

The Dose

Kappa Epsilon: Saying Goodbye

Kim Brown

KE Historian



Spring is almost over! The last two months have been a whirlwind here at our beautiful campus, but time flies when you're having fun. Summer is almost here, so enjoy your pharmily time while you have it. Here's a recap of what you've missed since the last issue of The Dose!

The end of February was bittersweet as we got ready to say goodbye to our 3PDs and welcomed our 4PDs back to campus. We hosted a 3PD Farewell at The

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APHA-ASP: PAVING THE WAY

Joe Haley

APhA-ASP President

When you have a great team, reflecting on the past semester's performance is not only a proud moment for a leader, but a time intensive one. We have accomplished so much! From health screenings at the Wagon Wheel Flea Market, Pinecrest Place assisted living center and Bauder Elementary to inaugural events such as our Diabetes Alert Day Screening at Publix and creating

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Editor's Note

Congrats St.Pete, for another semester on the books! In a short while we will have a well deserved break from lectures, studying and exams. Get excited! A very special congrats to the Class of 2013! Thank you for your leadership, mentorship and overall support. Best of luck!

Looking back over the past year it is incredible to me how much I have learned, not only about drugs, but about my profession, myself and my pharmily. Probably the most impressive part about it all is that I am only half way done with my schooling. It has been an incredible journey so far and I am excited to see what lies ahead.

Summer allows us the opportunity to let loose a bit and relax. A great time for travel, to catch up with loved ones, and of course sleep. Summer also allows the chance to learn on your own terms. Summer internships are a fantastic way to get experience, to continue learning, to network and to make a little money in the process.

Many State and National Pharmacy organizations hold their annual conferences over the summer as well. These are golden opportunities to do a little vacationing. While some meetings are right in our back yard, others are a few states over. Road trip!

Whatever your plans for the summer may be, I hope you have a safe, relaxing and above all restful summer break. You all deserve it. Maybe I'll run into you at an annual meeting!

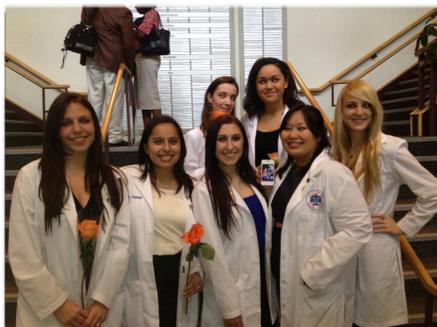
Until then, hope you enjoy reading The Dose!

-Alexandra Perez
Student Council Vice President
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KAPPA EPSILON: SAYING GOODBYE

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Avenue in downtown St. Pete, complete with lots of food and fancy superlatives. To the Class of 2014, we hope you're doing well out there in the real world and learning a whole lot! To the class of 2013, you're DONE (or almost, depending on when you read this)! We're so happy to share in the end of your journey with you and we wish you the best of luck.

March ended on a great note with the Class of 2016 getting their white coats. You've done a great job so far and keep it up! A quick shout-out to our members of the month for March, Sasa Ilic and Erin Jacks!

KE celebrated the beginning of April with a Rays Game social and a health screening at Philfest on the same day. The screening at Philfest included breast cancer education and a breast model to practice self-exams, as well as blood pressure readings. After an afternoon of tailgating, we watched the Rays take on the Indians and come out victorious. It was a blast to watch the game with everyone who came out and to cheer for our home team. Thank you Maria Kepner (April's member of the month) and Michelle Ensor for organizing all of our social events this semester!

It's been a productive and wonderful spring semester. We hope that everyone has a safe and exciting summer. Don't forget your sunscreen, and we'll see you in the fall!

APHA-ASP: PAVING THE WAY

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inpatient children's socks at St. Joseph's Hospital, and educating The YMCA Leaders Club regarding drug misuse and abuse. The work APhA-ASP at the St. Petersburg Campus is doing reminds me of something Willa A. Foster said, "Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives."

