

The Dose

Kappa Epsilon

Brittany Jonap
KE President.



Kappa Epsilon had an exciting month of November! We teamed up with SNPhA for our International Dinner Fundraiser. The event was a huge success! We celebrated with delicious food from several cultures

and awesome raffle prizes. KE would like to thank SNPhA, Donna Simpson and her committee for all of their hard work planning this event. Another initiative that KE is currently working on is a mass

[Continued on page 4]

PAIN MANAGEMENT ROTATION

Grazia Nuccitelli

4PD Student.

Patient admitted for refractory B-cell lymphoma with mets to

the spine status post radiation and chemotherapy. Currently in 10 out of 10 pain with somatic pain localized to L3 – L5 region that is exacerbated by movement. Patient was

[Continued on page 2]

Editor's Note

Ladies and gentlemen, can I please have your attention? I have just been handed an urgent and horrifying news story, and I need all of you to stop what you are doing and listen. Student Council is having elections! Offices up for election are President, Vice-president, Secretary, Historian, and Treasurer. I am biased of course, and urge people to run for VP because it is clearly the best position since you get to help put together this awesome newsletter. More seriously, all of the positions allow you to really voice your opinion on how events in this school run. Student council is a rewarding experience because it is a chance for you to be listened to, and to create new ideas and see them through until the end when you have created a successful new event. If you have any questions about a position in student council or even just how the meetings go, I encourage you to ask one of the officers about their position. Derrick Benton is the president, I am the VP, Nicole Mulas is the treasurer, Jennifer Parks is the secretary, and Joseph Hong/Ben Chi is the historian. I also encourage everyone at the St. Pete campus to come to the student council election meeting. This includes absolutely everyone. If you want any say in how things are run, you need to be there to vote on who you want to be in charge. Think someone would make an excellent leader? You can also nominate people on the discussion board for student council under our campus link on blackboard. The link will be posted after thanksgiving weekend and be up and running until the elections. Anyone and everyone is a member of student council and has the opportunity to vote. The elections will be held December 8th.

-Katy Saunders
Student Council VP
Katysa33@ufl.edu

PAIN MANAGEMENT ROTATION AT H. LEE MOFFITT CANCER CENTER

[Continued from page 1]



started on hydromorphone PCA with 0.7 mg/hr basal and 0.3 mg demand on 10 minute interval based on at home regimen. What would you like to do now?

On week 1 of my pain management rotation, rounds were overwhelming. There were complex patient presentations by the residents and recommendations of opioid therapies that they did not teach in school. The attending physician of the pain and palliative team depends on the pharmacist to make recommendations regarding pain regimens and dosing adjustments. As student pharmacists, it is expected that you help convert opioids from IV to PO for patient discharge, adjust PCA rates based on patient interviews, recommend appropriate adjuvant therapy, and provide recommendations for the proper management of side effects.

On day 1, I was told that we would get one patient between two student pharmacists, and by the end of the rotation, you would get a patient to yourself, maybe even two if you could manage it. On previous rotations I was helping the attending physician with a unit of 20 patients; I figured two patients would be simple. What they didn't tell us was how involved you became with your one patient. In the morning, you speak with the patient's nurse to see how the patient did overnight, decipher the primary oncology team's progress notes to see what the upcoming plan is, interview the patient and the family, review PCA machine or PRN doses, and then finally take the 20 minutes you have left before rounds to come up with your plan and write a decent SOAP note. During rounds, you present your patient to the whole team, make your recommendations and justify your plan. It was safe to say that on week 1, I was not confident in any of my answers.

By week 4, after reviewing the chart and performing my patient interview, I could answer the scenario from the top pretty easily and my recommendations were accepted by the team. By week 4, I was managing two patients and felt comfortable performing interviews. At the end of week 4, I was told that after completion of this rotation, I knew more about pain management than 90% of other clinicians. If they had said that on day 1, I doubt I would have believed them but now I do see how little most clinicians know about pain management.

You are told over and over that pain management is a lot of clinical judgments based on each individual patient's case; anyone can do opioid calculations (it is simple math) and it's what you do with the those numbers that make you a clinician. It was amazing to work with the Moffitt pharmacists since they were in charge of evaluating new consults and providing recommendations that were followed by the attending physician. There are tough moments when you meet a cancer patient your age with a poor prognosis or when you see how much a patient's pain is affecting their loved ones. Overall though, it is an amazing experience that helps you practice your patient counseling skills, familiarize yourself with pain medications, and develop into a more confident clinician.

FSHP

Britten Peer

FSHP Secretary

The VA tour took place on Saturday October 17th. It was led by the VA pharmacist Mike Tyler who spent two hours with us discussing the VA system and showing us around both the inpatient and outpatient pharmacies. We also got to see the VA's new IV clean room and the counseling rooms in the outpatient pharmacy. He showed us the tube system and crash carts and how the medications are filled each day for each floor in the hospital. We met several pharmacists in each of the different settings as well as a couple of new Residents. Overall it was a great tour and a great experience for anyone interested in hospital pharmacy or anyone who is considering it. The students that attended were: Mike Bonkowski, Eric Neilson, Robert Jacket, Steven Kareka, Danielle Honein, Puja Patel, Katy Saunders, Ashley Loveless (Gainesville rotation student) and Britten Peer.!

Did You Know?

