

The Dose

SOAR

Angela Hatter

Student Council President.



Last weekend, faculty and students gathered on campus for the 3rd annual SOAR meeting. It was a huge success! Students and faculty from all four campuses converged on St. Pete for a weekend full of fun, leadership, and freezing cold weather.

On Friday night, we had dinner at the Hilton Harbor-side. Bob Parrado, former FPA and Florida Board of Pharmacy member was the keynote speaker. He spoke about how we, as future pharmacists, need to ensure that our profession is held in the highest esteem by our patients and customers. We need to be proud of our profession and be responsible, respectful,

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SNPHA

Daphne Zeilinger

2PD Student.

In essence, SNPhA dedicates itself on a student level to representing the views of minority pharmacists on a wide range of issues affecting pharmacy and healthcare. Our

underlying goal is organizing, educating, and creating both service and cultural events that provide help in our community. The aim is to balance

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Editor's Note

Greetings! My name is Tiffany Beckel and I am a current 2PD at the St. Petersburg campus. I have been bestowed the honor to be the editor of this lovely newsletter, and included in my reign as editor I will be writing a monthly column (which you are now encountering). Each month I plan to write about something that moves me, and this month it happens to be something on a personal level. Recently, at the SOAR dinner to be more accurate, I found out that a friend I grew up with was in the hospital from an opiate overdose. He was on a ventilator and was essentially brain dead when I went to see him the next day to say goodbye. As I sat there in the ICU next to his hospital bed I pondered many things, one of which was therapies I have learned in pharmacy school. How maybe if I had been there, I would have known to give him Naloxone and that potentially could have saved his life (not that we are able to randomly dispense medications, but the instinct was there). I thought if I hadn't been so busy with my own life and had been a better friend I could have been the support he needed in order to make better decisions. I kept thinking all the things I "shoulda, coulda, woulda" done in order to prevent this from happening. This was my childhood friend, and I was watching a machine breathe for him. It was a surreal thing to see his face and feel his warmth, but know he was never going to open his eyes and acknowledge my presence. This past month I suffered a great loss, but I did not tell you this story to make you feel my despair. I am telling you this because I want you to know what I have gotten out of this experience, and what I hope you will take to heart in

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APHA-ASP

Donna Simpson

APhA-ASP Membership Vice President

We hope all of you had a relaxing winter break and welcome back! APhA-ASP recently had elections in December and our New Officers are:

President: Britten Peer
President Elect: Alyssa Schiller
Membership Vice President: Donna Simpson
Treasurer: Mike Bonkowski
Secretary: Ryan Janeway
Historian: Danielle Honein
ASP Student Council Representative: Tiffany Beckel
SPAN Coordinator: Amanda Waltemath

Chairs were also selected and are now putting together patient care projects for all students to attend throughout the year. We would also like to welcome our new faculty member and new advisor

SNPHA

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celebrating all types of cultures, while simultaneously serving our community in a variety of ways. Keep your eyes open for all types of events:



CULTURAL EVENTS: Great culture usually revolves around great food, and this is typically the only requirement for our events. Every month we embark on exploring food from a different culture. So far we've practically traveled the world and enjoyed cuisine from the Chinese, Latin American, Indian, and Vietnamese cultures. However, that's really only the beginning; there's also dancing and Spanish lessons, and you're always guaranteed a good time. For those of you who supported our joint venture with KE last November, a big thank you for making it a tremendous success and I'm sure your taste-buds were appreciative of the worldly delectables. Stay posted for the next cultural spotlight.

SERVICE EVENTS: We are dedicated to serving our communities' needs, and each month please stay tuned to ways in which you can join the fun and give back to the underprivileged. Our next event coming up is Habitat for Humanity, and it's never too early to start psyching up for our annual event, Relay for Life. It is an incredible experience, and an amazing way to raise money and awareness for the American Cancer Society.

