



# The Script

UF | College of Pharmacy

GAINESVILLE

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## APhA Annual 2014

By Samantha Roughton, APhA-ASP President-Elect

While attempting to put all of my experience at APhA annual in summation only two words come to mind: EYE OPENING. It is so easy to get wrapped up in the daily activities of our own UF APhA-ASP chapter it is easy to forget about the endeavors accomplished on a national level.

While at APhA annual I was thrown into a sea of leadership workshops, policy and advocacy seminars, rooms full of chapters across the nation brainstorming ideas, and a gigantic exposition (I never did make it to every booth). At each of these workshops I was able to learn from ideas set forth from other APhA-ASP chapters across the nation and share some of the University of Florida's projects. It was in these moments that I realized the big picture. APhA-ASP is not just for listening to a guest speaker, grabbing a slice of free pizza, and signing up for enough hours at APhA-ASP events to acquire necessary IPPE hours.



UF COP students and faculty at APhA Annual represents their awards with gator chomps.

APhA annual taught me the most important lesson of my first year in pharmacy school. It taught me that it is truly all about patient care. Yes, we have heard that a million times this year; but when you start to calculate all of the events at each chapter across the nation it is truly eye opening to see the difference we make as student pharmacists in APhA-ASP.

# Relay For Life

By Melissa John, Cancer Awareness Chair

On Friday March 28<sup>th</sup> the University of Florida held its 10<sup>th</sup> annual Relay for Life. Relay for Life is a unique event that raises money for the American Cancer Society by having teams create unique booths that aim to fundraise all night long. This year's theme was "Happiest Place on Earth" and each team's booth had a Disney theme. In addition to the themed booths, there are many events held throughout the night such as a dance off contest, Mr. Relay pageant, a fashion show, the luminaria ceremony, and many others.

This year the UF College of Pharmacy team really tried to gain support of the entire college and multiple organizations. We held various fundraisers such as FSHP/Kappa Psi Flowers for Hope, the Kappa Psi Valentine's Day social, GPW Zumba for a Cure, bake sales, etc. Even the Orlando campus got involved and raised over \$200 for the team by holding a "Penny Wars" on their campus. The result of our college coming together was raising nearly \$3400 that all goes to cancer research and patient support programs!



From left to right: Nista Gracien, Neha Doshi, Josh Welch, Ana Murphy, Trinity Williams, Christian Calderon, Brian Lynch, Melissa John, Ryan Bootle, Brittany Powell, Jonathan Phelps, Melissa Berman, Sadia Khan, John Leonard, Jennifer Lee, Aklil Hiruy

## Professor Spotlight: Dr. Joanna Peris, Ph.D.

By Erica Bobb, SC Historian-Elect

**If you could choose any career in life besides being an academic professor, what would you be?**

Lion tamer

**What are some of your favorite hobbies?**

Jigsaw puzzles, making doll clothes, cooking, hiking, shelling at the beach

**What was the make and model of your first car?**

Red 1975 Datsun 710 wagon

**Do you have any pet(s)? If so, what kind and what's their name and how long have you had them?**

I have two cats (Ollie and Lindy) and a dog (Bear). I rescued the cats in 2003 and the dog in 2007.

**If you could be an animal, what would you be and why?**

I would like to be a tiger because they are so graceful and powerful and beautiful and stealthy. They are good at climbing trees but also love to swim.

**How many different states or countries have you visited?**

40 states plus Canada, Mexico, Greece, Spain, Italy, Germany, South Korea, Bahamas, Switzerland and London (London was only for 1 hr driving between airports).



