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Sugar Gives Operation Diabetes a Rush

By: Danny Hernandez, Operation Diabetes Chairperson

This fall semester, Operation Diabetes has successfully held 17 events including health screenings, trainings and informational sessions. All thanks, in no small part, to the multitudes of volunteers who helped the Academy of Student Pharmacists to be recognized for the second time as the Regional Leader in Patient Care Project performance. ASP was fortunate to be able to partner with the UF Diabetes Center of Excellence to offer a number of screenings and HgA1c tests to those with significantly elevated blood glucose levels.

Through our events, we have raised diabetes awareness to hundreds of people around Gainesville. At the beginning of this semester, ASP was able to submit a grant request, supported by Dr. Schatz, Medical Director of the UF Diabetes Center, to Bayer Healthcare for a donation of HgA1c machines.

ASP is nearing the final stages of planning a bigger and better “Pens & Pumps” class – open to all pharmacy, pharmacy, pharmacy.

Above: Operation Diabetes trains fellow pharmacy students before a health screening

Above: Amy Kiskaddon (1PD) and Kim Hoang (3PD) pricking each other’s fingers for practice

Below: Young girls watch Operation Diabetes as they perform screenings for their parents
¡Fiesta de Salud!

By: Kenneth P. Leonard II, IPSF Global Health Outreach Trip Leader

ASP-IPSF coordinated Operation Heart and Operation Diabetes to conduct blood pressure and blood glucose screenings at the “Feria de Salud” Health Fair conducted by the Hispanic 7th Day Adventist Church in Gainesville, FL on November 13th.

The International Pharmaceutical Student Federation (IPSF) coordinated efforts with the Rural Women’s Health Project (http://www.rwhp.org/) and truly made this event multidisciplinary. In addition to pharmacy students of all years being present, IPSF worked side-by-side with Physician’s Assistant and Medical students. Focusing on patients who were primarily Spanish-speakers, this event utilized Spanish-speaking students as well as translators to provide blood pressure and glucose screenings for Gainesville’s Hispanic community.

Additionally, select third year pharmacy students were utilized on the mobile unit to see patients with the physician and provide their services.
GenerationRx Reaching Out to the Community

By: Cynthia Moreau, GenerationRx - Public Relations Officer

According to the Substance Abuse and Mental Health Services Administration, there are thousands of teenagers everyday that will abuse a prescription painkiller for the first time. It is also predicted that one in five teens abuses a prescription drug at least once in their lifetime.

In an attempt to stop Gainesville’s youth from going down this dangerous road, a group of students in the UF College of Pharmacy have been going out into the community to warn them about the dangers of prescription drug abuse as part of an initiative known as Generation Rx.

The Generation Rx initiative was developed at The Ohio State University College of Pharmacy in 2007. With funding from the Cardinal Health Foundation and a partnership with American Pharmacists Association-Academy of Student Pharmacists (APhA-ASP), the initiative has been able to spread to other colleges of pharmacy around the nation.

Shortly after Generation Rx began, UF College of Pharmacy students at the Gainesville and Orlando campuses started taking part in this initiative. Currently, there are approximately 80 first, second and third year students that are a part of Generation Rx at the Gainesville campus. UF’s Generation Rx group was recognized in March at APhA2011 Annual Meeting & Exposition in Seattle, WA, where they were ranked first place amongst other pharmacy schools around the nation.

Throughout the fall semester, Gainesville students prepared and scheduled presentations on-campus and around the Gainesville community. Presentations were held throughout October and November at the local Boys and Girls Club, for a local Girl Scout troop, and on-campus at Gator Nights, just to name a few.

Presentations will continue in the spring semester as students team up once again and simulate “Pharm Parties” with middle school students to educate them about the dangers of exchanging and abusing prescription drugs.
Kappa Epsilon and Rwanda Sustainable Families

By: Maida Muratagic, Kappa Epsilon Liaison—Rwanda Sustainable Families Service Project

This year Kappa Epsilon has teamed up with Rwanda Sustainable Families, with the help of our faculty advisor Dr. Peris, to help raise funds that support families in Rwanda starting small, sustainable businesses and to support education for their children.

This year Rwanda Sustainable Families will be having a fundraiser called “Art of Children of Rwanda: Together We Can Change the World” at Prairie Creek Lodge in Micanopy. The event will feature and sell drawings from children of Rwanda themed “How will you Change the World?” Proceeds of this annual fundraiser and art exhibit support micro-loans to the families in Rwanda.

