



The WOR_xD: Welcome Back!

Letter From the Editor

By: Michelle Robosky

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Welcome back and welcome to the class of 2017 and Dean Mac! Hopefully your summers were rejuvenating enough to carry you through the first few weeks back at the college as another year gets underway.

P1s- congratulations! You have begun your journey in a very rewarding profession. While some days (okay...many days) you may feel overwhelmed and intimidated, remember how you felt putting your white coat on for the first time and multiple that times ten to imagine how proud you'll feel when you get that diploma.

You are reading Tribunal's Rx Word-- a newsletter compiled by the executive members of the organizations within the college,

revived in 2012 from a dormant period after a long history of bringing news and humor to pharmacy students just like you. Inside you will find organizational updates, upcoming events, tips for success and the occasional funnies, basically a newsletter offering your eyes a break from biochemistry. You can see what your classmates are doing and learn how you can join them! As you become acclimated to P1 year, here's a few things to keep in mind: play hard, work harder, get involved, explore the Queen City and get to know the family here at JLWCOP-- you will be surprised with the opportunities at your fingertips.

One of those opportunities we all get to be part of

is accreditation this week. It is nice to feel like our college is working hard and is motivated to get better and give us the best experience and education possible to ensure success on P4 rotations and beyond.

I heard from a number of our current P4s how weird it felt not coming back to school in August. Fortunately, these comments were always followed up by some encouragement about getting through P3 year because rotations are so fantastic and they can almost see the light!

While the light at the end of the tunnel is vibrant for some and barely visible for others, here's to hoping this year is full of excitement and learning!

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Update from Dean Mac



I hope your fall semester is off to a great start and that you are ready for a fantastic year here at the James L Winkle College of Pharmacy. I know that the faculty and staff are very pleased to see all of you back and we also welcome the class of 2017 to the College.

As you know, I arrived at the College just days before you did in August and I've been very impressed by you, our students. I know that obtaining a good work-life balance can be tough while you are in such an intense program such as the PharmD program. At the same time, I know that many of you are involved in student organizations and are gaining real-life experience working in pharmacies, which is great to see. I hope that you feel as though you are part of a family during your time at the College. Just like real-life families, there may be some individuals with quirks and it doesn't mean you will necessarily click with everyone. However, just like a family, I hope you sense that the faculty, staff and your fellow students are pulling for you, will be there in tough times for you, and we all want you to succeed.

You can reach me at RxDeanMac@uc.edu and please follow me on Twitter if you are not already @RxDeanMac . Finally, if you have not done so already, please complete the SurveyMonkey survey I've put together. I really would like to hear from you about your thoughts and ideas about the College: <http://www.surveymonkey.com/s/XF6BXXF>

Dean Mac
Dr. Neil MacKinnon, Dean and Professor

APhA-ASP

The American Pharmacist Association Academy of Student Pharmacists, also known as APhA-ASP, is the only pharmacist association that holds an annual conference specifically for student pharmacists! APhA was founded on October 6, 1852 and represents over 62,000 pharmacists, pharmaceutical scientists, and student pharmacists. APhA-ASP is an umbrella organization that focuses on pharmacy practice in all areas, so this is the organization to get involved with if you are not yet sure what you are passionate about. Since APhA-ASP focuses specifically on student pharmacists, there are countless leadership opportunities available at the local chapter, regional and national levels. In recent years, UC students have held both regional and national leadership positions!



Meetings are held every other Monday from 12-12:55 and lunch is provided and free to all members! Thanks for those who attended our first meeting where we had Ernie Boyd, executive director and lobbyist for the Ohio Pharmacist Association. Our second meeting will be focused on the international student exchange program and patient care events we have lined up for the fall semester and is a great time to meet the patient care event coordinators and to sign-up to volunteer. P1's: be on the lookout for a list of calendar events for the fall

semester! President is Jamie Kraemer, kraemejm@mail.uc.edu and president-elect is Jake Tunnell, tunneljc@mail.uc.edu. Register for membership at https://portal.pharmacist.com/am/template.cfm?Template=/CustomSource/StudentEnrollment/joinform.cfm§ion=Join_apha1.

