

The Script

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Know Your
MEDICINE
Know Your
PHARMACIST
American Pharmacists Month

Vol 2
Issue 1



Breast Cancer Awareness Month
Pg 14



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Welcome Back!



On the first day of classes, CVS helped to welcome College of Pharmacy Students back to campus. Students enjoyed hot coffee and Dunkin Donuts. It was definitely



Rotational Spotlight:

By: Alyssia Jaume, Fourth Year Pharmacy Student (4PD)



Guwatze, or Hello and welcome, in the language of the Keres speaking Pueblo tribes, is just one of the phrases introduced to me while on my ambulatory care rotation with the Indian Health Service in New Mexico. Ambulatory Care I and II are required rotations, but this site provided more than information about pharmacy. I experienced a new perspective on medicine and health care and in doing so, learned about the culture of the people I served.

The hospital itself is located in a rural area about 45 minutes outside of Albuquerque. The tiny, one-story hospital was deceiving, as the pharmacy services three local tribes and fills an average of 500-600 scripts per day. The

pharmacy is also responsible for managing clinic services such as anticoagulation, exenatide, diabetes, and asthma.

A Day on the Reservation

As one can imagine, we are very busy. As students, we provided direct pa-

tient counseling with most of our time. The other portion of our time was spent writing SOAP notes on our patient encounters. We also answered drug information questions and prepared for journal club and our presentations. In addition to the typical ambulatory care rotation, I received a full-perspective on my patients' way of life. An understanding of these cultural beliefs was crucial to adequately coun-

seling patients during clinics.

Outside the clinic there were many opportunities to learn about my patients by being involved in the community. For example, we talked to a weekly diabetes support group about common side effects of their medications. We attended weekly community Zumba classes, several local "feast days" that included traditional foods and dancing, and an annual walk for suicide and drug prevention.

As I participated in more activities, I was able to solidify relationships outside of the clinic which facilitated my interactions and counseling while in clinic. A trust was formed which augmented the healthcare services I was able to provide. From this rotation, I will carry the experiences and the people I have met with me and express what I have learned through my actions as a future health care provider.



Above: Alyssia Jaume (4PD) on the reservation

Walk to End Alzheimer's

By: Amanda Graham, 2PD

The Alzheimer's Association Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for care, support and research for the nation's sixth-leading cause of death. On Saturday, September 15, ASP's Geriatrics Awareness partnered with Gator Pharmacy Wellness to participate in the 2012 Walk to End Alzheimer's. The event took place at Bo Diddley Community Plaza in downtown Gainesville where participants had the option to walk a one-mile or three-mile course. Thirty students representing all four classes of the College of Pharmacy were in attendance for the event. Even faculty professor Dr. Vogel-Anderson, her husband Shawn, and their dog Jimmie showed support as well.





The team walked in shirts produced by Campus Outfitters that displayed the names of loved ones of the College of Pharmacy affected by the disease. The College of Pharmacy had a goal of raising \$1,100. Through personal fundraising, donations from faculty and staff, and the sale of t-shirts, the team surpassed their goal in a short 21-day span and raised \$1,300!



The University Athletic Association, Inc. (UAA)

By Nista Gracien, 2PD



The University Athletic Association (UAA) is involved in many events on campus, such as providing a program for pharmacy students to have an opportunity to be first aid station volunteers. This program started in 2010. Along with the UAA, Dr. Randell Doty and his wife, Donna Doty, assist with the program. For the last two years, they have had groups of professional students help out at every home football game of the season. As volunteers, the students had an opportunity to work with the emergency medical personnel and assist the fans that are injured.

Those that volunteered have learned to gather histories, document accidents, and complete paperwork. Lastly, they help monitor people at the first aid stations. It is safe to say that this program is beneficial because the students get an eye-opening experience on how to respond quickly and get a handle on situations that may come their way.

