



The Dose

St. Petersburg Campus Newsletter

February 2016

Editor's Note

Since the last edition of The Dose, many new and exciting events have been happening with student council! We have elected a new executive board and have put the wheels in motion to make our last years on campus the best. Towards the end of November, student council hosted Gatsby themed Fall Formal 2015 which consisted of a fancy night of dinner and dancing. Our next event of the semester will be the Spring Picnic for students to come out and catch some rays and relax before finals start up. Finally our last event of the semester is the End of the Year Celebration at Gators Restaurant! This event is a delightful gathering for students to celebrate together yet another year of hard work and accomplishments. We highly encourage everyone to attend (and as always food will be provided). On behalf of student council we would like to wish the best of luck to the 3PD's adventuring onto rotations and the 2PDs conquering what is left of February!

Go Gators!

Brittany Heuser

APhA-ASP

Alexa Conte
Vice President of Communications

APhA-ASP: Spring Fever

ASP would like to give a warm welcome and congratulations to our new executive board members and chair position holders. They have been busy planning and coordinating events for our community. We are already proud of what they have accomplished and can't wait to see what is being planned for the rest of the semester. Thank you to all of the previous student leaders and we wish you the best of luck out on rotations.



This semester is already in full swing with the various events our student leaders have been participating in. Our student leaders have been busy volunteering and



getting involved in the community. In early January ASP volunteered at a local event called We Will for Jill providing diabetes and blood pressure screenings. We had a blast partnering with the Kappa Epsilon Professional Fraternity to help make this event a success. Our Operation Heart and Diabetes chair also partnered with SNPhA in late January at a local Fit Over 50 Health and Wellness Expo. Our students were able to provide health screenings and educate many members of the community.



Our annual ASP Patient Counseling Competition also took place in January. We hosted an individual competition at the St. Petersburg UF COP campus and then sent our top 3 winners to compete against the other three UF COP campuses. The students were evaluated on their ability to counsel a patient and their medication. We are proud to announce that out of our top three campus winners, Isabella Villegas (4PD) took first place out of all four campuses. Isabella was chosen to represent the University of Florida COP at the national APhA Annual Meeting and Exposition this coming year. We are honored to have her represent UF and the St. Petersburg campus.



Kappa Epsilon

Phin Rowe
Historian

Hey St. Pete family!

Your local KE chapter I wanted to keep everyone caught up with what we've been doing to not only further the profession of pharmacy, but to place Kappa Epsilon into the community eye by spreading both breast and ovarian cancer awareness.



Each year, we put our focus into certain cornerstone events that incorporate our Alpha Omega chapter into the St. Petersburg community. As most of you all know, we've participated in the Susan G. Komen Race for the Cure for the past several years, and it never fails to be a success. In fact, support from our chapter has been so strong that we've been awarded the "Largest School Team Award" 3 years in a row!

All of us understand what it's like being busy pharmacy student. Time to unwind is always appreciated. Over the past few years, our chapter has combined a fun night with friends into a

successful fundraising venture called "Drink for Pink." Annually, it attracts dozens of students from our campus to come out and raise money for a great cause. This past year, the Kappa Epsilon Colony at the University of South Florida joined in on the cause. A percentage of the cover charge and drink specials went directly to breast cancer awareness and research.



Following Drink for Pink's lead, Alpha Omega is in the works of planning a new event to incorporate our recent national initiative of ovarian cancer. During "Meal for Teal," a portion of a restaurant's sale will fund ovarian cancer research, while giving the community a chance to dine while spreading ovarian cancer awareness. We are partnering with the local Celma Mastry Ovarian Cancer Foundation to extend its outreach to the entire community. Additionally, this new partnership with Celma Mastry has allowed us to implement a new learning experience called "Survivors Teaching Students." Ovarian cancer survivors will come to our campus to teach us about their

life experiences and personal battles with the disease, while tailoring it to our careers as future pharmacists.