# Global Health Outreach Trip: Nicaragua

By Mallory Burns, Ayuda Nicaragua GHOT Trip Leader



Students on their Global Health Outreach Trip to Nicaragua

Each year, College of Pharmacy students embark on Global Health Outreach trips during the week of Spring Break to reach underserved populations in Mexico, Nicaragua, Ecuador, Thailand, Haiti, and the Dominican Republic. Many of these trips partner with the College of Medicine or the College of Audiology. This year I had the opportunity to serve as trip leader for the Ayuda Nicaragua GHOT. Our

team of 20 people traveled to Matagalpa, Nicaragua with over 20,000 vitamins and an additional 15,000 doses of various acute and maintenance medications. Over the course of 4 clinic days we were able to see over 500 patients and treat them for conditions that ranged from headaches and joint pain to fungal infections and allergies. For many of these patients, our visit may be their only opportunity to be

seen by a healthcare professional in 6 months to a year. These patients live in villages that are often an hour or more drive away from the nearest city that has a clinic or hospital. The majority of these families do not even have access to a pharmacy for common medications such as Tylenol or vitamins that we would regularly keep stocked in our medicine cabinets. Not only were we able to help many of the underserved citizens, but we were also able to enjoy some of the sights in Nicaragua. On our last day we went zip-lining and took a boat tour of Lake Nicaragua, which included a surprise visit by a monkey from one of the islands on the lake. We also visited an open market where we were able to purchase Nicaraguan pottery, traditional hand-carved wood items, and jewelry. Overall, I think I can speak for the whole team when I say that our trip was a rewarding experience and a significant contribution to our pharmacy education.

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# Global Health Outreach Trip: Yucatan

By: Anthony Phan, 2PD

This past spring break I had the honor to go on the Project Audiology Global Health Outreach Trip with eight other pharmacy students, Dr. Normann, and audiology students. This trip was one of the most rewarding experiences in my college career. I highly recommend anyone who is remotely interested to apply.

Each day we traveled to a different site throughout the Yucatan, with some sites being over 2 hours away. Clinic started at around 8am and lasted until 5pm. Patients would see the audiology students first, and then visit the  
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Students and Dr. Normann on their Global Health Outreach Trip: Yucatan.

# Student Spotlight: Jessica Graber

By Jessica Graber, NCPA President

Elle Woods in *Legally Blonde* captures my favorite reason for working out by saying, "Exercise gives you endorphins. Endorphins make you happy." With the stress and pressure of pharmacy school it is easy to lose sight of what makes us happy. For me, fitness is my key to happiness. Inspiring others and helping them find happiness in exercise are what motivated me to pursue a certification in Group Fitness, specifically Zumba and Cycle.

This year, with GPW, I have been fortunate to be able to use my Zumba as a way to raise awareness and money for great causes, such as Alzheimer's, Relay for Life, and Dance Marathon. Also, I am very excited to start teaching Cycle and Zumba in the fall at UF RecSports! Although juggling pharmacy school, leadership in NCPA and GPW, and training to be a fitness instructor is sometimes stressful, the stress is worth it when you are doing things you are passionate about. I hope to see you ALL in my classes!



GPW and Pedagogators Zumba for the Kids Event for the COP Dance Marathon Team.

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pharmacy clinic to get their blood pressure and blood glucose checked. Any patients who were identified with high blood glucose were immediately followed up by an on-site diabetes specialist. We saw over 1,000 patients throughout the week, so I would say I got pretty good at pricking fingers by the end of the trip.

The biggest obstacle of this trip was trying to overcome not one, but two communication barriers. My high school acquired Spanish speaking skills were decent at most times, but since many were hearing impaired, it made it more challenging to communicate with them. Overall, I learned so much from this trip from counseling patients to experiencing Mexican culture, and even learning Spanish pickup lines.

## KE Rwanda Sustainable Families Garage Sale

By Sadia Khan, Rwanda Sustainable Families Chair

On Saturday, April 12, Kappa Epsilon sponsored its 3<sup>rd</sup> annual garage sale for Rwanda Sustainable Families. The sale took place at the home of Dr. Joanna Peris, who kindly hosts this event every year. All proceeds from the garage sale benefited RSF, a non-profit organization dedicated to helping genocide survivors in Rwanda.

During the months of March and April, we asked for donations from the Gainesville community, and the response was amazing! We received many

great items from locals, RSF board members, as well as UF COP faculty and students. To top it all off, on the Friday before the sale, a whole houseful of furniture was donated to RSF! The beautiful pieces from this donation went a long way towards our earnings on Saturday!