And here are a few statements from some of the student participants:

“The Swamp on Game Day is an extraordinary experience filled with the cheers of the crowd, the trumpet and drums of the band, and the excitement of the Gators as they show the opposing team who's gator bait. But what most people do not recognize is the amazing work done by the medical staff and pharmacy students like you. Every home game since 2010, pharmacy students from the University of Florida College of Pharmacy work with paramedics, EMTs, doctors, and the University Athletic Association (UAA) Risk Management Staff to provide care and emergency services for football fans and stadium employees. Pharmacy students are volunteers through UAA that, over past years, have had to prove their value in aiding the medical staff and providing safety and care for stadium fans.

From my personal experience, we encountered cases that stemmed from needing Zantac to re-hydrating with IV fluids to placing leads on a patient to determine emergency for transport to the nearest hospital. Pharmacy students learn how to be adaptable in emergent situations when patient influx varies to each first aid station and where EMTs, paramedics, and doctors will require different tasks from you. In a proactive role, students can have hands-on experience providing aid in patient cases related to excessive dehydration, anxiety, cardiovascular distress, intoxication, hypoglycemia, seizures, and much more. Personally, after cheering for the Gators throughout my years in undergrad, it is great to support and give back to the Team through my education and experience in pharmacy.”

By Jennifer Raquipo, 4PD



Dr. Randell Doty and the pharmacy students at the First aid station

“At first I thought volunteering at the games through the UAA program would be simple – just relaxing with the first responders and watching the game with one or two people coming in for water and a band aid. I was wrong. It was a rush of non-stop people with all sorts of problems and different ways to help them. It really kept us on our feet and we learned so much more than I thought. I have to give a great thanks to Dr. Doty for allowing us to participate in the program. I recommend it to anyone who wants to learn what first aid responding is really like.”

By Saajan Patel, 1PD

“I thoroughly enjoyed volunteering in the first aid stations for the UAA at the Gator football games. Every experience was totally different with unique learning opportunities. Being a pharmacy student, I am limited in what I can do, but I have learned a lot just by watching the paramedics and EMTs. I have been able to assist them with various tasks, from counseling on the OTC products we have to helping to get information from intoxicated people to improvising an IV pole with a paper clip hung from the ceiling. I have seen people with heat exhaustion, hypoglycemia, seizures, and asthma attacks. It was a great learning experience.”

By Rachael Britnell, 2PD



The EMTs



2012 AMCP

Student Symposium

By Aman Dhaliwal & Andrew Mullings
AMCP Marketing Directors

As student pharmacists, it is easy to get lost in a sea of PowerPoints and figures to be memorized before the next test, and lose sight of the prize that lies at the end of the journey. While no one can argue that all of the lectures and slides are unnecessary, there is a growing need for students to know how their world is changing and how they can prepare themselves for these changes.

On September 8th, students from the UF Gainesville Chapter for the Academy of Managed Care Pharmacy (AMCP) traveled to Atlanta for the AMCP Student Symposium hosted by the Mercer University Chapter. At the symposium, we gained valuable insight from the speakers and guests. The panelists spoke of how the pharmacy profession was changing from one where clinical and community practice were the only options to



Photo by Zahra Ismail

After a five-hour car ride, 2PDs Scarlet Basler, Zahra Ismail, Michele Summerville, and Krishna Patel get ready for a discussion on managed care pharmacy.

one where a pharmacist can be involved in literally every aspect of the health care field. They also spoke of the growing influence of managed care pharmacy in the profession, including the role and significance Pharmacy & Therapeutics Committees play in clinical and community settings.

During the small group breakout sessions, students practiced their skills with speed interviewing conducted by real world employers and received feedback. Also, students rotated tables and had personalized discussions with the speakers, who detailed their careers and advice to students.

Consider this point that a panelist brought up in order to show how much the field can change a few years. Medicare Part D and Medication Therapy Management (MTM) services, two of the fastest growing segments in pharmacy, have only been in existence since being introduced in 2003 in a bill and went into effect in 2006. While a thorough understanding of pharmacology and pharmacotherapy is vital to the success of a pharmacist, just as significant is educating and preparing for the world after graduation – something that simply cannot be learned in the classroom.