Transitioning into new leadership:

Giving a special thanks to the previous officers, as time inevitably ticks forward, the torch had to be passed on, and SNPhA is happy to announce its new officers:

President: Joseph Hong(aka Ben Chi)- jhong@ufl.edu
Vice President: Jennifer Bosse – jbosse@ufl.edu
Secretary: Erica Pawlick - epawlik@ufl.edu
Treasurer: Joseph Milano – milano86@ufl.edu
Historian: Sasha Yonicova - ayonicova@ufl.edu
Fundraising Chair: Vanessa Zeilinger – vzeilinger@ufl.edu

for the APhA- ASP chapter, Dr. Feild. APhA is very excited about this group of hardworking and enthusiastic officers and about plans for this year. We would like to say thank you to the old officers for all of their hard work, commitment, and service to our community and our profession. We hope that the organization will continue to build on that success.

The first event for this semester is the APhA- ASP Patient Counseling Competition and will take place in January. This is a great way to practice and showcase valuable counseling skills that are used often and the winner will be the St. Petersburg Campus representative at APhA Annual in Washington, D.C. The date and time will be announced shortly and we welcome all APhA members to participate.



KAPPA EPSILON

Brittany Jonap

KE President

Kappa Epsilon had a great end to 2009! Our semester wrapped up with two awesome socials. We had a flashback to life as a 5th grader at our Chuck E. Cheese night. There were games, pizza, coins, tickets and prizes galore! Carina Born rocked everyone in our Skee Ball tournament and Katy Saunders wowed us all with her enthusiasm as she brought home the Gator Spirit award. A special thanks to Stephanie Strauser and Corey Sloan for organizing this event. We also had the pleasure of initiating our largest new member class ever in early December! The week following initiation, our New Member Class planned their social for the chapter to attend a Lightning Game. Stephanie also worked with them so that we were able to put on this wonderful event. It was a fun way for us all to watch the team battle it out on the ice instead of battling with the books. Our semester concluded with a mass mailing to over 250 KE alumni throughout the Tampa Bay area. Kristy Marie Sowerby, who led this effort, has already received a fantastic response from fellow KEs looking to get involved in our chapter. So far in 2010, KE had a great turnout at the SOAR conference. Several of our members represented for the Alpha Omega Chapter. Dr. Peris led our breakout session with the other campuses in which we discussed monthly officer chats and combined campus events. In January we also elected new officers who will officially take over this month. With all of their great ideas and passion combined, the future looks bright for KE!



CPFI

Katy Saunders

CPFI Secretary

CPFI is having elections on Tuesday, January 19th at 7pm. CPFI has had a great year with the past officers. We went to the Dominican Republic, hosted a sno-cone and tie-dye night, and had lots of memorable beach meetings. CPFI is the only St. Pete campus organization that made it possible for students to go on a mission trip during spring break and we are very proud of that achievement. We hope that in the future, other organizations see that all it takes is some organization, and anything is possible. We also encourage all the students to come out to our meetings. Even if you don't think it is for you, just enjoy the food and fun we have. You might be surprised. Please make it a point to come out to at least one meeting of all of the organizations before you graduate, it will expand your pharmacy school experience!

SOAR

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and honest leaders in everything we do, both in the pharmacy and in the community.

Saturday morning we met on campus and were treated to a delicious



breakfast from Lighthouse. There was a fundraising presentation from the Development office and a leadership presentation from Target. Next, there were several breakout sessions to choose to attend, including one for each student organization as well as some others from faculty and guest speakers. For example, Dr. Sven Normann conducted the hugely popular "Thinking Outside the Box." Dr. Theresa Tolle did an excellent presentation about the importance of advocacy in our profession. Following the breakout sessions we had lunch and were treated to a talk from Dr. Normann about the importance of adherence to UF's alcohol policies. Right when Dr. Normann said "No excessive, rapid consumption of alcohol is allowed," three sand hill cranes graced us with their presence. It took both Dr. Williams and Dr. Peris to fend them off. Please see Joseph Hong for photographic evidence. Finally, county commissioner and long-time pharmacist Rose Ferlita gave a speech about leadership and her time in pharmacy and public office.



