

# The Dose

## APhA-ASP: Keep Moving Forward

*Joe Haley*

*APhA-ASP President*



Hello there student pharmacist! The semester is well under way and October is forecasted to be a whirlwind. This month celebrates many, though, I would like to highlight American Pharmacists Month. You will see social media blitzes, spontaneous APhM competitions, apparel, and thank you letter campaigns to recognize those that serve in this fine profession.

We are excited to have a huge response to attend our Midyear Regional Meeting Nov 1st - 3rd. Those attending are in good hands with our coordi-

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## SNPhA: NEW BEGINNINGS & FAMILIAR FACES

*Joanne Angilot*

*SNPhA President*

The start of a new school year is always an exciting time: filled with the reunions, catching up with old friends, and of course making new ones! SNPhA would like to again welcome the Class of 2017 and encourage you to get involved: see all that the St. Pete campus has to offer. We're certain

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### *Editor's Note*

Welcome back St. Pete! And a special welcome to the class of 2017. I hope you all had a wonderful, restful and productive summer break and are recharged and ready to take on another semester.

Oh the fall semester! The air gets a littler chillier, everything now comes in pumpkin flavor and we true Floridians all bust out our sweaters as soon as the temperature drops below 80. Fall is my favorite season and serves as a time for me to look back and reflect on the year. And what a year it has been. In May I had the opportunity to travel abroad to Scandinavia to learn about their health care systems and culture. It was the trip of a lifetime and I am very grateful to have had the opportunity.

With a few months left in the year I encourage everyone to take a minute and think back. What amazing things have you accomplished? How many great times have you had? Now look forward there are more adventures on the horizon!

Until next time, I hope you enjoy reading The Dose!

-Alexandra Perez  
Student Council Vice President  
[alexandra.perez@ufl.edu](mailto:alexandra.perez@ufl.edu)

APHA-ASP: KEEP MOVING FORWARD

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nator, Ashley Rowand. Make sure to thank her early and often for her diligence and dedication to making MRM2013 the best yet! To update you on our resolutions, we will be presenting UF's top two in some upcoming virtual meetings and presenting our proposals at MRM. I am very honored to serve as UF's MRM Delegate and look forward to taking our college's collective voice before the region.

The initial response from our incoming class has been truly moving. Thank you for your devotion, energy, and vision! To quote Tim Redmond, "There are many things that catch my eye, but there are only a few that catch my heart. It is those I consider to pursue." Our student pharmacists exemplify that notion and I know they will Keep Moving Forward.

SNPhA: NEW BEGINNINGS & FAMILIAR FACES [Continued from page 1]

you will find a place to fit in as there is something for everyone to get involved in!

Along with new beginnings, this year SNPhA was a part of Target's 30<sup>th</sup> National Night out in Largo. This is a large community and family event partnered with the Largo Police Department. The purpose is to promote safety and general awareness to the members of the community. We provided screenings, education on Chronic Kidney Disease, Immunizations and more. We were excited about the opportunity and happy to serve our community alongside our campus' FSHP chapter.

We also rang in the new semester with a few reoccurring events. We'd like to thank all the students who came out for a fun filled adventure commonly known as our beach clean up! In addition to this, our Service/Environment project will be helping a family in need by helping to build a house for them in the coming weeks as we partake in Habitat for Humanity! We ask that you continue to recycle and place used ink cartridges in the box in the lobby. The annual Tampa Bay AIDS Walk was also a success this year as we made an impact toward awareness, education about the disease state and common myths.

Although, we have just begun a short while ago time moves quickly. In the blink of an eye, the semester will soon be halfway gone so make the most of it now! We look forward to more screenings, events and special projects as the year continues. Join us as we continue to impact our community, partner with other organizations, embrace each other's diversity and grow as a chapter.

If you haven't joined SNPhA, there's no better time. So ACT now! "Advance to Achieve. Collaborate to Connect. Teach to Transform." –Presidential Theme SNPhA National President Felix Tran



FSHP-SC: WELCOME BACK

*Kelsey Lubbers*

*FSHP Secretary*

FSHP has shown tremendous growth over the last year and as we welcome the new class to our campus we experienced even more growth. At our first general meeting, we had guest speaker Dr. Ripal Joshi from Tampa General Hospital come to speak with us about clinical pharmacy and what a typical day in the life of an infectious disease specialist is. As well as having our first meeting, we have held several events so far this semester; all deemed successes by officers, chairs, and members alike.

Our second annual High and Low Ropes course was put together by our Vice President, Abigail Russell, and was just as fun as last year. Students from the other campuses were able to come out and meet their peers and have a good time participating in some team building activities and the ropes course before the semester started to get busy.

We started off the year strong with a tour that was high in demand: CoreRx. We visited their site in Clearwater where they showed us around their clean rooms, which are all Current Good Manufacturing Practices compliant. CoreRx is a pharmaceutical development company that specializes in formulation development and final product optimization. This was a great opportunity to learn how much goes into the drug manufacturing process, and to experience the equipment used.

