

# The Script

VOLUME 1 ISSUE 2

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Wherever the art of medicine is loved, there is also a love of humanity.



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# Kappa Epsilon Gives Back

By Nicole Cisler & Allie Oswald, KE Service Chairs

Kappa Epsilon members embrace the importance of giving back to the community. Therefore, we strive to make an impact through service events during the semester. This semester we have been to St. Francis House to serve lunch to the homeless, we have made Valentine's Cards for the children staying at Shands, and we baked Valentine's Day cookies for the families at Ronald McDonald House. We will be joining with an APhA-ASP Operation Heart and Operation Diabetes screening to table for breast cancer awareness. Along with assisting people in our community, we are also very eager to help with animals too! Our members

think the members of KE will get as much enjoyment out of it as the horses will. Kappa Epsilon has high hopes for the amount of people we will be able to help in the future. One of our members has stepped up to organize a Relay for Life team. This is a huge event that occurs across the globe to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. This will be one of our bigger service events and we will need all the help we can get! If you are interested in participating, don't hesitate to ask any of our members for more information.

Natalie Eick & Carolyn Cough, excited to bake cookies for charity.



KE Girls cooking a meal at the St. Francis House

are planning to visit the Retirement Home for Horses at Mill Creek Farm. During this trip, we will be able to help with cleaning and feeding the horses as well as giving them as much love and affection as we possibly can. This trip will be a great experience and I



# Pharmacy Students Storm the Capitol!

By Dani Underwood, APhA-ASP Vice President of External and Legislative Affairs



On January 24-25th over 100 pharmacists and over 300 student pharmacists (121 of which were UF students) stormed Capitol Hill in Tallahassee, FL. The event started with the Florida Pharmacist Association (FPA) giving a debriefing on the legislative process and the bills that needed support. The main item up for debate over those two days was House Bill 509/Senate Bill 850 which would revise sections of the pharmacy practice act related to immunization services. Under these bills pharmacists will be allowed to administer pneumococcal vaccines, varicella vaccine (pursuant to a written or electronic prescription), and epinephrine using an auto-injector delivery system in addition to the influenza vaccination. During the two days in Tallahassee, pharmacy students accompanied pharmacists and companies, such as Walgreens,

on legislative visits to inform senators and representatives about the vast knowledge and skills pharmacists possess but cannot employ, due to current laws. In addition to those vis-

bone density, skin health, and blood glucose to demonstrate the health care they are capable of giving.

While in Tallahassee, both bills passed through the Health Committees and went to the next level of legislature. Since Legislative Days, HB 509 has passed through the House of Representatives and SB 850 is now up for hearing in the Senate. If SB 850 also passes, the bill will go to the Governor who can either sign it into action or veto it.



its, students also attended the House and Senate health committee hearings for HB509 and SB850 and held a health fair for the general public. Under the supervision of pharmacists, students performed free screenings for cholesterol, BMI, blood pressure,

After Legislative Days students realized just how important it is to get involved with advocacy, as these laws shape the practice of pharmacy. On a closing note, this eye-opening experience proved one thing: students need to support the future of our profession by getting involved with advocacy!