Submitted by Lindsey Childs

- Swap is a period of time when Dr. Doty allows 3PDs to alter their rotation schedule.
- This is a benefit offered to UF students; most students at other pharmacy schools don't have this ability!
- Keep in mind: you do not have to undergo swap if you are content with your schedule as it is given to you.
- Swap is done by choosing rotations on the Vacancy List and letting go of ones currently on your schedule.
- Alternatively, you can switch rotations with another student (so it may pay off to talk to your classmates to see if you can do a direct switch).
- Double check the Rotation Exceptions link; all swaps have to abide by these exceptions.
- Make sure to follow Dr. Doty's specified format; you won't get what you want if it's not in the right format!
- Generally, students are only allowed one non-patient care elective (ie Academic, Administration, etc.), so don't ask to swap into a second non-patient care elective.
- Think about possibly swapping into a low demand area (ie Pensacola, Okeechobee, etc.). There are some good rotations available in those areas if you're willing to go.
- Sometimes many people ask to swap into the same rotation; Dr. Doty determines who will get the rotation.
- If you do not get the rotation you want on a particular round of swap, you can try again on the next round if the rotation is still available.
- You can swap as many rotations as you like (some people end up changing their entire rotation schedule by the end of it!).
- Don't be afraid to swap into a potentially challenging rotation or one that will take you out of your comfort zone. These sometimes end up being the best rotations!
- Good luck and Happy Swapping!

[Continued from page 1]

mailing to alumni. Kristy Marie Sow-
erby is doing a great job as our Alumni
Liaison. We will be sending holiday
cards and letters to over 200 KE alumni
throughout the Tampa Bay area in the
coming month! This is exciting for our
chapter as we are hoping to establish
new connections, friendships and future
networking opportunities.

On December 1st we will be initiating
the Pledge Class of 2009 into our chap-
ter. Over the past semester they have
worked as a team to hold several events
including a breakfast fundraiser, a bingo
tournament at a local nursing home,
and a social for our chapter. We are
proud to be welcoming so many dedi-
cated future pharmacists into our fra-
ternity. After initiation, Bigs and Littles
will be revealed which is always a fun
time for our members!



SNPhA

Autumn Eakin

SNPhA President

On November 10th, KE and SNPhA teamed up to provide the St. Pete Campus with an evening of food, culture, and fun. Students sampled cuisine representing countries from Bulgaria to the Philippines, and more! Many tried their hand at making their own sushi, learned the art of origami, and won big in the raffles. Thank you to Donna Simpson, Jessica Rivera, and all of the KE & SNPhA members that contributed to make this unique event such a success.



December 1st, 2009 – WORLD AIDS DAY

World AIDS Day is observed every year on December 1st to raise awareness of the global AIDS epidemic. Over one million Americans and 33 million people worldwide are estimated to be living with HIV. To support this HIV/AIDS awareness initiative, SNPhA is selling "Remember the Ribbon" lapel pins for \$3 each. To learn more, check out <http://www.hhs.gov/aidsawarenessdays>. The Tampa Bay AIDS Walk that we originally planned to participate in on Dec 5th has been rescheduled to March - stay tuned for updates on a new event!

CPFI

Katy Saunders

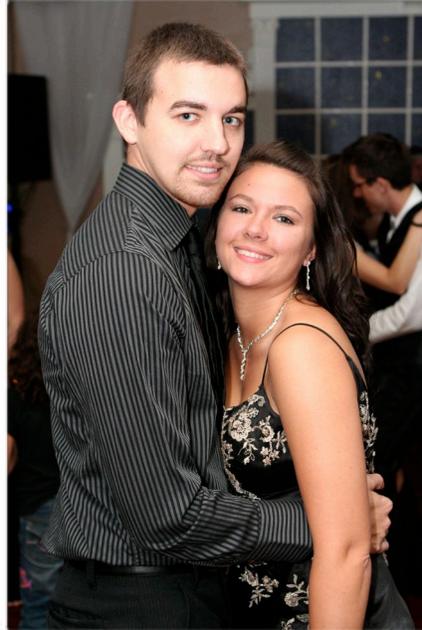
CPFI Secretary

I am sure all of you saw and hopefully stopped and experienced it for yourself, but in case you did not; CPFI had one of the most successful FUN-raisers of the year. Tie-dye with CPFI was a hit and provided a great outlet for students to be creative and to relax! We made sno-cones and provided free tie-dye supplies.

Students tie-dyed everything from jorts to lab-coats to tank tops. Some people even dyed clothes that they had not intended to dye. The rain did not stop the fun either; we moved the event under the awning of the pharmacy building and set up in the rain. Some people even had holes in their gloves and left with purple fingers. Hopefully everyone followed through with the instructions on how to complete their masterpiece and we can have a showcase at the next meeting. I think it was a great success and hopefully people will keep coming out for CPFI meetings. Our next meeting is the evening of December 2nd, everyone is invited and we hope to see you there!



PHARMACY BALL 2009 PHOTOS



GAMES

Word Jumble:

SAA

VIDAL

ETHYLCHIZAROIDOORD

NAALANEGMIT

ZEMMITHLOAE

TOLANEXAEM

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					3		8	
6								2
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			8	6	4			
2		9	7					
4								1
	3		5					
	5			3		2	7	

DATES TO REMEMBER

December 1st

FSHP Meeting

Sports Club

December 2nd

CPFI Meeting

December 5th - 10th

ASHP Midyear

December 7th

KE Meeting

December 8th

Student Council Elections

December 9th

Sports Club

December 12th - 18th

Final Exams

Newsletter Staff

KATHRYN SAUNDERS



Katy (3PD) is the Editor and Vice President of Student Council

I TAN TSAO



(3PD) Assistant to the Editor and Photo Editor

LINDSEY CHILDS



(4PD) Did You Know and Rotation Corner Contributor