Kappa Psi

This summer has been very exciting for Kappa Psi. The 56th Grand Council Convention was held in St. Petersburg, Florida from July 30 to August 4 2013. We took part in legislative debates and elected new national officers. We participated in workshops about hazing, risk management and alumni relations. Overall, the week was awesome and we had an incredible time fraternizing with Kappa Psi Brothers from all over the country. Our two Chapter Delegates that represented us were Regent Calin Cantrell (P3) and Vice Regent of Philanthropy Jessica Hubbard (P2). Other Brothers in attendance were Emily Lodwick (P3), Theresa Davis (P3), Paige Mendenhall (P3), Michelle Wright (P3) and Jacklyn Sampson (P2). Dr. Cluxton was also present, representing the Cincinnati Graduate Chapter.

How can I join Kappa Psi?

We have had a blast at all of our rush events so far but we aren't done yet!

Don't forget about the remaining rush events! Tie-Dye will be this Thursday 9/19 at 5:00 at the House. The Reds game is by invite only, Friday 9/27 at 7:10, meet at the Ballpark at 6:45. Rushes will be notified of pledging very soon!



The seven brothers who attended the 56th GCC at St. Pete Beach .



NCPA

NCPA is an organization committed to helping independent pharmacies, pharmacists and students in the community. NCPA allows students to participate in various health fairs at local independent pharmacies and learn about what it takes to become an independent pharmacy owner.

NCPA has an exciting year planned! Aimee Wallace, the Director of Clinical Entrepreneurship at Ohio Pharmacists' Association, will be speaking at one of our meetings. We will also have independent pharmacy owners speak on the realities of opening and operating a pharmacy in today's market. These are just a few of the exciting meetings we have planned.

We will also be continuing our annual Trivia Night! This gives you a chance to showcase your knowledge with your classmates and friends. Details will be posted during autumn semester. This is a great way to socialize and win prizes!



Tribunal

Tribunal is the student government here at the James L. Winkle College of Pharmacy, acting as a voice for the students and a coordinator for the student organizations. We are excited to welcome the class of 2017, Dean MacKinnon and all the returning students, faculty and staff! All students are automatically members of Tribunal and all are welcome at our bi-weekly meetings. We have a busy fall coming up including some exciting events for all!

Congratulations to our new PY1 class representatives: Dylan Barth, Brendon Kestler and Jessica Thorburn as well as our new PY3 class reps: Lauren Schuler, Emily Farley and Andrew Hobohm. We know you will represent your classes well!

The fleece sale will be extended a few days this week so if you missed out on the cuddly, super cute, great-for-gift-giving fleeces, see Alexa Petrarca this week! Fleeces are \$45 and come in men's and women's sizes in your choice of black or gray.

Our annual back-to-school Pig Roast is at Sharron Woods this Sunday, September 22! The pig roast is a fun time to get together with students, faculty and staff to reunite with old friends, or make some new ones! There will be lots of food, fun and games for everyone!

As always, we continue to coordinate volunteers for the Drop Inn Shelter, where students are able to work collaboratively with pharmacists, medical students and physicians at the Drop Inn clinic in Over-the-Rhine.

We also continue our efforts with Drug Awareness, visiting local elementary schools and high schools throughout the year to educate students about drug safety. An information session on Drug Awareness will take place this Friday 9/20 at noon. Watch out for an e-mail if you are interested!

If you have any questions about Tribunal, feel free to email Caroline Barone at baronecm@mail.uc.edu. Have a great school year!



ACCP

UC ACCP was recently established this March, and since then, we have been hard all work. All of our officers have been essential in laying the foundation to our organization this summer. The mission of our chapter is to acclimate students to the practice of clinical pharmacy by: providing instruction and education about clinical careers, therapeutic topics, and opportunities within the field of pharmacy, promoting the advancement of clinical pharmacy by dedication to excellence in patient care, research, and education, and equipping students with skills necessary to function within an interprofessional team and developing those skills.

This summer we had the chance to speak about our chapter at the Ohio College of Clinical Pharmacy (OCCP) Spring meeting in Cleveland, OH. Our President-Elect, Tyler Vest, was appointed to the ACCP National Student Network Advisory Committee to serve as Member-At-Large. We are currently brainstorming with OCCP ways that our chapter can be involved at the state level. More details to come later! The paperwork to become an official ACCP Student Chapter has also been started, and we hope to be recognized by ACCP soon!