Organizing this event required diligence and commitment from KE, RSF, and Dr. Peris. During the week leading up to the sale, I and other KE members worked with Dr. Peris to sort and price hundreds of donation items. Then, on Saturday, the ladies from Kappa Epsilon showed up bright and early at 6 am to help with the garage sale.

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Early morning customers browsing through sale items.

# 17<sup>th</sup> Annual Kappa Psi Golf Tournament

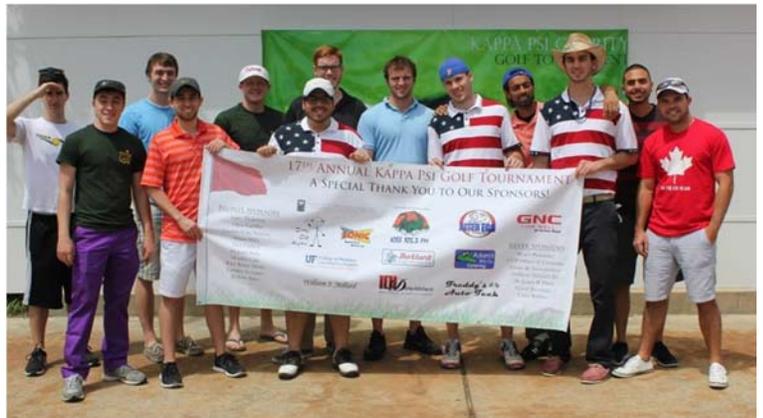
By Joshua E. Welch, ΚΨ-ΓΣ Philanthropy Chairman

Golf has been a professional pastime since the game's current rules of play were established in 1744. This April, ladies and gentleman from all creeds and classes gathered at the Mark Bostick Golf Course at UF to try their hand at a four-man scramble tournament and to keep tradition alive in the 17<sup>th</sup> Annual Kappa Psi Golf Tournament. With 18 teams and 73 players participating, we had the largest turnout in the last 10 years.

Blue skies, green grasses, and warm Sonic breakfast greeted players at the clubhouse. Shortly thereafter, players loaded up the golf carts and headed out for a day of fresh air and fun. Brian Lynch of Gainesville, Florida spoke with me after the game. "It gave me a chance to spend some quality time with family while playing on a beautiful course. The real challenge I faced was seeing how many Caddyshack references I could slice in."

Everyone involved had a pleasant experience. However, the real success pertains to the tournament's fruitfulness. Kappa Psi Pharmaceutical Fraternity Incorporated was able to raise \$1,000 for the Children's Miracle Network at Shands Children's Hospital. Mr. Christian Calderon, the 2014 Golf Tournament Chair, was able to elicit the help of over 25 sponsors in making this event a success. The hole-in-one competition was won on a par 3 and a trip to

Las Vegas was joyfully awarded! Thank you to everyone involved and we look forward to seeing you on the greens next year! A special thank you to all of our sponsors whom made this event possible.



UF COP Students at the 17th Annual Kappa Psi Golf Tournament

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All day, our volunteers sorted, haggled, and sold items to the crowds of customers who walked through Dr. Peris' front yard. By the end of the sale, we'd raised over \$1,600 for our charity! This money will go towards educating children in Rwanda, helping families start small businesses, and building a sustainable community. As Kappa Epsilon's RSF chair, I couldn't be prouder of our efforts, and I cannot wait for next year's event!



From left to right: Nancy Lasseter (RSF director), Michelle Palmer, Dr. Joanna Peris, Karina Criscio, Lilie Martinez, Idalmys Milo .