Below: Operation Diabetes Past & Present Chairpersons



## Get “Pumped” Up for Operation Diabetes

By Danny Hernandez, Operation Diabetes Co-Chair

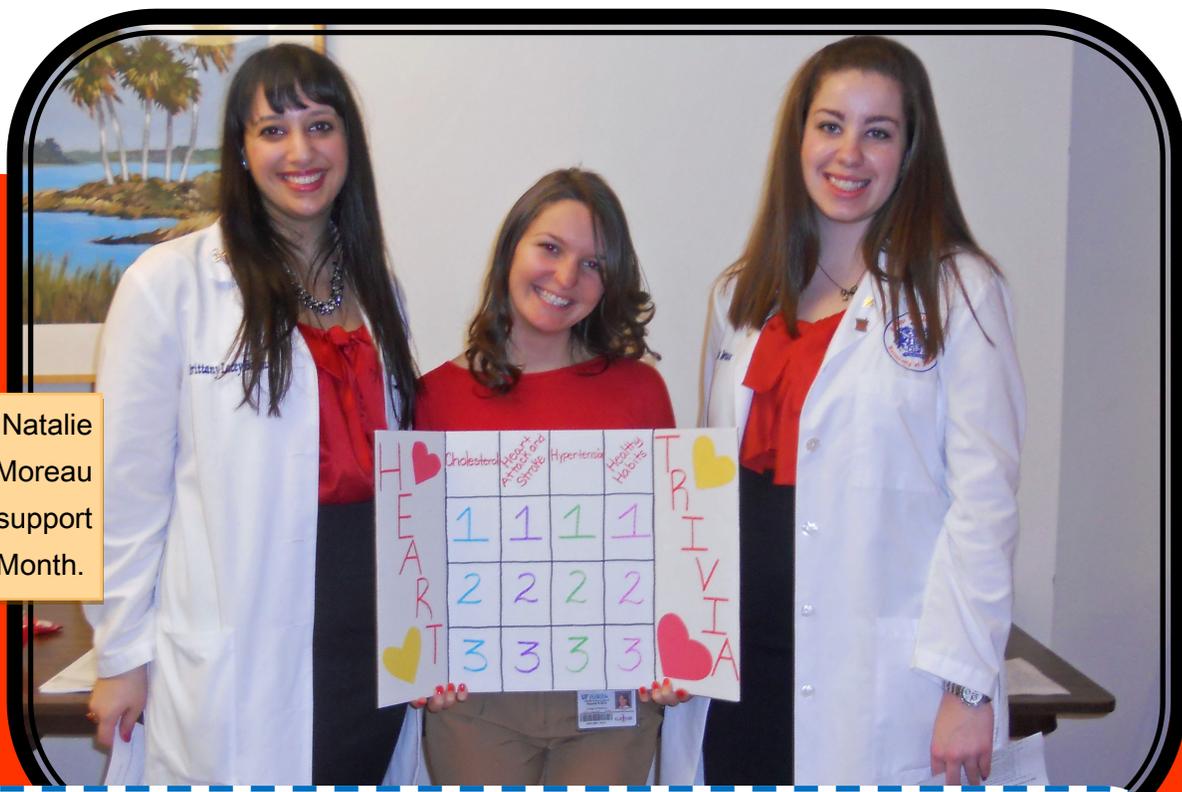
ASP Operation Diabetes held our 3<sup>rd</sup> annual Pens&Pumps class this year in early January. We had over 50 students attend from the colleges of medicine, pharmacy, and public health. With a nice variety of pharmaceutical representatives from Animas, Medtronic, OmniPod, and Dexcom, these health care professional students got to experience each device in a hands-on manner and also ask questions directly to the company about their specific devices. From the College of Phar-

macy, our own Dr. Karen Sando and PGY-1 Resident Dr. Jennifer Elliot led the students in a carbohydrate counting and insulin dosing exercise based on what each student had to eat before the start of the class. Dr. Jennifer Elliot also gave a comprehensive walk through demonstration on how to properly use an insulin pen and allowed the students to practice injecting into injection pillows.



Left: Different types of Insulin injection pens & Insulin pumps used at the event. Right: Delicious display of foods for the carbohydrate counting demonstration.

Brittany Bateh, Natalie Eick, & Cynthia Moreau wear Red to support Women's Health Month.



## ASP Improves Women's Health

By Cynthia Moreau, ASP Women's Health Co-Chair

At the beginning of Spring semester, ASP introduced a brand new local patient care project, Women's Health. The ASP executive board appointed Brittany Bateh, 2PD, Cynthia Moreau, 2PD, and Natalie Eick, 1PD, as chairs for this project.

Since the beginning of the semester, the Women's Health team has been gathering information and resources to jumpstart this initiative. The team's goals are to educate women of all ages, and their family members, about topics that are especially relevant to them. This initiative will focus on information regarding heart disease, breast cancer, sexual health, osteoporosis, body image, and mental health.

On February 3rd, Women's Health co-chairs collaborated with Operation Heart, Operation Dia-

betes, and other ASP patient care projects at the "Go Red Day" Health Fair at the Shands Medical Plaza to support the fight against heart disease in women. Patients were invited to play a game of "heart health trivia" with the Women's Health team and resources about diet, lifestyle, and exercise were provided.