Congratulations to Team Ulm, Kaminski, and Aladimi who our UC ACCP Clinical Pharmacy Challenge and went on to represent our chapter in the national competition! Our Health Fair is scheduled for Saturday, October 5, 2013. Our Drop Inn Shelter dates are Thursday, October 3, 2013, and Thursday, November 7, 2013. The chapter will also participate in the Walk The Night Walk for the Leukemia and Lymphoma Society. Meetings will begin Wednesday, September 4, 2013, and continue every other Wednesday. We are looking forward to a great semester and welcoming all returning and new members!



Above. UC ACCP Officers (Caitie Delabar, Tyler Vest, and Adam Ingram) with OCCP President Dr. Patrick Gallegos, Pharm.D. BCPS



ACCP officers (Tyler Vest, Hannah Cox, Adam Ingram, and Maggie Patterson) at New Student Orientation

SSHP

UC's Student Society of Health-System Pharmacists (SSHP) would like to welcome you to an exciting new school year! For our new pharmacy students out there, SSHP represents pharmacists, technicians, and interns practicing in health-system environments. A health system, also sometimes referred to as health care system or healthcare system is the organization of people, institutions, and resources to deliver health care services to meet the health needs of target populations. This includes, among others, hospitals, long-term care institutions, outpatient clinics and even retail/community pharmacy, all of which are important components in the continuum of processes designed to provide pharmaceutical care to patients. As a student chapter, we provide student pharmacists great learning experiences about residencies and career opportunities at our bi-weekly meetings, in addition to community service projects and networking opportunities. SSHP makes it very easy to get involved at the state level of the Ohio Society of Health-System Pharmacists (OSHP), participate in community service events, and get inspired about our profession. We also have official recognition from the American Society of Health-System Pharmacists (ASHP), and some of our members are even currently involved at the national level!



Our annual 5K, called the "Phun Run," will be held on Sunday, September 29 at the beautiful Spring Grove Cemetery and Arboretum. Come join us, rain or shine! Second, the Clinical Skills Competition will be taking place September 23-27. Grab a partner and test out your knowledge with a patient case. First-year pharmacy students, don't be intimidated; it's a fun and informative experience. And last but not least, SSHP will be holding its own Residency Showcase. Residency directors and residents from Ohio, Indiana and Kentucky will be here at the James L. Winkle College of Pharmacy showcasing their programs, getting to know you and allowing you to begin to evaluate different programs in our area. You can meet face to face with these local hospital residency directors and ask any questions you'd like. Keep your eyes out for more info on these events. Again, welcome back, and for first-years, congratulations on joining the UC Pharmacy community!

KE

Kappa Epsilon (KE) Rho Chapter, is 1 of 2 professional pharmacy fraternities at JLWCoP. The Kappa Epsilon fraternity was established to unite women pharmacy students across the United States. However, membership from both genders is encouraged! We are a small chapter with lots of room for leadership positions. We perform several community services projects and are looking for members who want to get involved!



There is still time to join the UC Pharmacy team for the Susan G. Komen Race for the Cure on September 14 at Great American Ballpark! Don't forget about Drink Pink Week coming up in October, which includes the Boob Day Bake Sale, and end-of-the-week party at O'Bryon's! KE also partners up with CPFI in December to host Help a Home for the Holidays, where we sponsor a family in need. Questions? Don't know how to get involved? We're here to help! Contact chapter President Kendra Lakes: lakeskn@mail.uc.edu or our New Member Educator Sarah Gellenbeck: gellenbeck@mail.uc.edu. We hope to see you soon!



CPFI

Christian Pharmacists Fellowship International (CPFI) student chapter is committed to the pharmacy profession, community outreach, and exercising of our faith in Jesus Christ, both personally and professionally. It is also to encourage an active Christian witness through prayer, Bible study, outreach, and fellowship.

Our plans for the upcoming year include a college favorite, the annual Murder Mystery party to be held this Friday September 20.



Additional events include: Cincinnati Church of Christ brown bag on September 29, 2013, prayer breakfast, operation Christmas child, and SUMMER MISSION TRIP!

We will hold regular meetings every other Wednesday also have weekly Bible studies on Tuesdays at lunch time!!!

