th



Newsletter Staff

JAYME-JO TENBIEG
(3PD) Editor and
VP of Student Council