The Women's Health team looks forward to participating in many more events such as this one in the future. If you have any suggestions for the Women's Health team or would like to get involved with the project, please contact Brittany ([batehb@ufl.edu](mailto:batehb@ufl.edu)), Cynthia ([cmoreau@ufl.edu](mailto:cmoreau@ufl.edu)), or Natalie ([nattie0821@ufl.edu](mailto:nattie0821@ufl.edu)).

## American Heart Month with Operation Heart!

By Erin Kurien, Operation Heart Co-Chair

Below: Past and present co-chairs, Dainel Foskey, Erin Kurien, Dr. Whalen, Kathrina Gonzales and Shivani Amin on "Wear Red Day"



Operation Heart is an ASP patient care organization that raises cardiovascular awareness through our free blood pressure and cholesterol screenings. February is American Heart Month, and in honor of this national holiday Operation Heart hosted a health fair on February 3<sup>rd</sup>, 2012 for National "Wear Red Day" at Shands Medical Plaza. "Wear Red Day" is a national campaign by the American Heart Association held on the first Friday of February that encourages everyone to wear red to raise awareness of cardiovascular disease in women since the signs and symptoms of a heart attack often present differently than they do in men. The fair was a huge success, partnered up with various other patient care projects such as Women's Health, Operation Diabetes, Heartburn Awareness, Operation Immunization, and SNPhA's Power to End Stroke. We offered free blood pressure, glucose, and

A1c screenings as well as educational information from the various booths, games, and counseling. We were able to reach out to over 100 patients! On February 12, 2012 Operation Heart was pleased to host their 2<sup>nd</sup> Annual "Run for Your Heart 5K." This 5K fundraiser was our way to promote cardiovascular health among runners as well as raise money to fund free cholesterol screenings throughout the year. We had a fantastic turnout this year with runners ranging from an age of 10 to 70 years old and some coming from as far as Jacksonville and Orlando to participate. A dedicated team of 20 volunteers arrived before sunrise to mark off the route, and despite the fact that the temperature was well below freezing at 8:00 am when the race began, 89 runners took off from the start line in the UF Commuter Lot in support of Operation Heart.

Right: Operation Heart co-chairs, Erin Kurien, Nicole Cisler, Lilly Pham and Daniel Foskey along with ASP advisor, Dr. Whalen, bundle up before the big race

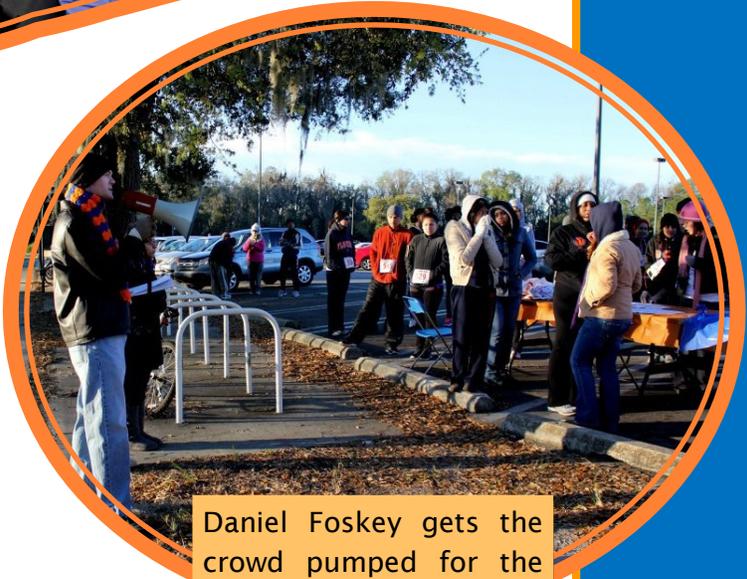




Abby Theresa, Gloria Coleta, Amy Kiskaddon, Professor Munyer and Roya Tran after crossing the finish line



Trung Tran, 1PD, was the first to finish the race



Daniel Foskey gets the crowd pumped for the 5K

## Operation Heart Keeps on Running!

The 5K proved to be a successful fundraiser that brought in over \$700 in profits! Operation Heart will use these funds to invest in new cholesterol testing machines to serve our patient care project's purpose for years to come. A typical cholesterol screening consists of providing patients with their full lipid panel (LDL, HDL, Total Cholesterol, and Triglyceride levels), blood pressure reading, and an overall estimation of potential cardiovascular disease through a Framingham Risk Assessment. Operation Heart was able to implement regular cholesterol screenings for the first time last year and we are hopeful that the new supplies will give us the momentum we need to continue our cholesterol screenings in the future.