CPFI is also your coffee central, responsible for making the fabulous coffee served in the College of Pharmacy each day. It only costs \$1, and all the proceeds go to the little boy we sponsor, Wilfredo Manuel Ayala Amaya!

Rho Chi

Greetings from **Rho Chi**! Our summer has been busy, yet very relaxing! We have enjoyed the privilege of helping the staff and patients of the St. Vincent de Paul Charitable Pharmacy on Saturday mornings and at their annual golf outing. This opportunity has given us all valuable experience in utilizing the knowledge we have gained in the classroom, allowed us to further develop our clinical skills and afforded us time to dedicate to the community. Additionally we have begun the process of updating our "Brains" and Guidelines- a unique and helpful resource for all students!



Congratulations and welcome to the PY1 class! We are very excited to welcome you to the UC JLW COP! Not too long ago, we remember feeling nervous and intimidated for the start of professional school..



We would like to announce that **Rho Chi** is once again hosting the **Corn Hole Tournament at the Pig Roast**! Look for flyers around school, polish up those boards, patch the bags and find a partner for some good 'ole competition with your fellow classmates!

SNPhA

Get excited for the school year with SNPhA!!! SNPhA is a service-oriented association of pharmacy students who are concerned about pharmacy and healthcare related issues, and the poor minority representation in pharmacy and other health-related professions. We strongly emphasize the cultural diversity of pharmacy and target most of our work on educating and providing healthcare to our communities.

This semester will be a packed and interesting semester for this organization. Our biggest event of the year will be the SNPhA's 2nd Winkle's Got Talent Show on November 26, 2013. Last year we featured two comedians, two singers, and an electric guitar musician; all from your very own JLW College of Pharmacy. Our winner for last year's competition, 4th year Lenny Llambi, walked away with the top prize of a Kindle Fire HD! Want to participate in the competition? Begin practicing your talent and send a submission to appiagsb@mail.uc.edu. This year's competition will be bigger, exciting and more competitive so bring on your best. There are a few slots available so remember to send your submissions soon. The only pre-requisite to participate in the event is to attend at least one SNPhA General Meeting!

Registration is only \$45 for yearly membership! Some of the activities slated for the semester include our pre-pharmacy mock interviews and Walk to Stop Diabetes event in November. As an organization we will also be organizing and participating in many community outreach events like diabetes and blood pressure health fairs. So stay tuned for more information. Also keep in mind that we'll be having the famed hotdog/root beer float sale and sales every Tuesday for the rest of the semester!

PLS

Phi Lambda Sigma, also known as the Pharmacy Leadership Society, is the national leadership society with the Alpha Omicron chapter here at the college! The purpose of PLS is to promote the development of leadership qualities, especially among pharmacy students. We encourage participation in all pharmacy activities. Since membership crosses fraternal and organizational lines, the society does not compete with other pharmacy organizations.

Every year, PLS brings in a nationally recognized speaker who has established himself or herself as a leader within our profession. We are excited to announce Jonathan Marquess, PharmD, CDE, CPT will be joining us on October 23! Dr. Marquess is the President of The Institute for Wellness and Education, a Disease Management Company. He is the owner and diabetes educator at two ADA recognized Diabetes Education Centers in Atlanta, GA. In Addition, Dr. Marquess, and his wife, Pam, are the owners of three community pharmacies in the Metro Atlanta area. Before assuming his current position, Dr. Marquess was a Clinical Professor of Pharmacy Practice at Mercer University School of Pharmacy in Atlanta. This leadership meeting is open to the college. Watch your inboxes for more details to come!

If you have any questions about PLS, please e-mail our current chapter president, Michelle Robosky, at roboskml@mail.uc.edu. We encourage all of the incoming P1s to discover your passions and get involved as you begin this exciting adventure towards a career in pharmacy!



Here are Rho Chi's tips on how to be academically successful:

-**Do not be afraid to ask a question!** We know you hear this all the time, but in all honesty, if you have a question, chances are many of your peers are thinking the same thing! Emailing a professor or approaching them after class is also acceptable for those who may be a little too shy to ask in class J

-**If you feel like you are struggling, consult the professor... EARLY!** Seeking help sooner rather than later allows professors more options to help get you back on track. Rho Chi offers tutoring services but we can't help you until you seek help!