Aside from purchasing artwork, patrons can also purchase “gift alternatives,” such as buying livestock ($40) or a year of schooling ($25), at the fundraiser. One such alternative is a $125 donation to start a family business, which also includes a $25 to place a child in school. Additionally, there will be original framed drawings, purses, beach bags, sculptures and various other curios, all crafted by Rwandan families with all proceeds going directly to them.

Since July 2010, RSF has raised close to $14,000, which has aided 27 families in creating a sustainable small business and placed 38 children back in school. The RSF team will be returning to Rwanda this summer and using the proceeds of this event to build a school playground and soccer field. They will also give loans to new family businesses and expand the artist co-op Komera, whose art, purses, and sculptures will be sold at the event.

If you would like to find out more about Rwanda Sustainable Families visit their Facebook page at https://www.facebook.com/pages/Rwanda-Sustainable-Families/159091514120594?sk=info.
Kappa Psi Till’ I Die!

By: Shane Reilley-Rogers, Kappa Psi Member

Kappa Psi Pharmaceutical Fraternity, Gamma Sigma, was the largest organization, holding many leadership positions on campus. The brothers and oldest professional fraternity in Florida. The Brothers of Kappa Psi are very excited about their ceutical fraternity, with 82 active chapters spanning the United States, Canada, and the Bahamas. Ferrero Foundation, The American Heart Association, and Chil-...year they donated over 1000

The University of Florida dollars to these charities.

Many Kappa Psi members take part in other stu-
Socials, Fundraising, Community Service: Kappa Epsilon Has It All!

By: Cynthia Moreau, Kappa Epsilon Historian

It has been an exciting semester for the Kappa chapter of Kappa Epsilon (KE) at the Gainesville campus. The semester started off with Rush Week, consisting of the “Kappaccino” event, a scavenger hunt, field day and game night, for 2PDs and incoming 1PDs interested in joining KE. Potential new members who attended at least two rush events were invited to join KE, with the traditional pinning ceremony held on September 7, where 34 new members were welcomed into Kappa Epsilon.

One of the most exciting times of every Fall semester for KE is probably “Big-Little Week.” During this time, the new members – known as “Littles” – are matched to older members – known as “Bigs.” For one week, the Bigs purchase gifts for their Littles, while keeping their identities a secret. This week, the “Bigs” revealed on October 13.

Throughout the course of the semester, KE also participated in numerous social, fundraising, and service events. As part of KE’s national service project, the organization also organized the Annual Bowling for a Cure event on November 30, with all proceeds benefiting the Susan G. Komen foundation.

Kappa Epsilon With the help of faculty advisor Dr. Peris, KE was also able to team up with Rwanda Sustainable Families and help them raise funds to allow families in Rwanda to open sustainable small businesses. Throughout the semester, fundraising chairs were also working hard behind the scenes to raise funds for the organization. KE held an apparel fundraiser at the beginning of the semester and a D’Lites fundraiser in October. The new member class also raised funds throughout their pledging semester for their initiation ceremony, which was held on November 29.

KE Officers: Julie Neil (3PD), Melissa Chuddow (3PD) and Jackie Hernandez (2PD)
Rotational Spotlight: Ambulatory Care

By: Lindsay Rogers, Fourth Year Pharmacy Student (4PD)

opportunities while on rotations, my current one proves to be the most valuable. Recently, I have been spending my days at the Ambulatory Clinics of the Palms Medical Group.

PMG is a non-profit organization made up of a handful of clinics just outside of Gainesville. The clinics are located in very small towns and serve mostly a low-income population. Patients are typically referred to the clinic by their primary healthcare provider for one of three things: education about their disease state, medication reconciliation, or the Coumadin Clinic.

Most appointments take about 30 minutes and include: counseling regarding patient disease state and consequences of uncontrolled disease, lifestyle modifications to improve control, and medications.

A Day in the Life

Arrive at clinic at 8:30 AM and pull charts for the day’s patients. Begin seeing patients at 9:00 AM. Stop seeing patients between 3:00 and 5:00 PM. Many patients come in with written questions or logs of their diet and blood sugar levels. I was surprised, and inspired, by the desire of these patients to learn about their disease and how to effectively manage it.

After each appointment is over, an abbreviated SOAPE note is written. A SOAPE note is basically a summary of all of the information you have gathered about a patient (both “subjective” and “objective”), an “assessment” of what it means and a “plan” of what you are going to recommend to the patient or provider. You would also include any “education” you have provided to the patient and how it was delivered (i.e. orally or written).