All and all, SOAR was an excellent opportunity for faculty and student leaders from all campuses to come together to try to find ways to make our pharmacy school experience even better. A huge thank you to Derrick Benton, Kristi James, Dr. Williams, and all the volunteers who made SOAR a great success!

MORE SOAR PHOTOS:



FSHP MIDYEAR CLINICAL MEETING

Lindsey Childs
4PD Student.

On a cold, windy afternoon on the Las Vegas strip in December, thousands of fourth-year pharmacy students crowded into an ever-shrinking hallway. Each one was trying to be among the first into the Residency Showcase to discuss their residency options with various programs. Two more sessions of the Residency Showcase, the UF reception, and PPS interviews would await the eager senior student pharmacists from the University of Florida.

The ASHP Midyear Clinical Meeting is the largest meeting of pharmacists and student pharmacists in the world. There are many CE sessions, as well as several opportunities for networking with colleagues from across the country. For students, the highlight of the meeting is the Residency Showcase, where all residencies show off the features of their programs.

Sunday evening also featured a Student Reception, where all recognized State Societies of Health-System Pharmacists are able to present a poster showcasing their chapter's accomplishments in the past year. This year, the FSHP-St. Pete chapter presented a poster for the first time. Students from various chapters stopped to ask about our innovative programming, such as the beach towel fundraiser and Ronald McDonald House service event.

Overall, the meeting was exciting and informative! Ask any 4PD, and they will highly recommend the meeting.

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your own lives. In pharmacy school, or in life in general, we get so caught up in the present and forget our past. I know we barely have time to keep ourselves sane, but I want to urge you to keep in contact with the people who meant a lot in your past. Even if it's an email or a text, let them know you are thinking of them and that they meant a lot to you in your life. I know if I had the chance now I would love to tell my friend how much he meant to me. The last thing I want to leave you with is this- we are gaining a vast wealth of knowledge (for anyone who has experienced second year curriculum you understand where I am coming from) and with this knowledge we can make a great impact in our world. It is up to us to make an impact - one that is compassionate and lasting, one that can potentially save or change lives.

I hope you enjoy the content that your peers are so kindly providing, and if you have any feedback I would love to hear it. Thanks so much for reading!

-Tiffany Beckel
Student Council Vice President
tbeckel@ufl.edu

USE AS DIRECTED

Mr. E

Its a Mystery!

Welcome friends and neighbors to the first ever edition of Use as Directed- an inside view on pharmacy school and the profession at large ranging from the mundane to the surreal. Each month I, your charismatic, brilliant and uncommonly handsome answer man, will share the goings on in the world that have made me laugh, cry, or scream in frustration. In addition to all this fun, I'll also answer reader questions and offer advice on any topic you ask. Submit your questions to Tiffany Beckel (our lovely and talented Student Council VP and the Editor of this very publication) and she will pass them on to me. You can email them, or drop them in her mailbox, either way the question will get to me and I will answer it! All while preserving your anonymity, rest assured. Today, I have a list of wonderful websites to visit that will ensure hours of entertainment.

-IMMD: It Made My Day is a collection of short anecdotes about witnessing something that just makes your day

<http://www.itmademyday.com>

-The Onion: The worlds best fake news. Period.

<http://www.theonion.com>

-Fail Blog: actually the entire icanhazcheezburger network... hilarious. seriously funny

<http://www.failblog.org>

-Digg: all the latest news on everything

<http://www.digg.com>

-Facebook: The DEA is investigating and considering making it a C-II but due to its high abuse potential. It'll probably be illegal soon, get your fix while you can. HINT** try changing the language to English (Pirate) it makes everything so much more... Pirate-y

<http://www.facebook.com>

-Woot: Sells one awesome item each day at a great price. It includes an equally awesome description of that item to appease your sense of humor. Be sure not to miss out on the shirt of the day as well.

<http://www.woot.com>

Well, friends that's all for this portion, now send in your questions!