In our continued effort to raise breast and ovarian cancer awareness, members also participated in a local "We Will for Jill" health screening which focused on women's health and cancer awareness in memory of Jill Engleman, a woman who passed away from breast and ovarian cancer. At the screening, KE members provided visitors with information packets on breast self-examinations and even used breast models to teach people how to self-exam. As the semester continues to unravel, we look forward to continuing our community outreach to spread awareness for Breast and Ovarian Cancer. While our chapter may be smaller due to the St. Petersburg Campus' planned phasing out in 2018, we plan to make our impact bigger than ever! So watch out for us St Pete fam, we're looking to make a huge splash this year!

SNPhA

Christine Ramos
President

A new year and new semester is upon us and with that comes a change in officers and chairs. I would be remiss if I didn't take the time to give a huge thank you to those who came before and dedicated their time and attention to all that we've accomplished.

With that being said, SNPhA is ready to take this upcoming year to even greater heights to end on a strong note. In case you missed it, SNPhA successfully collaborated with APhA-ASP for Seminole Recreation Center's annual Fit Over 50 event. Both our Power to End Stroke and Diabetes Initiatives were able to partake in this event by screening blood pressure and blood glucose. It was a rewarding experience for everyone involved.

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As an organization that aims to serve the underserved and underrepresented, SNPhA is currently holding two donation drives. One of which is for an organization known as Community Action Stops Abuse (CASA). You can refer to the list in the office as to what their most needed items are for the month. Just a little tip for you, two people who donate the most might win a prize!



Another is a clothing drive for a local non-profit organization known as Tampa Crossroads, which serves populations such

as single mothers, veterans, and the homeless to provide services such as finding housing or supplying basic needs for their families. This is an ongoing drive throughout the semester; so if you happen to do any spring-cleaning, consider donating to these organizations! Many thanks in advance!



Something else to look forward to, in our upcoming March meeting, we will be having a guest speaker coming from the National Kidney Foundation who also has chronic kidney disease. So plan to come and hear about his experiences!



Have a great semester everyone!

Kappa Psi: A faint light at the end of the tunnel

Kevin Deemer
Newsletter Editor

This month is without doubt the most difficult time of year for both 2 and 3PDs. We work together (and hard) to stay above the rising academic tide. Spring Break waits at the end of February like a glistening jewel that most are afraid to look toward just yet (and I feel for the 3PDs who won't be getting a spring break but instead go straight into APPE rotations). February has always been the month full of transitions and academic hardships and this February is no let-down! It is exciting and invigorating to see how well our campus tackles the challenges we face as a team.



Elections went well; Our new E-board includes Jimmy Hayden as regent (President), Erica Lestini as vice regent, Margaux Marra as chaplain, Anita Patel remains our treasurer, Christine Ramos as secretary, Lauren Porto as historian, Aubrey Kim remains our sergeant at arms, and finally your humble narrator, Kevin Deemer, as newsletter editor.

Chapter activity continues to thrive. Many of us managed to make it out to the Southeast Province Regional Assembly (aka Conclave). This year, Conclave was hosted by Epsilon Mu Chapter in Orlando over Valentine's Day weekend. Inspired to activity by our recent elections, we marched to Orlando to once again reach out to brothers all across South East Province and beyond. After a splendid weekend of business meetings, connections, dancing, talking, and meeting new people, we now find ourselves back to academics. Though it may

seem like a diversion amidst such busy academic times, conclave really helps us reaffirm the 'why am I doing this?' behind pharmacy school. We returned to St. Petersburg feeling reinvigorated and reconnected, ready to start the next leg of our journey.

Which brings us to now. Our upcoming chapter events include our 3PD sha-bang Roast send off (bring the neosporin), and, on April 16, we will participate once again in the Great Strides Cystic Fibrosis Foundation walk. Last year, we managed to raise over \$5,000, more than doubling our goal of \$2000! We will see what numbers we can push to this year.