At the beginning of the rotation, your preceptor leads the encounters while you shadow and help write the SOAPE notes. However, rotations occur at the point in your pharmacy curriculum where the learning process becomes very “hands-on.” Gradually, you build up to where you are seeing patients by yourself and reporting back to your preceptor after the encounters. While it can be intimidating at first, this learning style is an immense confidence booster and has certainly helped shape me from a measly intern into a full-fledged “almost”-pharmacist.
KE and FSHP Residency and Fellowship Forum

By: Maida Muratagic, Kappa Epsilon - Residency Forum Chairperson

Kappa Epsilon Pharmaceutical Fraternity and the student chapter of the Florida Society of Health-System Pharmacists will be hosting the 23rd Annual Residency and Fellowship Forum on Friday, November 18th.

This event is a great opportunity for students to interact with residency directors and program coordinators from across the state before the 2011 ASHP Midyear Clinical Meeting on December 4-8th in New Orleans. This event’s primary focus is fourth year students, but it’s not limited to them and is a great opportunity for all College of Pharmacy students to learn more about residencies and what they entail.

This year will feature 12 residency programs, the majority of whom are PGY1, but will have a few PGY2 programs as well. The forum will include presentations by Dr. Michael McKenize, Dr. Katie Vogel-Anderson, and Dr. John Gums followed by a panel of residents, fellows, and residency program directors.

The forum will end with a showcase allowing students the opportunity to individually interact with residency directors and residents at their displays.

Below: ASP paints 34th street wall for American Pharmacist Month

Above: Susie Costa (2PD) speaking to Shands Residency Representative

ASP Kick-starts American Pharmacist’s Month

By: Roya Tran, APhA-ASP President-Elect

October is one of the busiest times of the fall semester, not just because students are smothered by marathons of lectures and exams, but also because it is National Pharmacists Month. Every year, APhA-ASP takes the lead in promoting awareness and hosting various events throughout the community during this month.

This year, student leaders Maida Muratagic and Shivani Amin, displayed the festive spirit of the month’s red and white colors by painting a mural on the historical 1,100 ft wall along Gainesville’s 34th Street.

On October 25th, ASP held the American Pharmacist’s Month Leadership Luncheon featuring community guest speakers from Walgreens Pharmacy and Dr. Robert Navarro, of Managed Care Pharmacy. Various community health fairs throughout the month provided blood pressure, cholesterol, and diabetes screenings as well as simple education of proper drug use. ASP’s various health initiatives actively participated at the “Screaming for Safety!” event held at Kiwanis’ Safety City on October 15th.

The month came to a grand close when the UF College of Pharmacy, along with FAMU, co-hosted the “Fun in the SUN” APhA-ASP Mid-year Regional Meeting (MRM) for student pharmacists in Orlando. Coordinated by UF College of Pharmacy MPPD, Alyssa Jaume, over 400 hundred students from across the Southeast region attended the event, making it the largest regional meeting to date.

Gainesville students at the “Fun in the Sun” MRM conference in Orlando
Working out your PharmD Core!

By: Amanda Small, Student Representative - Professionalism Committee

In our everyday lives, we must interact with individuals. Whether you are purchasing a cup of coffee or driving home from the office, we are engaging in various forms of professional interaction, which can be either positive or negative. Acting as a professional is very important in every type of business. As pharmacists, we are expected to act professionally at work and in our personal lives. It is imperative for us to understand what it means to be a professional.

Last year, we saw the debut of the acronym UF PHARMDCORES to guide us in making professional choices. Here are the details surrounding the Professionalism Committee.

Who is a member of the Professionalism Committee?

The committee consists of at least one faculty member, two student representatives, one student representative from the Student Council of each campus as well as a Student Affairs Coordinator. Students were nominated by the Assistant Deans of each campus, with final approval by the faculty members sitting on the committee. Our job, as student representatives, is to promote best acts in professionalism and the ideas originally set forth in UF PHARMDCORES.

What are the goals of the Professionalism Committee?

The Professionalism Committee has three goals: To recognize best practices in professionalism, help mentor students who have exhibited unprofessional behavior, and work together with student organizations, such as ASP and FSHP, to put together workshops about professionalism.

We plan on rolling out an online form to faculty, staff, preceptors and students to report specific examples of professional behavior that are witnessed throughout the academic year. Submissions will be forwarded to Dean Riffe for review and a letter of congratulations will be awarded to the student in recognition of professional activity, with a copy placed in the student’s file. The Professionalism Committee will then review all submissions and select one from each campus for further recognition at the annual awards banquet.

There will also be an online reporting system for faculty, staff, preceptors and students to report unprofessional behavior from any College of Pharmacy student. The Professionalism Committee will review these reports and determine the degree of the infraction, ranging from mild to severe. For mild to moderate infractions (e.g. unprofessional attire, unprofessional attitude, or continuous tardiness), the Professionalism Committee will meet to decide whether the incident merits an opportunity for mentoring or the development of a disciplinary plan.