-Mr.E

Rotation Spotlight: Geriatrics

Lindsey Childs

4PD Student

"How aggressive do you want to be for the blood pressure control given that the patient is 92 years old?" This is a common question that you could hear any day in the Geriatric Primary Care Clinic at Bay Pines VA. The clinic generally sees veterans who are over the age of 80, with a few "young" 70-somethings thrown in as well. These patients have multiple co-morbidities that require longer appointment times for adequate management. As a result, some say that the clinic runs at a slower pace than the rest of the VA clinics. But most days were anything but what I would deem to be slow-paced.

The physicians and nurse practitioners rely on the clinical pharmacist in the clinic to manage their patients' diabetes, hypertension, and hyperlipidemia. The clinical pharmacist also is responsible for medication reconciliation for patients living in Assisted Living Facilities (ALFs), responding to drug information questions, and approving non-formulary drug requests. In addition to assisting the pharmacist with these tasks, I also had the opportunity to shadow a physician on a regular basis. During these appointments, I became much more aware of issues exclusive to the geriatric patient population, such as increased reliance on public transportation, caregiver burden, and social isolation because of ALF or SNF placement. What I also gained from this experience is the ability to empathize and laugh with someone old enough to be my grandparent. Some of the geriatric vets have an amazing and very unique sense of humor!

SPORTS CLUB

Andre McMahon

Sports Club President

Spring semester is well on its way and Sports Club is off to a great start. We just had our first event and a lot of students participated in a friendly yet competitive game of touch football. Ask Nathan, the 4PD on academic rotations, how his team did. I'll just tell you the score, it was 9 to 6. The only element that could make our events better, is more participants. I want to take this opportunity to answer the five "W's" and the one "H" to enhance your Sports Club awareness, and then hopefully we will see some new faces at future events.

Who..... is able to participate in Sports Club? Anyone can participate and there are no dues or fees required.

What..... is Sports Club and what do we do? Sports Club is a student organization that is competitive in nature, emphasizes participation, skill development and student leadership. As the name implies, we play team sports such as football, kickball, ultimate Frisbee, etc...

When..... does Sports Club meet? All the Sports Club events are posted on ELS and emails are sent to St. Pete students to remind them when the events take place.

Where..... does Sports Club meet? Usually, Sports Club meets on the athletic field located behind the dental building. On some occasions, Sports Club holds off-campus events such as rock climbing. In that case, we car pool or provide you with all the information.

Why..... should I participate in Sports Club? Sports Club is essential to the University of Florida community and plays a vital role in providing learning opportunities and a rich and diverse campus experience.

How..... can I get involved? Easy, just come to any of the events or talk with/email Andre McMahon, Tarek Fawaz, or Benedetto Mitrano.

That covers Sports Club; the only thing left to do is experience it for yourself. See you there!



At the end of December the St. Pete Campus tried our best to Save the Whalen!

GAMES

Word Jumble:

(hint Harry Potter)

PRATEPAA

KSAOHONRKSC

NREIAMV

NLECAAVWR

NNIMAGO EMLRTY

OXHRRUC

LIADY OPPREHT

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DATES TO REMEMBER

February 2nd

ASP Meeting
Sports Club

February 3rd

CPFI Meeting

February 4th

Sports Club

February 5th

Career Days

February 8th

Sports Club

February 9th

KE Meeting

February 10th

Board of Pharmacy Meeting (Jacksonville)

February 16th

Student Council Meeting

February 18th

FSHP Meeting

February 19th

3PD Farewell Luncheon

February 24th

SNPhA Meeting

Newsletter Staff

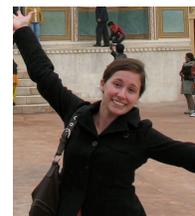


TIFFANY BECKEL

Tiffany (2PD) is the Editor and Vice President of Student Council

ANGELA HATTER

(2PD) Monthly Contributor and Student Council President



LINDSEY CHILDS

(4PD) Rotation Corner Contributor