## SNPhA Goes to Charlotte!

By Susie Costa, SNPhA Tobacco Cessation Initiative Chairperson



The Student National Pharmaceutical Association (SNPhA) at the Gainesville Campus of the UF College of Pharmacy proudly represented their chapter at the regional meeting in Charlotte, North Carolina during the first weekend of February.

help shape the direction of SNPhA's future focus. At the regional meeting, UF-SNPhA differentiated itself by being one of the few chapters to bring one of our very own UF pre-pharmacy undergraduates - Esmerelda Bako.

At the meeting there were several leadership conferences, discussions with National Pharmaceutical Association (NPhA) board members, delegate voting opportunities, a difficult patient counseling competition and not to mention food & games!

The leadership seminars instructed by Target and Walmart gave students tips about obtaining and giving feedback correctly and how to present oneself while networking with future employers. The NPhA board member panel discussed the importance of giving back to your SNPhA chapters and how much it means to join NPhA once you are a working professional. NPhA offers over \$80,000 in scholarships to students each year because of their strong focus on giving back to the community.

Stephanie Scali and Suzanne Costa represented UF at the patient counseling competition, which consisted of a five-minute preparation time to review the case immediately followed by a 5 minute counseling session about the patient's medications. Meanwhile, UF-Gainesville SNPhA Delegate, Minh Lam, voted on resolutions proposed by different colleges of pharmacy to

Wingate University College of Pharmacy in Charlotte, North Carolina impressed our UF SNPhA chapter by creating an amazing atmosphere for SNPhA members to play trivia games, enrich themselves with team building exercises, and to mingle, play & dance!



Esmerelda Bako, Susie Costa, Kimberly Cho & Stephanie Scali - Team Florida/Maryland for the Trivia Competition

By Brain Brinda, NCFSHP

During the last week of each month, numerous clinical pharmacists from the North Florida region coalesce to learn about topics that are currently important in the pharmacy world. NCFSHP, or North Central Florida Society of Health Systems Pharmacists, a sister chapter of FSHP, Florida Society of Health Systems Pharmacists, that is under the larger ASHP umbrella, is the organization to which these particular pharmacists belong. Pharmacy students are welcome at these monthly meetings and are also permitted to become members for a small fee. Attending NCFSHP meetings is an excellent way to not only become acquainted

with local clinical pharmacists who may be your future employers and co-workers, but it is also a chance to get a glimpse of the existing issues faced by pharmacists and what they are doing to change practice. There are two main functions of the monthly NCFSHP meetings: to educate local practitioners and to give points for the continuing education pharmacists must keep up with in order to maintain their license. For instance, in January Dr. Steve Lemon, a clinical pharmacist from Shands who specializes in

critical care, spoke about the advantages of high protein vs. high carbohydrate total parenteral nutrition (TPN) and early vs. late TPN for critically ill patients in the ICU, and how each of these factors affected patient outcomes. He cited numerous clinical trials that were both small and large while pointing out the important observations and limitations of each and how these related to the bigger picture of TPN use in ICU patients.

We look forward to seeing you at our future meetings!

## Patient Counseling Competition

By Kevin Sacayanan, APhA-ASP Vice President of Communications

Last month the ASP professionalism co-chairs, Stephanie Keo and Amy Lynn Safaty, coordinated ASP's annual Patient Counseling Competition. From recruiting judges and role-playing patients as well as developing a patient case to use, the competition was executed successfully. Barbara Swift, a 3<sup>rd</sup> year student pharmacist won the competition and now has the opportunity to represent our own Gainesville campus at the APhA National competition in New Orleans this March!