The overall goal is to aid in developing a sense of the importance of professionalism and teaching students how a particular incident could have been dealt with in a better manner. If the infraction is serious, the student will be brought before the Academic Performance Committee and dealt with there. All incidents will be documented in a database for faculty review.

Our last, and potentially most important, goal is to work in conjunction with our student organizations to promote professionalism throughout the college. We would like to work with the officers in ASP and FSHP to set up events or forums to keep an ongoing discussion about professionalism at the college.
SNPhA Annual Health Fair Aims to Raise Health Awareness in Impoverished Families

The city of Gainesville, the Gator nation, celebrates joyous festivities during football season. Tourists and alumni travel from around the U.S. to visit this small town, chant the orange and blue and marvel at the Gators’ deadly bite. Behind this glorious façade, however, lays a mourning nation: poverty is rising at a frightening rate.

The U.S. Census Bureau found that the percentage of people in Alachua County who are living below the poverty level increased from 20.6% in 2008 to 24.2% in 2009. Poverty is taking its toll on people struggling to meet family needs. According to the Florida Department of Children and Families, the number of food stamp clients in September rose to 32,962, 20% more than last year.

The University of Florida’s Student National Pharmaceutical Association (SNPhA) chapter will take action by planning the 2nd Annual Minority Health Fair in the center of the calamity, East Gainesville. Today, this area struggles with the highest levels of poverty in the city, resulting in poor education and high crime levels (including child, domestic, drug, and alcohol abuse).

Many parents cannot afford to properly care for the health of the family, so our chapter conjured up the idea to reach out. Our pharmacy and pre-pharmacy students will work in conjunction with Walgreens, Alachua County’s Health Department, Alachua County CHOICES, Area Health Education Centers, ASP’s Operation Heart and Diabetes, and Health and Wellness to provide free health screenings, consultations, food, and entertainment for people to enjoy.

For SNPhA members, December 3rd will begin at 8:30 in the morning at the front parking lot of Walgreens on Waldo Road. As patients begin arriving at 10 AM, they will be led to the registration booth where they will sign in and be screened for one of the free flu shots the will be provided.

After they sign in, they will get an introduction to the health fair and receive a goody bag with their own “health report card.” This brochure will contain several brief questions regarding alcohol, drug, and domestic abuse, and areas for SNPhA members to complete testing at each table. The patients will then be free to roam through the booths, ranging in topic from Safe Sex, BMI Testing, Blood Pressure, Blood Glucose, HIV/AIDS, Stroke, Alcohol Awareness, CHOICES Health Insurance, and more.

The air will be filled with grilling turkey burgers and other healthier food options. On the other side, a children’s booth will provide a safe place for parents to safely leave their children to enjoy face painting, sidewalk drawing, coloring books or bouncing in the bounce house while they get their screenings done.

By the end of the fair, patients will have scores on their report cards with helpful tips on how to improve their results, as a reflection of their health. SNPhA plans to reach as many people as possible and spread health awareness in the hopes of improving test scores on next year’s Minority Health Fair Report Cards.

Editor’s Note: After the submission of this article, the 2nd Annual SNPhA Minority Health Fair took place. It was a huge success, administering over 30 free flu shots and screening over 60 patients for blood glucose, A1C, cholesterol, and blood pressure.
Student Council will be holding online elections during the second week of December to provide leadership opportunities for ambitious pharmacy students. First, second, and third year students can nominate themselves or one of their peers through Sakai, the online e-learning system, on the Administrative tab when the discussion opens up in December. Nominees must write a short paragraph about their credentials and how they would use their abilities to put a stamp on campus life. Not sure what position you are interested in? Take a look at the positions available!

Look What You Can Do!

**President Elect**
Plan the Mortar and Pestle Awards Ceremony in the Spring and a Welcome Back event during the first weeks of Fall, help delegate responsibilities to the members of student council, and give a short presentation during orientation about Student Council’s responsibilities.

**Treasurer**
Create a budget for the all of the student organizations of the college of pharmacy, and help manage finances of Student Council.

**Secretary**
Take thorough minutes at meetings, update the calendar, e-mail meeting minutes and times to the college.

**Parliamentarian**
Keeps our meetings professional by having us abide by “Robert’s Rules” to pass motions on the floor.

**Historian**
Work as editor in chief of our Newsletter, The Script, by acquiring, editing and organizing articles and images for it. Also take pictures of our Student Council events and create a PowerPoint presentation at the end of spring detailing what we do.

