



The Dose

St. Petersburg Campus Newsletter

April 2015

Editor's Note

Another school year has quickly come to an end! I want to congratulate everyone on all that this campus has accomplished within the past year. Also, a special shout-out to our soon to be Pharm.D's!!! You guys have certainly earned it! Enjoy every moment of graduation and good luck in all your future endeavors.

We all have worked extremely hard throughout the year and deserve a much needed break. I hope everyone has a fun and relaxing summer. Rest up and get ready to have another great year next year. As always, a special thanks to our campus staff for doing all that they do!

Have a great summer and Go Gators!!

Jimmy Hayden

Student Council Vice President
jamesahayden@ufl.edu

APhA-ASP News

Tori Baker

VP of Publications

APhA-ASP has participated in many innovative screenings and events this semester. At the beginning of April, IPSF hosted Give Life Day. There were presentations by Life Link, One Blood, and Be the Match. Students learned that the need for organs and tissues is vastly greater than the number available for transplantation and were given the opportunity to register as an organ, eye, bone marrow, blood, and tissue donor.

Since April is donate life month Ally Webb, the IPSF Chair, arranged a special transplant event for students on campus. Dr. Doligalski, a transplant pharmacist at TGH, spoke about her role in the recovery and education of organ recipients. As an added bonus, a double organ recipient shared his story, recovery and medication struggles, and successes.



Our chapter has also been making a huge impact in local schools. Rachel Huhn planned a poison prevention poster competition at Bay Point Middle School. First, a group of pharmacy students gave a Generation Rx presentation with an emphasis on poison prevention topics. The students of Bay Point then made posters illustrating the importance of poison control awareness. Generation Rx had a presentation at Sickles high where students were able to learn about prescription medication abuse and misuse. This event was planned by the Generation Rx chair, Vicky Kang. In addition Rishita Patel, Self-Care chair, set up a presentation that educated a new

patient population. All of these wonderful presentation events highlight the important role education has within the profession of pharmacy.

Something new within APhA-ASP is the format for the general meetings. The Executive board wanted the meetings to be more interactive and beneficial for students. The meeting at the beginning of the month included Jeopardy! Students were divided into teams and tested on their knowledge of all things APhA-ASP. The categories included Association Structure, Patient Care Projects, Policy and Advocacy, APhA Meetings, and Toasty. This was a great opportunity to have some competitive fun while learning about the different aspects of the organization.

APhA-ASP had a leadership workshop at the last meeting of the semester. Through this workshop students were able to interactively identify what their leadership style is and discussed advantages and disadvantages of their style. It was a great experience to see that people have a different way of thinking and operating and that is okay. It's important to recognize ways to work with people from different leadership styles. Having members with different leadership styles that know how to work together is what makes for a great team.

Things to look out for during the summer include the Vietnamese Health Fair, that will be held June 7th, and also the PLS Leadership Retreat. Keep an eye out for more information regarding those events. Everyone's hard work to put on all of these wonderful events is greatly appreciated!



FSHP: Continued Success

Racheal Huhn

President

Dear Pharmily,

Our student society of FSHP has been very busy this semester thanks to the tireless efforts of our chairs and officers. In order to help our members de-stress from midterm week, we organized a group bike ride at Shepard's Beach in Clearwater with dinner afterward. With all the pressure we can put on ourselves as students, it is always nice to come together in a relaxing environment. Thank you to our dedicated social chairs, Laleh and Tori, for their exceptional work this semester! In addition to our exciting social events, we have provided some new and innovative professional advancement opportunities to our membership.



Our Annual Residency Showcase was a huge success again this year by providing crucial networking and educational opportunities for all those in pursuit of a residency! With nine programs in attendance, students were able to find out from current residents the key advantages and challenges of their specific residency. We hope that everyone benefitted from the experience of speaking with residents and directors on a personal level and encourage everyone to continue to seek out these experiences over the summer! We were also very pleased to have representation from FSHP-Southwest, who generously sponsored the showcase. Thank you to Southwest for your continued support! Also, a big thank you to Elda Agastra, who astutely planned this momentous event to benefit so many members!



A critical part of landing a residency happens during rotations, which some students might feel unprepared for when the time comes. In order to properly prepare our members for rotations, we provided some tips and details about the process as part of a 4PD Rotation Panel! This panel was imperative to the 1PDs and especially to the 2PDs, because we will be ranking our choices in *less than a year!* The wonderful 4PDs that volunteered to come out and share their stories gave invaluable advice! They spoke about what they personally gained from each rotation and how it impacted their career choices. They also provided us with numerous recommendations about how to

standout on a rotation and how to have a big impact on patient care while still learning.

Along with our professional events like the showcase and rotation panel, we also provided members with professional advancement opportunities at our meetings. We were pleased to welcome our speakers for this semester: Dr. Saumil Patel, Dr. Mary Soliman, and Narcotics Anonymous. Dr. Patel and Dr. Soliman are both pediatric specialists at Tampa General and All Children's, respectively. They gave us some important clinical pearls and considerations for treating children and some of the complex challenges they face each day. They also gave invaluable advice on how to secure a position as a pediatric specialist if that is your passion.