Our Ronald McDonald House volunteering in Downtown St. Pete was also a great success. We saw many new faces out there, and had an enjoyable time cooking breakfast for the families. The Ronald McDonald House gives families the opportunity to remain in close proximity to their children while they are in the hospital. After serving breakfast we were given a tour of the facility. During the tour we learned how it all got started, and the truly positive impact this organization has on the families. They are always looking for volunteers to help in any way, and we encourage you to contact them if you are able to do so.

A couple weeks ago we had our campus specific Clinical Skills Competition, put together by our CSC chairs, Erin Jacks and Chris Rahim. It was a great turnout with five 3PD teams and five 2PD teams signing up. Our first, second, and third place teams were as follows: Will Bienz and Kevin Pham, Nick Reynaud and Sarah Chehab, and Aaron Joseph and Mark Wilson. Congratulations guys!! Our first and second place teams represented us well at the All Campus CSC held at our campus on Friday October 4<sup>th</sup>. FSHP would like to give a special thanks to Dr. Kisgen and the other judges for taking time to come and judge the teams!



KAPPA PSI: WORK HARD PLAY HARD

*Reniel Castaneira*

*Kappa Psi Newsletter Editor*

The Epsilon Sigma Chapter had a successful summer experience. As we return back to school, we would like to wish everyone a successful semester and overall a fruitful academic year. Our Chapter remained both busy and very active during the summer season. Early this fall semester, we welcomed our first year students through four of our rush events, and we proudly hosted our first Conclave at our campus.

Our Adopt-A-Mile project found its niche both during the summer, and early this fall semester. This project is our Chapter's unique attempt to support our community. If you recall last year we undertook a project called Adopt-A-Mile, where we signed a contract for two years to perform four, one-mile road cleanups annually. During this summer, our Brothers completed the third cleanup for the year. Due to the values associated with this project, we decided to incorporate it into our rushing events. It certainly provided us with an opportunity to meet many of our first year students. Some of the other rushing events included our formal informational meeting, a fun filled barbecue, and a compounding laboratory experience. One of our goals with the compounding laboratory experience was to expose our incoming students to one of the many career opportunities within our profession. This learning environment allowed them to become familiar with basic compounding skills such as levigation, trituration, and capsule filling. Our hope is to create a basic foundation for success in future courses, and help them set career goals very early in their curriculum.

Early this fall semester, our Brothers had the opportunity to host our first Conclave at our campus. Learning, socializing, and meeting Brothers across the Nation were some of the many

fulfilling benefits from this distinguished event. Our Brothers believe this experience was a keystone in their professional and personal development as they had the opportunity to learn from Brothers who are leaders in our profession of Pharmacy including Dr. Alan Obringer.

We look forward to a year full of challenges, growth and responsibilities, and to the many activities that are planned for the rest of the semester.



## MR. E - IT'S A MYSTERY!

Greetings folks. And welcome to another edition of Advice from Mr. E. If you've ever had a question about pharmacy, or school, or pharmacy school, this is the venue to ask away. After reading thousands of questions, I've selected a few of my personal faves that will enrich your lives with knowledge.

Our first letter today comes in all the way from Buffalo, New York.

"Mr E., I've been wondering; How many licks does it take to get to the center of a Tootsie Pop?"

-Annie James, 7 years old

Well Annie, this is a complicated question. Pharmacodynamically speaking, the POP-1 enzymes in the mouth undergo self-induction when a tootsie pop is administered. While initially there will be a small drop in tootsie pop concentration, these enzymes will upregulate. Once this occurs, more tootsie pop will be broken down and subsequent tootsie pops will melt more quickly. On average though, once the POP-1

enzyme has been induced, the average number of licks (studied in a double blind placebo-controlled RCT) is about 42. Unless of course you have the POP-1 \*2/\*2 genotype variant. That's a story for another day, however.

Our next question comes in via Twitter: UFPharmDiva:

"Mr. E, u should tell us Y 2pd year iz so hard. #TheStruggle #PharmD #2Pdprobz"

Well, my dear, the answer is simple. Write this down: 2PD year is hard because there's a lot of pressure. Pressure can burst pipes or create diamonds. You have to choose what it will do to you. I'm not sure about those newfangled hashtags, but if you can figure out Twitter, I'm sure you can figure out how to pass 2pd year. I'll end with a quote from Albert Camus that got me through some of those hard times 2nd year: "In the midst of winter, I found there was, within me, an invincible summer." Find your summer. Until next time, Mr. E out.