# Dance Marathon

By Jillian Sullivan, Dance Marathon Chair for PediaGators

On April 12, 2014, UF College of Pharmacy participated in Dance Marathon with the group, PediaGators. Dance Marathon is an event where participants stand on their feet for 26.2 hours to benefit the efforts of Children's Miracle Network Hospitals. All year long students from the University of Florida raise money for this amazing cause, and all of the funds go towards pediatric research programs as well as toward the hospital itself, in the form of renovations, beds, and equipment, as well as resources for the children and parents to utilize to make their stay more enjoyable. During the event, dancers may participate in fun theme hours, such as Sponge-Bob hour and carnival hour, and learn a line dance throughout the night to keep spirits



UF COP Dance Marathon Team from left to right: Kaylie Smith, Jillian Sullivan, Ivana Milian, Kevin Astle, Lauren Verbosky, Kaylen Keen

high. Participants may also be put into jail and must fundraise to make bail and be released. Kevin Astle, one of the COP dancers, participated in jailbreak and made his \$250 bail. This year, Dance Marathon overall raised \$1,528,330.16 exceeding the 2013 total by more than \$300,000.

This year, PediaGators had a great team from the College of Pharmacy, including five dancers: Kaylen Keen, Ivana Milian, Kaylie Smith, Lauren Verbosky, and Kevin Astle, and two delegates: Jillian Sullivan and Mitch Purse. The team raised over \$2,500 with the support of classmates, friends and family. The team kept their spirits high the whole 26.2 hours, and had a really great time. They hope have an even bigger and better year next year.

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## Rotation Spotlight: Ambulatory Care

*at the* NF/SG Malcolm Randall VA Medical Center

By Joseph Ladd, 3PD

I blamed my dumb luck on having been placed in an erythropoietin (EPO) clinic for an ambulatory care rotation. Of the dozens of sub-specialties that fit within the ambulatory care umbrella, I had to land one that I knew nothing about. Naturally, this worried me, as this was my very first rotation, but it did not take long for the discipline of treating anemia to grow on me.

Like any other nervous pharmacy student, I read every relevant guideline I could get my hands on before my first day. To my amusement, it turned out much of what is available in current guidelines is outdated. Actual clinical practice involves using evidence from recent studies.

Moreover, erythropoietin and iron products have propensities for effectiveness that are just as variable as the patients we treat. Where some react dramatically to small amounts of the hormone, others remain fairly unresponsive. Likewise, people vary in

their tolerance to lowering levels of hemoglobin. The end-all effect: a clinical practice that is as much an art as it is a science.

I never would have expected to enjoy so much what I knew would require a great deal of self-learning and discipline. If I have learned one thing, outside of treating the anemic, it is never to shy away from a challenge.



# Rho Chi Society Induction

The Rho Chi Society was first recognized in 1922 at the University of Michigan, Alpha Chapter. The Greek letters "Rho Chi" (R X) were selected due to the symbolism of a "prescription sign". The purpose of Rho Chi is to recognize excellence in intellectual achievement in pharmacy. Once elected as a member of Rho Chi, you are a life-long member and expected to uphold your position by continuing academic and intellectual leadership in the profession of pharmacy as well as promoting scholarly fellowship amongst the profession, students, and academic institution. There are currently over 100 chapters of Rho Chi societies across the U.S. The University of Florida belongs to Region 3 and has been recognized as the Iota Chapter of the Rho Chi Society since its induction in 1928. Dr. Reginald Frye is the current faculty advisor for UF's Rho Chi Iota Chapter.

Each year pharmacy students' academic achievements are evaluated for inclusion into Rho Chi. Currently, UF considers students who have completed at least half of their academic course work and are amongst the top



The inductees of the class of 2016 at the Rho Chi Induction Ceremony.

20% of their graduating pharmacy class for induction into Rho Chi. A formal induction ceremony is held each year, wherein new members pledge to uphold the mission and objectives of the Rho Chi Society. This year, University of Florida, Iota Chapter had 27 inductees from the Gainesville campus, 3 from Jacksonville, 13 from St. Pete, and 16 from Orlando. These inductees are now the intellectual leaders and will be offering free tutoring services to pharmacy students on their prospective campuses.

This coming year our chapter wants to expand its efforts and reach out

to the community. Along with fellow Rho Chi members at the 3 distance campuses, we are attempting to increase our involvement by initiating education projects in our local communities, thereby providing needed services/education.