We also had a speaker that could help each pharmacy student no matter what specialty they are passionate about. Narcotics Anonymous spoke to us about their unique role, and no heart was left untouched by their story and their mission. As pharmacists, we often deal with active drug-seekers but we do not often have the tools to help them. The talk we received from NA empowered us with the resources to pass along to those looking for help or their family members. They also gave us first-hand knowledge about the disease of addiction, which will often leave the victim feeling powerless to overcome their problem. The information we received, along with the poignant personal stories

voluntarily provided, will help us become more empathetic and effective healthcare providers. We are very thankful to have had such excellent speakers at our meetings! Thank you to Lea Gaber and Chris Espinosa for their professional and dedicated service to FSHP and our members!

It is apparent that we have been doing all we can to help our members grow as pharmacists and as practitioners. We strongly encourage all students to use our website to request shadowing experiences and otherwise seek out professional development opportunities. The summer is a great time to learn first-hand about pharmacy careers and make connections that will be beneficial later! We are extremely proud of all that we have accomplished at St. Petersburg campus this semester and we hope everyone has a relaxing and fulfilling summer break!



ACCP: Looking Ahead

Alexander Huyhn

President

As the year comes to a close I reflect back on the fantastic effort put forth by the members of ACCP UF-STP. From journal clubs to the 2015 ACCP Clinical Pharmacy Challenge it has been a bright year for this new organization. The recent Clinical Pharmacy Challenge on our campus was a nice boost to our activities, we even had a 3PD on rotation from Gainesville show up! Although the effort we have put forth has been valiant, ACCP is ready to boldly move ahead and tackle the coming fall semester. Our chapter is planning events and meetings with not just the other UF campuses, but also LECOM. On the local level our chapter will begin to collaborate more with FSHP to provide more opportunities for students to express their ideas and take initiative in areas of their interest. We are excited to see where our plans will take us in the coming months as our new organization continues its journey. Adventure is out there!



GHOT Spotlight

Mika Heister

2PD Student

Instead of relaxing at the beach and basking in the warm Florida sun, I spent my spring break climbing active volcanoes, hiking mountains, playing odd sports, and learning medical Spanish in the beautiful country of Nicaragua. This cultural opportunity was part of the 2015 Ayuda Nicaragua Global Health Outreach Trip. The trip lasted a total of seven days with five days spent in the clinic.

Clinic days were divided into five stations that students rotated through every half day. The stations included triage, two physician stations, a pharmacy, and counseling. Each station offered challenging yet excellent opportunities for personal growth and development. For instance, I am very interested in pediatrics and while stationed in the pharmacy I practiced dosing medications for pediatric patients. This often included looking through literature to find the proper dose based on indication, compounding when necessary, and finding alternatives when the medications were not available. At the triage and counseling station, I learned how to communicate important health information to patients in Spanish. It was amazing how much medical Spanish I learned in such a condensed amount of time. Although I thoroughly enjoyed my time in the clinic, there was so much more Nicaragua had to offer.

My two favorite experiences while in Nicaragua were assisting in several emergency surgeries and playing a hybrid game of volleyball/soccer/kickball with the local kids at our first clinic. I gained confidence in my abilities to interact with patients of a different language and culture while working with amazing students from the other campuses.



Each Global Health Outreach Trip offers a unique experience filled with challenges, excitement, and opportunities to expand your counseling abilities and build confidence. I am super excited to see more of Nicaragua as the trip leader for Ayuda Nicaragua in 2016!



SNPhA: Feeling Thankful

Besan Abdel-Khaleq

President

Hello, STP! I hope finals went well for everyone. So hard to believe that the end of the semester is here already! It has been quite a busy semester, in and out of the classroom. SNPhA's chairs were hard at work planning various events. The Environmental/Public service chairs held a social at Hamburger Mary's for Drag Queen Bingo, which is always a fun time with



good food and friends. Power to End Stroke had a great screening with FSHP's Brown Bag at the St. Paul's Methodist Church. Diabetes Initiative took part in the Juvenile Diabetes Research Foundation Walk, taking place in Tampa. The walk raised over \$500,000 for Type 1 Diabetes research! Most recently, Remember the Ribbon invited five guests for an HIV/AIDS Guest Panel. It was a great way to gain insight into the lives of those with HIV and AIDS. They talked about the diagnosis, family and friends' reactions, and medication regimens. It was a great learning experience to see how a diagnosis could change one's life completely.

I just wanted to thank all the officers and chairs for all the hard work that they have put in this semester. It has been a successful semester for SNPhA, and it could not have been done without them. Hope you all enjoy your summer vacations and come back in the fall well rested and ready to hit the ground running!