Several of our members also ventured to Los Angeles, California for the APhA Annual Conference. The University of Florida took home a plethora of awards including our national victories for Operation Diabetes and Political Action



Committee Fundraising. We would also like to recognize and congratulate our very own, JT Fannin, for successfully being elected as the APhA-ASP Speaker of the House. He will represent student pharmacists across the country as he works with the APhA Board of Trustees to further our profession and seek provider status for pharmacists.

Our team has grown tremendously through clinical practice, overcoming challenges, and mastering our coursework. We fully intend on regrouping next fall to continue our mission of serving our community, honing professional skill and expertise, and paving the way for the future of our profession.



KAPPA PSI: A HELPING HAND

Reniel Castaneira

Kappa Psi Newsletter Editor

“The best way to find yourself is to lose yourself in the service of others”, so says preeminent leader Mahatma Gandhi. Our Brothers have been involved in several philanthropic activities since the last edition of The Dose. We have also taken advantage of other special events that have fostered our professional development.

Our contribution to philanthropic events has been aimed at supporting and improving our community. Our participation in the annual, Harvey’s 5K Run in St. Petersburg Downtown was very successful. The goal of this event was to create funds to provide scholarships and promote arts and music education in the young population. Our Brothers functioned as catalysts in this important event. We helped by registering runners, handing out water, and providing guidance and cheer to runners at several points during the race. Our Brothers also participated in the JDRF Walk to Cure Diabetes. One of the goals of this event is to create funds to support Juvenile Diabetes Research Foundation to improve their research on Type 1 Diabetes. Our chapter also fundraised for the Cystic Fibrosis Foundation through our participation in the Great Strides 2013 Walk.

Two of our Brothers, Nick Reynaud and Hiren Shah had the opportunity to participate in an outreach trip to State of Campeche, Mexico. During Project Audiology, they became an essential part of a medical team, and had the opportunity to screen, counsel, and treat over 1,500 patients in the span of five clinic days. Their action-packed experience allowed them to apply their pharmacy education to provide much needed medical relief for patients, some of whom had never had medical care living in health conditions unlike any they had ever seen.

Last February, our Brothers attended the KΨ Spring Conclave at Palm Beach Atlantic University School of Pharmacy. Learning, socializing, and meeting Brothers across the Nation were some of the many fulfilling benefits from this important event.

As we complete our academic year, we would also like to congratulate our 1PD Brothers for being officially coated as a symbol of their progression through the pharmacy curriculum.

Overall, it has been a very successful, productive, and satisfying year for the Brothers of Epsilon Sigma. In some cases, our involvement allowed us to serve our community; in others it became a keystone in our professional development.

We look forward to the many service and brotherhood activities that are plan for the upcoming summer.



FSHP: TOURS, SCREENINGS, GUEST SPEAKERS .. OH MY

Karina Esquivel
FSHP Historian

We have had a busy couple of months in FSHP learning more about our profession and engaging in activities that have furthered our growth as students and professionals.

Our guest speakers, Dr. Elrod from Bay Pines VAHCS and the newly-matched resident panel, did a wonderful job in describing the matching process and how best to prepare for the application process. Our tours have been very exciting, as we visited CoreRx and All Children's Hospital for the first time. CoreRx is a pharmaceutical development company that specializes in formulation development and final product optimization. We visited their clean rooms, which are all Current Good Manufacturing Practice compliant. If you are interested in learning more about the industry setting, I encourage you to look into this company since they also offer research internships. At the All Children's Hospital we received a full tour of their pharmacy and were among the first students to witness their new inpatient pharmacy upgrades. It was great to learn how much goes on in a pediatric pharmacy.

FSHP participated in the Health Screening at Pinecrest Place. This was a successful event where we had the opportunity to interact



with residents and do medication reviews. The residents were very appreciative of our service and enjoyed talking to us.

We volunteered at the Ronald McDonald House in April. We cooked and served breakfast for the families. It was a wonderful experience and we even got a tour of the house and learned how it was founded.