Photo by Michele Summerville

Students of the UF AMCP chapter gather at the conference hosted by Mercer.

Sweet Values of Friendship

By Sheena Mathew
Student Council Secretary

Last month the College of Pharmacy held its annual Meet and Greet Peer Advising Social, serving up ice cream and smiles. Nearly two hundred students attended to meet their new friends at the event on August 31, 2012 in the HPNP Atrium.

The Peer Advisor Program was established to help first year pharmacy students as they transition into their new academic environment by providing upperclassmen advisors. The advisors can help offer advice for adjusting to pharmacy school, along with tips on how to help study and get involved.

Before school begins, both 1PDs and upperclassmen fill out a questionnaire about their interests and lifestyle, and these answers

are then used to help match the mentors and mentees. The official unveiling of the matches was made at the social.

First year students were given generic drug names, which corresponded to their advisors' brand name drugs. Once the mentor/mentee pairing was made, each couple enjoyed delicious ice cream and an array of toppings including Oreos, chocolate syrup, M&M's, and peanuts, all served by our very own IT team.

Amidst the sea of students, there were two special guests – one of our favorite Med Chem professors, Dr. Sloan, and our beloved dean, Dr. Riffée.



Photo by Sheena Mathew
Marie Barnicoat, 1PD, and Raymond Manalo, 2PD meet at the Peer Advising Social for the first time as mentee and mentor, respectively.

Photo by Nista Mathew

A sign stands at the entrance to the HPNP Atrium, directing new and past students to the area where they will meet their new peers.



Student Spotlight

Zahra Ismail - Shands IV Technician

Before coming to pharmacy school the passion I had for this enriching field drove me to work hard and stay focused on my dreams. It's ironic how being admitted into the program changed that completely.

Struggling to keep up with the intense workload of our curriculum, I found myself becoming more and more compulsive about simply getting the grades. I was working harder than I ever had before and, as the all the minute details of the PowerPoints were becoming clearer, the bigger picture was fading.

One of the most rewarding aspects of my current job as an IV Technician at Shands is that it has returned the excitement and curiosity that always made learning more rewarding and less exhausting. Medications like vancomycin and furosemide are no longer words on a paper. They are vials of powder or clear liquids; they are colors and textures. I prepare orders, applying dimensional analysis and lab skills that Professor Mobley taught us.

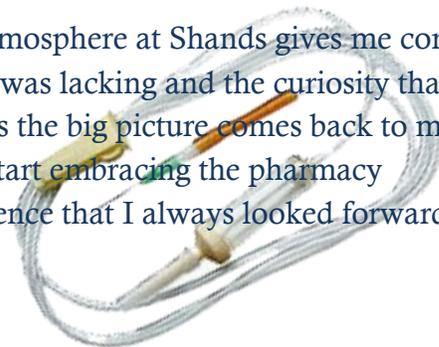
It's no longer about the grade. Now the calculations and aseptic techniques are to carefully prepare a formulation that will help a patient stay hydrated, fight an infection, or even save their lives. Those random details in our notes are actually crucial factors that cannot be overlooked.

It's no longer about memorizing different doses and infusion rates, but rather about seeing how high doses of vancomycin are diluted and infused over sixty minutes to avoid red man syndrome. There's a rhyme and reason to all the facts we learn in the classroom, and all the hard work and dedication has a purpose.



Another great perk about my job is being surrounded by exceptionally sincere and friendly pharmacists who love their career. Maybe because it's an academic hospital, but I have always felt that my questions were welcomed and, if anything, encouraged.

The atmosphere at Shands gives me confidence that I was lacking and the curiosity that I was losing. As the big picture comes back to me, I can finally start embracing the pharmacy school experience that I always looked forward to.



FSHP Clinical Skills Competition

By Michelle Chung, 1PD

The clinical skills competition consisted of students in teams of two working on a given case study. For the first portion, each team had two hours of discussion and preparation before presenting their case.