Kappa Psi: Sunshine State of Mind

Christine Ramos

Newsletter Editor

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer." – F. Scott Fitzgerald, *The Great Gatsby*

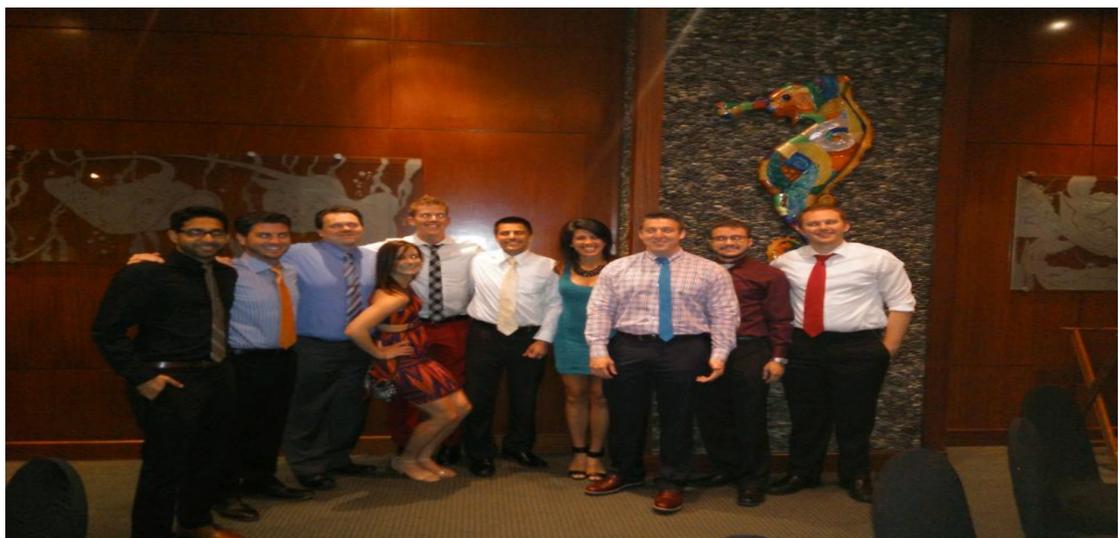
In the homestretch of the semester, many of us are counting the days until we can bask in the summer sun without a worry. Amongst us, however, are our 4PDs that will be graduating and continuing to navigate through the real world as residents, professionals, or what have you. We are incredibly proud of our Brothers that will be taking the well-deserved walk down the aisle at the Commencement Ceremony a few days from now.

With that being said, as a follow up to the last issue, our Chapter held a celebratory banquet for our graduating Brothers at 400 Beach in downtown St. Pete. Following dinner, we continued our celebration by taking in the beautiful rooftop view of the bay at the Canopy. This fellowship was a great way to bring everyone together to send our 4PDs off on a high note.

More on updates, the Epsilon Sigma Chapter of Kappa Psi partook in our annual philanthropy event known as the Great Strides Cystic Fibrosis Walk held at Boyd Hill Nature Reserve. As previously mentioned in the last article, this year we set an ambitious goal to raise \$2000. We're proud to say that we've met our goal with

the generosity of the friends, family, and Brothers bringing our overall total to more than \$5000. It's extremely fulfilling to uphold our pillar of high ideals and to give back to such a wonderful cause. We wholeheartedly thank everyone who helped achieve this goal!

So as the academic year is coming to a close and the summer months are upon us, expect to see some exciting things in the future from our Chapter. Until then - relax, travel, and stay classy St. Pete Campus!



Kappa Epsilon: Celebrating 10 Years of Brotherhood

Alexa Conte
Secretary



This year the Alpha Omega chapter will be celebrating our 10th anniversary of being founded at the St. Petersburg campus. Reflecting back on these past 10 years, our chapter members have been blessed with amazing memories, experiences, and unforgettable friendships. A banquet is being for our brothers, alumni included, at the end of the semester to celebrate these past 10 years of brotherhood. We are all excited to celebrate the many accomplishments this fraternity has achieved.



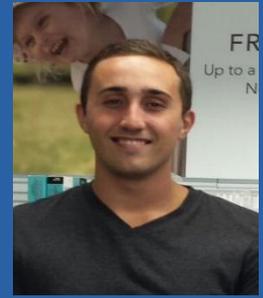
It has been announced that the 50th National KE Biannual Convention is being hosted in Orlando at the end of July. Chapter members are excited to attend and connect with other brothers from around the country. Also, our very own alumni, Dr. Childs-Kean, will be speaking at this event. With the amazing support of one of our alumni and past president, Elise Reyes, 10 members will have the opportunity to be sponsored for the event. The chapter thanks you Elise for your continued support and passion for this organization. You are a true leader and represent what Kappa Epsilon was founded upon.

Our Ray's game social was a success. KE paired up with other organizations for a fun night away from school by watching baseball. The social allowed the chapter members to relax, kick back and enjoy cheering on our local baseball team in the St. Petersburg area. Be on the lookout for more socials in the future!

KE would like to congratulate all of the 4PDs that are about to graduate and take the next step into their career. We wish you luck on your future endeavors and we thank you for everything you have done for this chapter and the campus. We look forward to seeing all of your future accomplishments.



Newsletter Staff



Jimmy Hayden
(1PD) Editor and VP of Student Council



UPCOMING DATES

May 4th: PharmD Commencement

May 5th: Cinco de Mayo

May 10th: Mother's Day

May 25th: Memorial Day

June 21st: Father's Day

July 4th: Independence Day