## SPORTS CLUB: GET DOWN AND GIVE ME TEN

*Chris Rahim*

*Sports Club*

This semester Sports Club has been on a roll in boosting our future pharmers into a fit lifestyle. The first two meetings we played football. The turnout was great with many 1PD's who attended, along with the upperclassman. Our goal this year has been to diversify our sports and activities to new things. We decided to have a Military Style Boot Camp workout at our second meeting. This was lead by our very own fellow Veteran classmates, Alex Espinosa and Chris Rahim. Participants were pushed to their limit in strength, agility, and endurance. It was a great success and we plan on doing it again in the future. Keep and eye open for our next two meetings. Come out for some fun in the sun with us!



**KAPPA EPSILON: SAVE THE TATAS!**

*Kim Brown*

*Kappa Epsilon Historian*

It's another beautiful semester at the most beautiful campus! It has been wonderful to catch up with classmates and to meet new ones. Welcome to the class of 2017 and all of our transfers! Kappa Epsilon has been an absolute whirlwind since school started. We held four rush events: Kappachino Chat, our famous scavenger hunt at John's Pass, trivia night (of course one of our KE teams won), and a delicious BBQ at Lake Seminole Park. In addition to all of these fun events, we held a mixer with Kappa Psi for



an afternoon of relaxation. We are so excited to welcome 32 new members to our KE family and we can't wait to see what they have in store for their pledge events! Kappa Epsilon also supported our mission to increase breast cancer awareness. Our chapter participated in the Susan G. Komen Race for the Cure, a walk in downtown St. Petersburg to benefit Susan G. Komen For the Cure. We will also be hosting our annual Drink 4 Pink downtown, where the proceeds will also go to Susan G. Komen For the Cure. We hope to see everyone at these events to support a great cause! Have a wonderful fall semester and we'll see you soon!



**STUDENT COUNCIL: BE THE VOICE**

*Neesha Patel*

*Student Council Historian*

A big WELCOME to the new first year students and WELCOME all returning students! Fall is well on its way to being a great one! We hope the stresses of lectures aren't causing any palpitations!

Even though we are still in the fall semester, SOAR is quickly approaching. We are well underway in planning all the amazing events with the support of our gracious sponsors Target. Thank you to all who have decided to join the SOAR team and make the STP Campus SOAR the best it can be. Keep a lookout for new SOAR updates as 2014 approaches!

Also, CONGRATULATIONS to Mika Heister and Yousef Al-Jallad the new 1PD student representatives! We are very excited to see the first new students taking the initiative to become involved. Keep up the great work guys!

Remember that Student Council represents you! Any concerns? Why not voice it at the next Student Council meeting? Be involved, be part of the change! GOOD LUCK on exams everyone!



## Rotation Spotlight: PharMIItalia

*Jeanette Connelly*

4<sup>th</sup> PD Student

Ranking rotations is an exciting experience. How do you decide what to rank? What rotations do you think you will enjoy? How far out of your comfort zone are you willing to push yourself? I asked myself these questions during my 3<sup>rd</sup> PD year, and was instantly drawn to the idea of a short study trip abroad rotation. In May, I embarked on the PharMIItalia rotation that took me on an adventurous journey through Malta and Italy.

During my time on the rotation, I traveled through numerous cities. While in Malta, we partnered with the university's faculty and students to gain an appreciation of their COP curriculum and hospital practice. This included interviewing Maltese patients and working on patient cases with students. While in Italy, we visited a variety of community pharmacies, universities, hospitals, and the Italian version of the FDA called FIFA.

The PharMIItalia rotation provided me numerous eye opening cultural experiences. I saw first-hand the importance of religion in their patient care, the relationship pharmacists established with their patients, and the role of patient counseling. For example, all over-the-counter medications in Italy are actually kept behind the counter. Pharmacists are the only individuals in the pharmacy permitted to ring up a sale for the over-the-counter items and must counsel the patient on the product.

My classmates and I were also able to experience the culture of the two countries on the weekends. During this free time we visited various tourist sites throughout the country and explored local cuisine. I truly enjoyed every moment of my PharMIItalia rotation. If you consider yourself adventurous and desire to learn about pharmacy throughout the world, I highly encourage you to apply for a short study trip abroad rotation. It is an experience you will never forget!



*Word Scramble:*

*(hint: Fall!)*

VLASEE  
MUKPNIP  
LOHAWENEL  
LBAFOLTO  
VHATERS  
EWSRATES  
LPIGMIRS



**DATES TO REMEMBER**

**October**

American Pharmacist Month

**Nov. 1st - 3rd:**

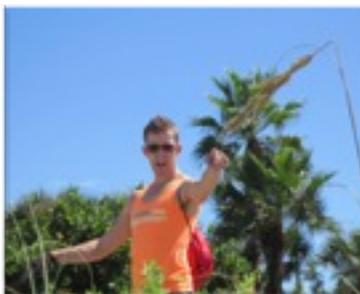
APhA-ASP MRM

**Nov 1st:**

Gator Fair

**Nov 8th:**

Homecoming!



**Newsletter Staff**

ALEXANDRA PEREZ  
(3PD) Editor and  
VP of Student Council