One of the most anticipated events of the semester was the Residency Showcase. It was a great success and had a large turnout, drawing students from other campuses and even other Colleges of Pharmacy. Among the residency programs that participated were TGH, Lakeland Regional, All Children's, Morton Plant, St. Joseph's, Sarasota Memorial, Bayfront Medical Center, Lee Memorial, Baypines VA, Walgreen's Community Residency program and Xcenda Fellowship program. SWFSHP Representative, Dr. Eskridge and guest speaker, Dr. Steinwandt from the Department of Veterans Affairs in Gainesville provided students with helpful advice as they embarked on their quests to learn about the programs. This was truly a great experience, and I encourage everyone to attend next year.

This has been a successful semester, and I would like to thank everyone who helped put the events together and those who participated in them. None of this would have been possible without your help. We are excited about this summer's FSHP Annual meeting in Orlando, and we look forward to seeing you there. I hope everyone enjoys their summer and congratulations to the 4PDs!

SNPHA: SUPER SNPHA

Joanne Angilot
SNPhA President

It's time to say farewell to another great semester and we are thankful for everyone who has volunteered, planned, coordinated or helped in anyway to make our events a success! It has truly been an honor to serve alongside with the wonderful members here on campus.

This semester has brought us the Organ Donor Awareness Project, which is an extension of our Chronic Kidney Disease Initiative. Our first screening was held at Seminole Community Li-

brary where we spoke to people

about CKD and the importance of not just being an organ donor, but also speaking to family & friends about it as well. Members, Abigail Russell and Aaron Joseph, spoke to faculty and students at SPC's Health Education Center about our latest project and we look forward to working there as well. We were also fortunate enough to receive a special visit from SNPhA's National Chronic Kidney Disease Chair, Juanita Bruce from the University of Illinois, Chicago and Dr. Silverman, Transplant Pharmacist at Tampa General.

We have also been able to partake in many screenings this semester, finding different ways to reach out to the people in our community. This year, The Philippine Cultural Foundation held their

18th annual PhilFest and your SNPhA was there alongside The Philippine Nurse Association and KE. We provided screenings and education to those in attendance. While there we were also able to take delight in Philippine music and cuisine. Our Airheads Trampoline arena proved to be an exciting way to promote and subsequently partake in a heart healthy event. Fitness classes can be tough, but a fitness class on a trampoline is quite the challenge!

This summer, SNPhA will be hosting its 40th National Conference in New Orleans, LA. It will be July 26th – 29th. and is a great way to stay connected this summer. Students also have the opportunity to take part in competitions such as the Clinical Skills Competition and Target Business Plan Competition just to name a few. There will also be training and informative sessions for students. There is so much in store, so please consider attending if possible! More information can be found at www.snpha.org/meetings.aspx. We look forward to seeing you there!

Lastly, we would like to congratulate all the graduating 4PD's and wish you all the best as you begin the newest chapters of your lives! Once again, thank you to everyone for all your dedication and hard work. Have a safe and memorable summer. See you in the fall!



Mr E. - Tax Season: Thanks Uncle Sam! Chaa Chinggg

Hello again pharm friends! I'm sure you've received your tax return for the year...or will be very soon. This month, I've compiled some sweet suggestions on where to blow that chunk of change before your conscience kicks in and convinces you to do something rational with it. I cannot guarantee the safety or legitimacy of these recommendations, so buyer beware.

- 1) Gator boots. With blowout deals on alligator-hide boots starting at \$397.00, USgator.com is the ultimate source for all your alligator-skin-product needs. What better way to show your school spirit than to wrap your feet in 100 percent genuine gator hide? You'll also be the talk of the town at next year's pharmacy ball as a fashion trendsetter. (Gucci suit not included)
- 2) BFRO membership. To join this exclusive organization (Bigfoot Field Researcher's Organization), the potential new member must complete a 4 day field study with the group. A small fee of \$300-\$500 will be assessed depending on trip details. With excursions available in Florida, you have the opportunity to bond with local Bigfoot enthusiasts AND possibly catch a glimpse of Earth's rarest primate species. Doesn't get any better than that.
- 3) 2 front row tickets to the World Badminton Championship in Beijing, China. Estimated cost of 250 US dollars each. Impress your significant other with tickets to the most prestigious sporting event on the planet. You'll be entertained for days as teams from all over the world display their athleticism and fierce competitive spirit in a bafflingly odd sport that will surely leave you yearning to play more badminton in between pharmacotherapy lectures. Air fare and hotel accommodations are, of course, not included.
- 4) Rent. You might just want to go ahead and pay that instead.