And so as we plot our course and continue onward through the ides of February, remember to keep hold on the reasons you started this program in the first place. So many of us are better today than we were yesterday and we still have so much time left to continue growing. Keep it classy St. Pete!



FSHP: Fall-ing into the Semester

Sarah Fawaz
Secretary

Spring semester always brings several tasks to juggle around—chaotic exam schedules, preparing for rotations and attempting to stay involved. We often forget to stop and catch our breaths—but FSHP’s Social Chair, Laleh Emami, made sure that our school schedule wasn’t the only thing we had to balance this semester. At our first social event of the semester, students had to balance themselves, as they jumped around the trampolines at Air Heads. Of course this type of balancing act was far more fun, and members enjoyed the opportunity to jump off of trampoline walls, shoot basketballs into baskets and bond with one another—and if they just couldn’t keep balance...well, falling onto a trampoline was a fun alternative!



Additionally, FSHP held their annual Abbreviations Bowl in February. Three intense rounds of SIG code abbreviations, medical exam abbreviations and disease state abbreviations proved to be a lot more challenging than students anticipated. After three fast-paced

rounds and lots of laughter at members’ attempts to make up their own abbreviations, fourth year student Mike Turk, took home first place (and a free pizza gift card!) Congratulations, Mike!



We are barely half way through the semester and our chairs are already doing a great job at planning successful events. Our most recent Brown Bag medication review at Regency Oaks yielded a turn out of almost fifty residents! We are eager to continue to make a difference in the community as the semester continues. FSHP wishes you a fun, relaxing and safe Spring Break—we look forward to hosting more events in March and April, including our annual Residency Showcase on March 29th. We will see you there!



AMCP

Marius Pitre
Secretary

This past October, three members of AMCP represented the St. Petersburg Campus at the annual AMCP Nexus meeting at the Gaylord Palms in Orlando. Former Presidents Kim Brown and Alexa Halburian as well as current Vice President Kristen Reed all had posters chosen to present at the conference. This was a great honor as posters were submitted from all over the country. Kristen, Alexa, and Kim worked with University of Florida College of Pharmacy graduate Dr. Patty Taddei-Allen for the research data on their posters. Topics at Nexus included specialty pharmacy management; a discussion on drugs, diseases, and the impact of managed care; and the changing managed healthcare environment.



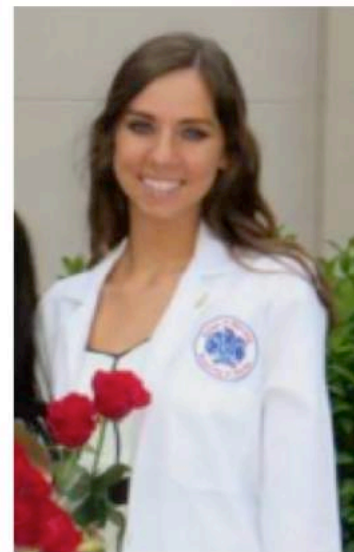
In December the new executive board was elected. President Jennifer Egger, Vice President Kristen Reed, Treasurer Kevin Deemer, Secretary Marius Pitre, Historian Lea Gaber, and Professional Outreach and P&T Chair Jennette Smith took on their roles for 2016.

We have been fortunate to have guest speakers from WellCare. Dr. Royce Cyriac spoke about Pharmacy and Therapeutics (P&T) as well as managed care and its role in pharmacy, and Dr. Katie Neff-Golub, discussed medication therapy management (MTM) and how it fits into pharmacy practice. Dr. Robert Navarro, UF COP professor who directs the UF P&T Competition for AMCP, spoke about pharmacy benefit managers (PBMs). This year's P&T competition in Gainesville saw the 2PDs represented by Brittany Heuser, Ally Webb, Alexa Conte, and Laleh Emami. We look forward to a great 2016!





Newsletter Staff



Brittany Heuser
(2PD) Editor and VP of Student Council