Students were to identify and prioritize drug therapy issues and approach a treatment plan for the patient. Teams were also limited to resources and had to search through a program called LexiComp on handheld devices.

The second part of the competition was a 10-minute oral presentation. Each team had to give a two-minute oral presentation of their drug therapy plan. The rest of the eight minutes consisted of questions from the judges. Winners move onto the all campus clinical competition and then from there one winner will go for national.

The three judges for the clinical skill competition were Dr. Karen Sando (faculty), Dr. Danielle Pierini (PGY1), and Dr. Eric Dietrich (post-doctorate fellow). Dr. Sando stated that the main criterions the judges look for are the ability to work in teams and share their knowledge amongst



Above: (from left to right) Dr. Sando, Dr. Pierini, Dr. Dietrich

Right: Jessica Yung and Funnce Liu



Left: Sau-hyon Cho & Zubin Kachhi

Right: Anastacia Glumova (4PD) & Brian Fung

I asked if there was a disadvantage for the 1PDs and 2PDs, since they might not have the same knowledge and experience in comparison to the 4PDs. Dr. Sando responded that there is a slight disadvantage towards 1PDs and 2 PDs, but the same resources are still available for all the students to access. Actually, during last year's clinical competition, there was a team of 2PDs that did very well.

Zubin Kachhi (2PD) and Sau-hyon Cho (2PD) both competed as a team. After their oral presentation, Zubin said that it seemed a bit less overwhelming than pharmacotherapy since they do not present in front of many classmates. On the other hand, Sau-hyon's feedback was that pharmacotherapy was slightly better due to the fact that they focus on one topic at a time.

Another team consisted of brave 1PDs, Jessica Yung and Funnce Liu. Both decided to be involved to make the best of something new. Jessica stated that it was really intimidating and exciting at the same time. She said the competition, as 1PDs, was more of a learning opportunity to see what they knew and also a glimpse into what their future entails. She can't wait until next year, to see how much she has learned from now until then.

Career Day at the Hilton: Gator Pharmacists Bring Their Best!

Urgent glances, alternating between the wooden doors in front of your and at the watch on your wrist. Repetitive straightening of your best suit. Self-reminders to smile and to take deep breaths.

This scenario sounds familiar, perhaps to a movie scene of seconds before a wedding—the most important day of your life. However, though it is not a matrimonial scenario, it is a very important day to the pharmacy students at the University of Florida. It is the long-awaited Career Day!

Career Day is an annual event for the College of Pharmacy at UF. Meticulously organized and planned by the Office of Student Affairs & Involvement, the Office of Development Alumni Affairs and APhA–ASP, the day brings many opportunities for internships and employment from local community pharmacies. Career Day occurs on all four campuses, respectively on different days, to allow for all of the COP’s students to have the same opportunity to network and intern with local pharmacies. This year, Career Day was hosted at the Hilton, located parallel to the university’s campus. Traditionally held in the spring, this marks the first year that Career Day hosted in the Fall semester. Upon speaking with Dean Mike McKenzie, he remarked that “this change was made to align with other pharmacy schools who host their career days in the fall semester, as well as to provide UF pharmacy students the same opportunities to internships as a response to the employers’ requests.



-Sponsor Guest List-

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Central Florida Health Alliance

Publix

Wal-Mart Health & Wellness

(one site)

Ambient Healthcare Inc.

Cardinal Health

Medisca Inc.

A Few Words from Dean Mike McKenzie

I had a few moments to gather a few words from our loved Dean McKenzie, who graciously answered my many questions while smiling as we both watched students engaging with the different sponsors.



When asked about advice to students for Career Day, Dr McKenzie remarked that it was “for students to learn, obtain insight, and experience interviews so they would be prepared to meet future employers. This is a chance for students to grow personally, professionally, as well as building their interpersonal communication skills. Students are here representing themselves, as well as the college and the profession. This gets 1PDs and 2PDs thinking about the future.”