**BOCC Representative**
Attends bi-monthly Board of College Council meetings and informs us and the other student organizations about how to acquire funds from the College Council.

**GSC Representative**
Represents the College of Pharmacy at the Bi-monthly Graduate Student Council meetings to coordinate events with the rest of the graduate programs at UF.

**Senators**
Two senators are required to represent the College of Pharmacy at the Senate’s weekly meetings in the Reitz Union on Tuesdays at 7PM.

Even if you aren’t interested in running for one of these officer positions, you most certainly should vote in the elections for your peers. There are two types of elections class-wide and college-wide. Class-wide elections allow only the students of that graduating class to vote for their own President, Treasurer and two student representatives whereas college-wide elections allow the entire college to vote for Student Council President-elect, Treasurer, Secretary, Historian, Parliamentarian, BOCC Representative, GSC Representative, Homecoming Representative and the two Senators for the College of Pharmacy.

But What You Can Do For Student Council!
**commencement**  [kuh-mens-muhnt]

By: Sarah Carswell, Assistant Dean of the College of Pharmacy

**noun**
1. the ceremony of conferring degrees or granting diplomas.
2. an act or instance of commencing, beginning: the commencement of hostilities.
3. the day on which this ceremony takes place.

The first definition is the light at the end of your long, sometime arduous, tunnel. Your raison d’être, if you will. The purpose that often justifies your current existence.

However, I want to currently extend my proud congratulations to those who have managed to pull this all together (while carrying full academic loads!) based on Dictionary.com’s second explanation of the noun. This first edition of the The Script marks the beginning of a new era, replete with submissions by student organizations, bringing the Gainesville campus together in a way that is both familiar, yet bold and innovative.

A campus newsletter not only provides you with the centralized forum to share extra-curricular activities with others, but acts as a keepsake for activities that are neither logged nor recorded. The written word summarizing what keeps you balanced in your trek towards Commencement Day is a big step in your professional growth and development. It also serves as a beacon for those who follow in your steps, unsure of how to succeed. In determining how to balance study and play, incoming students look to you, student organization leaders, as role models in time management and overall success. This newsletter is more than the electronic bytes needed to create it. Volume One of The Script provides the structure and resources to prepare other students to become productive ‘pharmacy citizens,’ and assume roles of leadership and service in a culturally diverse and increasingly complex society.

Thank you to everyone involved in getting this project off the ground! By doing so, you support the College of Pharmacy’s Gainesville Campus Office of Student Affairs’ mission to foster lifelong service by engaging each single student with their greater community in action, change and learning through student run organizations. Keep up the great work! I can’t wait to see Volume Two!
How Low Can Your Sugar Go?

**Diabetes Crossword Puzzle**

**Across**
4) Brand name of sitagliptin
5) Drug that reduces intestinal glucose absorption
8) Brand name of pioglitazone
9) Reduces hepatic glucose output and increase uptake of glucose by the periphery, including skeletal muscle
11) First widely used oral anti-hyperglycaemic medications.
18) Most popular Biguanide
14) Metformin site of action
15) A1C Diabetic Goal should be less than...

**Down**
1) Sulfonylureas stimulate insulin production by opening the KATP channel
2) Brand name of nateglinide
3) High blood sugar
6) Thiazolidinediones reduce insulin resistance by activating PPAR-gamma
7) "Short-acting secretagogues."
10) Brand name of glipizide
12) Causes a decrease in blood sugar

Editor’s Note

By: Susie Costa, Editor in Chief of The Script

Welcome to our Inaugural issue of The Script! We are very pleased to start this project inspired by the St. Petersburg campus’ amazing newsletter The Dose. The purpose of our newsletter is to spotlight the personality of the Gainesville Campus. We want to know about your events, fundraisers, initiatives, socials, induction ceremonies, rotations, forums, and basically everything that goes on at the Gainesville campus whether you are a member of an organization or not. At the same time, feel free to tell us what you are doing when you aren’t dealing with drugs. Tells us about your favorite places to hang out or eat, competitions you have participated in during pharmacy school, what you did over the summer, an exciting place you’ve been to and what opportunities you have found, or just some friendly advice to the newbies.

Our goal is to publish the Newsletter on a more regular basis and begin to receive regular contributions from all of our student organizations. I would like to personally thank all of the individuals who contributed to this issue of The Script and Sarah Carswell for helping us initiate this project. Thank you to Dana for contributing photos as Student Council Historian, Stephanie Scali who worked late hours as Layout Editor on this project with me. I hope everyone has enjoyed this issue of The Script and that this project continues to grow as we all become leaders in our profession.