The contestants were given a patient case about a woman who has just visited her primary care physician for a new prescription for birth control. She had some emotional concerns about the birth control pills and it was the job of the students to gather relevant and pertinent information from the patient. From this, the contestants are expected to counsel the patient effectively and appropriately on

safe medication use of this particular prescription. The essential mission of the patient counseling competition is to simply encourage student pharmacists to hone in on their skills that they will be using upon graduation. It's a great opportunity for all of us to practice and reinforce the values and skills that we learn in school. Not only does it give us a chance to form strong bonds with our patients, this competition is also symbolic of our role as an educator and health care provider.



Stephanie Keo and Amy Lynn Safaty, APhA-ASP Professionalism Co-Chairs

## Making Time for Research

By Brian Brinda, 2PD

Participating in research during pharmacy school can confer numerous advantages to pharmacy students, such as networking with faculty, understanding the global structure under which research labs function, and preparing students for post-graduate education. Furthermore, research experience and publications are becoming less of a rarity and more commonplace for both residency and fellowship applicants.

The UF COP offers numerous opportunities for students to get involved with research. The best example is the summer fellowship program put on by the college that matches students with investigators at UF based on their research interests. The program runs for approximately 10 weeks and is very structured in

the sense that students will work 40 hours per week and participate in weekly seminars and journal clubs. Each student is given their own project and they range from using a viral particle as a medium for gene therapy to analyzing large-scale clinical trials and their implications for clinical practice. Students are given the opportunity to work with some of the nation's leading researchers including Dr. Julie Johnson who is one of the world's most revered pharmacist researchers.

There are other research opportunities available for pharmacy students such as summer internships at certain pharmaceutical industrial companies and year-long or summer internships put on by government organiza-

tions such as the NIH. All in all there are a myriad of opportunities out there and if interested, one should pursue internship experiences that one will both enjoy and act as a stepping stone to reach a desired career goal.



A student pipetting solutions into different containers for an experiment.

## 2012 KΨ Pharmaceutical Fraternity Inc. Winter Conclave

By Joseph Ladd, Kappa Psi Corresponding Secretary

For the most part, students dread returning to classes after winter vacation, but the brothers of Kappa Psi Pharmaceutical Fraternity Inc. had a little more to look forward to this year. The University of Florida's chapter, Gamma Sigma, hosted the organization's biannual regional conference, Conclave. The event spanned from January 6<sup>th</sup> - 8<sup>th</sup> and functioned as an exciting way for students and faculty to kickoff the spring semester.

Meghan Arwood, Gamma Sigma Vice Regent, said, "These gatherings are always great opportunities to network and socialize with other brothers, pharmacy students and pharmacists, who you already share a deeper tie with, which is beyond words."

Although Florida is included in Province IV, which also encompasses Alabama, The Bahamas, and Georgia, roughly 300 people attended from all over the United

States. Since Province IV is soon to be repartitioned, the meeting served as the last in which these specific areas will congregate. Kali Weaver, Kappa Psi national Grand Regent, also joined in Winter Conclave. As a graduate of Samford University, she had originally been zoned in Province IV, herself.

The assembly was held in Downtown Gainesville's Hampton Inn and provided evening socials on Friday and Saturday at Sharab and :08 nightclubs, respectively. A luncheon and meeting took place on Saturday at UF College of Public Health and Health Profession. Gator Nation professor and former KΨ Grand Regent, Anthony Palmieri III, Ph.D., delivered a continuing education seminar regarding generic drug names.

The conference finished with a formal dinner that filled the joint establishments, Jolie and Zuzu. After lunch at The Swamp restau-



Dr. Palmieri, PhD, delivers a lecture on generic drug names

rant on Sunday morning, Kappa Psi affiliates dispersed back to their hometowns.

In the aftermath of it all Alan Byard, Gamma Sigma Regent, said, "Planning this event was a very rewarding experience. It was great to host such a large event and get to meet Kappa Psi brothers from all over province and country."