As you can see, there's a plethora of exciting options for cashing in that tax return. With so many options, and so little money, you have quite the decision to make. If you want to talk to me, I'll be in the pharmacy building. I'm the one wearing the white coat. Mr. E out.

STUDENT COUNCIL: THAT'S A WRAP

Neesha Patel

Student Council Historian

Student Council has been busy this semester. We created St. Pete lapel pins and celebrated the "Month of Love" as well held the annual Spring Picnic. Thank you to everyone who was able to attend! We have had great meeting turn outs and we are all looking forward to hosting SOAR next year.

As always, Student Council's mission is to represent the views and opinions of the students in order to ensure our voices are heard at the St. Pete campus. We thank everyone who has become involved in the campus overall this year and we as the St. Pete campus make a great representation of the Gator Nation!



Rotation Spotlight: Infectious Disease

Ken Castro

4PD Student

For a pharmacy student, infectious disease is a daunting topic. With so many different bugs and drugs out there very few of us feel adequately prepared for rotations in this area. I was no different. I knew infectious disease was not my strong suit and that I wanted to improve, so I ranked it as one of my top elective rotations and hoped for the best.

I got an infectious disease rotation at Florida Hospital! At the beginning it was really tough. I was struggling with my bugs and drugs. Thankfully, my preceptor, Dr. Kristie Zappas was very patient with me. Through daily topic discussions, my knowledge and confidence began to improve. By my second week, I had become heavily involved with Florida Hospital's antimicrobial stewardship program, a program designed to ensure that each patient was receiving appropriate antibiotics for their particular infection. As the days passed by I grew more and more confident, everything was coming together. Towards the end of the month, I was confidently approaching doctors with my recommendation in antimicrobial therapy and actively participating in rounds.

In just four short weeks my opinion on infection disease completely changed. Prior to rotations, I would never have thought that infectious disease would be my favorite topic. Now, I can proudly state that it is.

SPORTS CLUB: HIT THE LOCKERS TEAM!

Alex Espinosa

Sports Club Vice President

Hello Sports Club Pharmily, now that the semester is coming to an end, let us take a look back and reminiscence about all the wonderful events Sports Club members participated in.

Spring has been wonderful; we have had multiple workout sessions playing basketball and soccer. Sports Club is looking into stretching our athletic muscles and trying out a variety of events that everyone will be excited about. We will keep the traditional basketball, football and soccer, while adding in some wild cards like baseball, tennis, ping pong, yoga, P90X, "Insanity", kayaking, paddle boarding, volleyball, swimming, frisbee, biking, roller skating, everything is on the menu for next year. We hope to get everyone out on the field.

Here at Sports Club we are very excited about the new academic year and the new incoming 1PD's, but we are also sad that our beloved 4PD's are leaving us soon! We all hope you guys stay in touch.

Last but not least, Sports Club President Martin Biassini and myself would like to give special thanks to the Former Sports Club president Will Bienz for everything he had done to keep the Sports Club up and running. We will not let you down. Thanks everyone for reading and remember to stay thirsty my friends...by being active.



Word Scramble:

(hint: Summer!)

NVCIAOTA
HEBCA
KIBNII
MUMERS
HSRTOS
NIPCCI



DATES TO REMEMBER

April 27th - May 3rd:

Final Exams

May 1st:

Gators Social

May 6th:

Graduation

July 10 - 14th:

FPA Annual - Orlando

August 2 - 4th:

FSHP Annual - Orlando



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