As mentioned previously, this honor and recognition was extended to 59 University of Florida College of Pharmacy Class of 2016 students. This achievement came after an arduous year and a half of hard work, dedication, and perseverance. Help me welcome and congratulate the newest members inducted into the Iota Chapter of Rho Chi:

Ashley Nicole Stuart  
 Karen Joy Vinluan  
 Tina Patel  
 Alejandra M. Ozuna  
 Mary Alice Gortemoller  
 Gena Maynelle Burch  
 Elaine I. Lee  
 Stanley A. Luc  
 Karen Fong  
 Keelin M. Dahl  
 Michelle Chung  
 Anna Kim  
 Julian Talbot Leland  
 Stephen Paul Hare  
 Lance Chau Springfield

Kyle Zachary Steven Carlisle  
 Esther Lilian Garcia  
 Julia Lauren Bosacki  
 Elizabeth Anne Torres  
 Bradley Scott Figgins  
 Jessica Michele Graber  
 Danielle Manlulu Meganano  
 Brittany N. Powell  
 Melissa Rose John  
 Brian Nocito  
 Lihui Yuan  
 Balarama C. Rico  
 Beatriz Hernandez  
 Jayme-Jo Rose TenBieg  
 Karina K. Esquivel

John Michael Turk  
 Quynh Mong Nguyen  
 Peter Lewis Alvarez  
 Jaimit P. Patel  
 Mark D. Priddy  
 Erica Brooke Walker  
 Kelsey Marie Lubbers  
 Antonia Calabrese  
 Brian Elliott Williams  
 Shivani Vora  
 Nicole Bridget Reath  
 Sydney Re Veach  
 Lena Charafi  
 Meghan Ashley Bloxam  
 Muneera A. Imam

Seung J. Pyo  
 Michael Dennis Young  
 Crystal A. Carey  
 Jacqueline Michelle Mark  
 Anna N Shields  
 Daniella M Badal  
 Robert Michael Wilkinson Jr.  
 Michael Compolongo  
 Oxana Koshkarova  
 Gregory Manuel Rodriguez  
 Lin Ying  
 Madison Blaise Schwartz  
 Patrick Michael Wieruszewski  
 Megan Morgan

# FSHP Inspire to Breathe

By Stanley Luc, Asthma Awareness Chair



Students in the informational lecture portion.

(Ou Chen, Suzanne King, Whitney Ruddock, Robert Pietras, Danny Zambrano) acted as the brilliant instructors for this event as they increased the confidence of the participating students in the use of different inhalers (e.g. metered dose, dry powder) and in patient counseling. Data from the students' pre- and post-assessments showed dramatic increases in these competencies, and the general feedback from the participants was very positive. At the end of the day, these pharmacy students were inspired to inspire their own patients to breathe better.

There are times in our life when we need some inspiration. It may be inspiration to become a better friend, a more focused student, or a more knowledgeable pharmacist. On April 2nd, 2014, a group of 1PD and 2PD participants were inspired to become better patient counselors in inhalers and respiratory diseases like asthma and COPD. The UF Student Chapters of ACCP and FSHP collaborated to put on the 2nd annual *Inspire to Breathe* program, which took place in the HPNP Skills Lab. A combination of 3PD and 4PD students



Brilliant instructors with the asthma awareness chairs.

## Kappa Epsilon's Founders Week: Sail-A-Bration

By Sarah England, Alumni Affairs Co-Chair

Kappa Epsilon's Founders Week is a time-honored tradition in which its members celebrate the creation of an organization that seeks to unite female pharmacy students all across the country. This year's Founders Week was April 7-13th. The activities included a chapter meeting, group photo, and faculty breakfast on Tuesday, The Wharf Express fundraiser on Wednesday, Boys and Girls Club volunteering on Thursday, a fun Swamp social on Friday, and nautical-themed banquet on Sunday. The "Sail-a-bration" banquet held at Kanapaha Botanical Gardens was

a celebration of the old and the new.

Newly appointed officers were recognized for their hard work during the semester and graduating 4PD's were celebrated for their great triumphs and future ambitions. Among those awarded were Irene Castrano - New Member of the Year, Reema Shah - Member of the Year, Alex Ozuna - President's Award, Daryl Miller - Advisor's Award, and Earlene Spence - Scholarship Award. The Pharmacist of the Year and superlative award winners were nominated and voted on by KE members.