St. Petersburg campus recognizes its first pledge class at the Winter Conclave

# Thoughts On Leadership

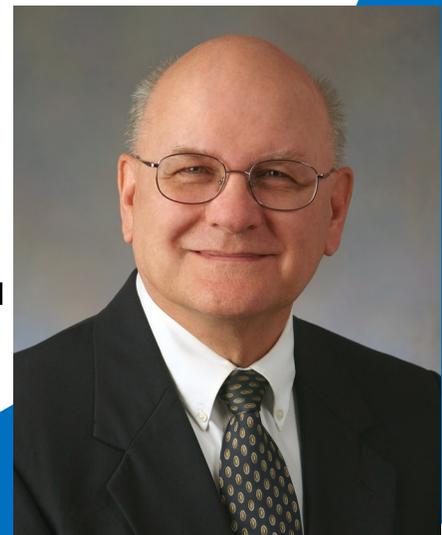
By Dr. Michael McKenzie, Senior Associate Dean for Professional Affairs

Are leaders the product of self-development or are leaders naturally endowed with the talent and ability to lead? In my view, each person has the capacity to lead. We all have aptitudes, skills and gifts that enable us to excel in many areas of life. When these abilities are focused on the responsibility and task to lead, individuals can rise to the occasion driven by internal and external forces. One can have the attitude that I must take this leadership role because of my responsibility to peers and those in authority; and/or, to express one's desire to accomplish a self-directed purpose to achieve a goal. Individuals often rise to leadership out of a sense to communicate a vision of what should be done within an organization. Leaders gain a sense that they along with their followers can make a difference.

So, what is leadership? It is displayed in many forms and levels within an organization. It can be obvious or subtle. It can create a sense of togetherness and purpose. Leadership is similar to beauty. It is difficult to define but you know it when you see it. Like an artist who paints a beautiful picture, leadership is a form of self-expression. It allows individuals to express their goals, strategies, opinions, and decisions. Inherent in the ability to lead is the individual's self-growth to know who they are and what they believe and why. They realize what they want in an organization and how to communicate that desire to others to gain their support. How does one come to this sense of knowing what they want and why? It is a process of learning from life's experiences. Reflection, self-directed learning, listening to mentors, reading, and taking responsibility are some of the elements necessary for this self-development toward becoming a leader.

Warren Bennis, a respected author on the study of leadership, states that there are two common points about leaders. As diverse as people are in terms of their own abilities and circumstances in life, they, as leaders, share two basic common points. Leaders are made, not born, and they most commonly arise to leadership through expression of themselves. It is a process of self-growth. Anyone can become a leader.

Values and character are vitally important in the process of becoming a leader. The word, professionalism, as applied to pharmacy and other health professions, embodies many of the values that leaders should demonstrate. Thus, the inculcation and demonstration of the traits of a professional enable one to become a leader. The vision and activities of leaders should be characterized by such values as integrity, trust, caring, respect, compassion, justice, responsibility, accountability, and service, all of which are values of a professional pharmacist. The elements of leadership are: a clear vision to guide actions and persevere; a passion for the best values in life and a course of action; integrity reflected in knowing who you are, devotion to principles, and maturity; an earned trust from others; and, the ability to take risks and learn from errors and adversity.



# Get Involved!

**WHO:** *The Script* is expanding and needs YOU to get involved!

**WHAT:** A new committee is being formed and we are looking for staff writers and editors to assist in assembling the next issue.

**HOW:** Email Amy Lynn Safaty at [asafaty@ufl.edu](mailto:asafaty@ufl.edu) or Joseph Ladd at [sephjo20@ufl.edu](mailto:sephjo20@ufl.edu) with a few sentences describing why you want to join *The Script* staff and how you can help!



## Editor's Note

By Amy Lynn Safaty, Student Council Historian

Welcome to the second issue of *The Script*! I am honored and excited to be taking on the role as editor in chief of the Gainesville Campus's newest publication. *The Script* is a newsletter, with both student and faculty contributions, designed to spotlight all of the wonderful events that our student organizations sponsor.

Leadership and pro-

fessionalism are integral components of our educational experience. This month's issue clearly demonstrates how much Pharmacy Gator's enjoy using our professional skills to give back to the community. I look forward to highlighting future campus and community events in our future issues. If you are interested in showing your creative side or want to showcase your organization, please feel free to contact me, at [asafaty@ufl.edu](mailto:asafaty@ufl.edu), about writing

an article! *The Script* is looking to expand and grow within the upcoming months. Feedback and suggestions are greatly appreciated. Thank you and Go Gators!