Words from **Target (Retail)**

“Target is always looking for enthusiasm; those for clinical improvement and who take leadership. We all work together in teams at the store in order to provide genuine healthcare.”

- Shannon Maurice

Words from **Walgreens (Retail)**

“You want to get your foot in the door. Get experience and get to know the different areas of pharmacy. Do an internship in the summer, and continue further in the year. We aren’t just ‘counting pills and putting it in a bottle’. Here at Walgreens, pharmacy is not mechanical— it’s relational.” -Jon Trinkle



Words from **NFRMC (Hospital)**

“It’s important to schedule different kinds of rotations prior to mid-year in order to make an informed decision of what you do and do not like so you know what you want to do”

- Meagan Hargrove, PharmD



Words from **CVS Caremark (Retail)**

“CVS is always hiring great future pharmacists. The best advice is to get experience during school—not waiting until the fourth year. Most employers look for experience and for students to be well-rounded”

-Cristina Medina



Making Strides Against Breast Cancer

By: Cynthia Moreau (3PD)

October is upon us and it is now officially Breast Cancer Awareness Month. This year, the ASP Women's Health patient care project and Kappa Epsilon collaborated to form a team of walkers to participate in the American Cancer Society's Making Strides Against Breast Cancer walk. A total of 19 participants attended the walk which was held on October 13 at Northeast Park.

The two organizations decided to collaborate for this event at the beginning of Fall semester with the goal of encouraging classmates to support the fight against breast cancer. One of Kappa Epsi-

lon's national projects is to promote breast cancer awareness and the ASP Women's Health project aims to educate students and the community about health issues that are especially relevant to women.

Fundraising efforts started in September with the sale of pink breast cancer awareness lapel pins and Making Strides Against Breast Cancer tank tops. With these fundraisers and private donations, the UF COP team has raised a total of \$485 for the American Cancer Society.

We would like to thank all of those who have supported our

efforts to promote breast cancer awareness and help raise money for the fight against breast cancer. You can still support the cause by purchasing a pink ribbon pin and we also have a limited number of tank tops left – all profits will benefit the American Cancer Society.



Letters from the Editors

This year as we start a new semester, we are proud to present you with a fresh new look for “The Script”. Also new this semester is “The Script” staff committee. I am so grateful to be able to work with an enthusiastic and innovative group of people. As we are beginning to enter the busy midterm portion of the semester, I encourage you to take a moment and appreciate all of the opportunities that you have available to you outside of studying for exams. The articles in this issue are just a small representation of the plethora of involvement activities that Gainesville students can participate in. Just as we decided to “start fresh” with the look of our newsletter, I challenge you to also obtain a fresh new outlook for the rest of the semester. No matter how busy or crazy our schedules may be, it’s important to know that there are many more important things in life. It is crucial to remember what makes you happy outside of school and then do it! Mark Twain once said, “Twenty years from now, you will be disappointed by the things you didn’t do, than by the one’s you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” This month, take a chance and try something new and make time for yourself. You won’t regret it.



Amy Lynn Safaty
Student Council Historian
The Script Editor-in-Chief
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Now that you’ve reached the last page, I will assure whoever needs it that this is in fact The Script. With the recent changes we’ve made in our style, overall layout designs, graphics, photography, and article contents I can only expect a few double takes.

Our aim with all this is to make improvements with the newsletter, in hopes of one day having a full-fledged magazine. After all, those that comprise the Gainesville campus student body engage in enough activities for a quarterly almanac! With this amount of effort, they deserve a high-quality publication to record it.

In future issues you can expect increased levels of clarity in the stories, as well as an increase in number as we attempt to expand the newsletter. The layouts will become progressively sharper and taken on a more professional standard. We also have plans to capture photos of higher quality, as well as more creative graphics.

I can speak for our entire committee when saying that we take pride in this publication. Any of us are open to suggestion and encourage you to contact us, or stop us when you see us on campus, to let us know what you think!

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