All the KE members of 2014.

At the banquet, Dr. Shelley Spradley was awarded Pharmacist of the Year after Cynthia Moreau acknowledged her embodiment of the true qualities of Kappa Epsilon- strong, ambitious, and caring. The ANCHOR superlatives were awarded to Kaylie Smith - Always Smiling, Lilie Martinez and Idalmys Milo - Never Apart,

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Lilie Martinez - Most Creative, Kayla Nichols - Most Hilarious, Daryl Miller - Most Optimistic, and Ana Murphy - Ready for Anything. Founders Week was a great success and a true "sail-a-bration" of everything that Kappa Epsilon stands for.

# Compounding Our Knowledge:

## *My Experience in the Student Pharmacist*

### *Compounding Competition*

By Mitch Berman , 2PD

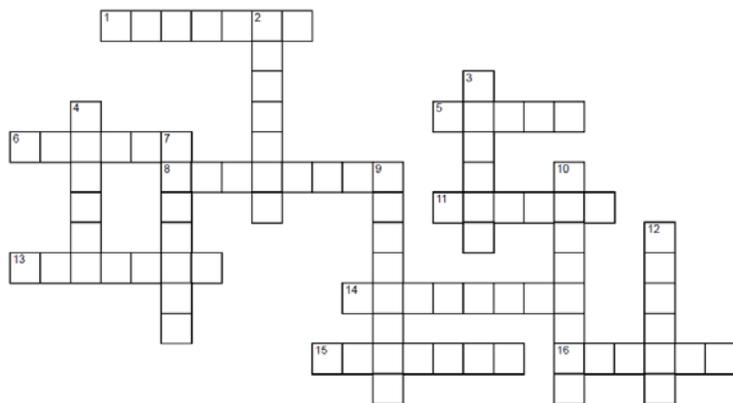
The Student Pharmacist Compounding Competition took place on Saturday, February 22nd this year at the Gainesville Campus, and was hosted by our very own Dr. Cary Mobley. There were three groups of trios competing: one

team from Gainesville consisting of Julian Leland (2PD), Justin Desiongco (3PD), and myself; one team from the Jacksonville campus; and one trio from the St. Petersburg campus. Justin, Julian, and I had collectively thought the competition sounded interesting—we decided to show up and see how far our retained knowledge from Dosage Forms (both taught by Dr. Mobley) could carry us. The competition was made up of two different portions: a two-hour written section and a two-hour compounding section, with a catered lunch to serve as intermission between the two. Both components of the competition were difficult, so words of advice to those considering to participate next year: make sure you prepare!

After a vigorous competition, the St. Petersburg campus came out victorious as the winning team for our College, and went on to collectively represent the University of Florida College of Pharmacy at the National Compounding Competition. It was a great experience and I'd highly recommend it for anyone thinking about a career involving compounding pharmacy. Being able to apply knowledge we learn through classes can be a rewarding experience, and our team plans on returning next year to try and win the title!

## CROSSWORDS: Brands & Generics

How much do you know?

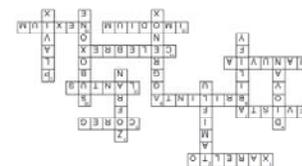


### ACROSS

- 1 rivaroxaban
- 5 carvedilol
- 6 raloxifene
- 8 ticagrelor
- 11 insulin glargine
- 13 sitagliptin
- 14 celecoxib
- 15 loperamide
- 16 esomeprazole

### DOWN

- 2 olsetamivir
- 3 ondansetron
- 4 valsartan
- 7 aripiprazole
- 9 dipyridamole-acetylsalicylic acid



### EDITOR IN CHIEF

Michelle Chung  
COP SC Historian  
lilmichee90@ufl.edu

Erica Bobb  
COP SC Historian-elect  
ericanbobb@ufl.edu

### EDITORIAL STAFF

Marie Barnicoat  
Jessica Yung