-**Have some fun!** School is stressful. Pharmacy is hard. Nothing feels better than taking a step away from the stress and anxiety to have a good time. This allows you to recharge, and return, ready to tackle classes.

-**Take time to talk to the PY2's, PY3's and PY4's!** We are great resources on how to study for certain classes, how to budget time and even understand when you need to vent *Use us!*

-**Make friends!** UC JLW COP is a small college and you will get to know your classmates pretty well. Study together, go out together, and enjoy each other! It makes class a lot more fun and it will lead to very strong friendships.

Drug Awareness

Drug awareness is a program where students volunteer their time to visit area grade schools with the purpose of promoting drug awareness to the students. The program focuses on alcohol, tobacco, drug abuse and the effects these substances have on the major body organs. The groups that go to the grade schools present the information through a skit, lead a discussion, and have an open question and answer session.

The drug awareness program is geared up for another year! The letters have been mailed and we are already in contact with a few schools.

During the summer, we prepared a letter to the parents, obtained coloring books to give out to the students, and finished the revision of our scripts and fact sheets. Thanks so much to the current committee for all your efforts!

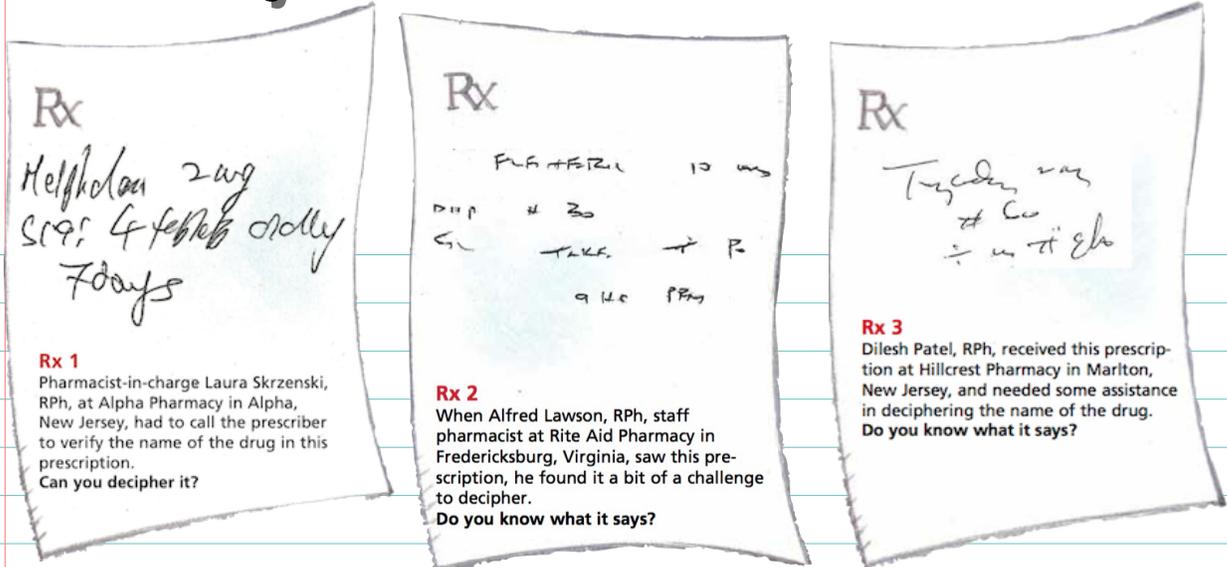
With over 35 schools contacted, **YOUR HELP IS NEEDED**, no matter what PY year you are! If this is something you are interested in, please join us September 20th for an informational meeting where you can sign up to be on the committee (time and place TBA via email). Questions? Send an email to kolbea@mail.uc.edu , or find me in the halls.



"Sure, you can renew your subscription over the phone. Need any prescriptions, too?"



Pharmacy Times: Can You Read These Rxs?



Rx 1
Pharmacist-in-charge Laura Skrzenski, RPh, at Alpha Pharmacy in Alpha, New Jersey, had to call the prescriber to verify the name of the drug in this prescription.
Can you decipher it?

Rx 2
When Alfred Lawson, RPh, staff pharmacist at Rite Aid Pharmacy in Fredericksburg, Virginia, saw this prescription, he found it a bit of a challenge to decipher.
Do you know what it says?

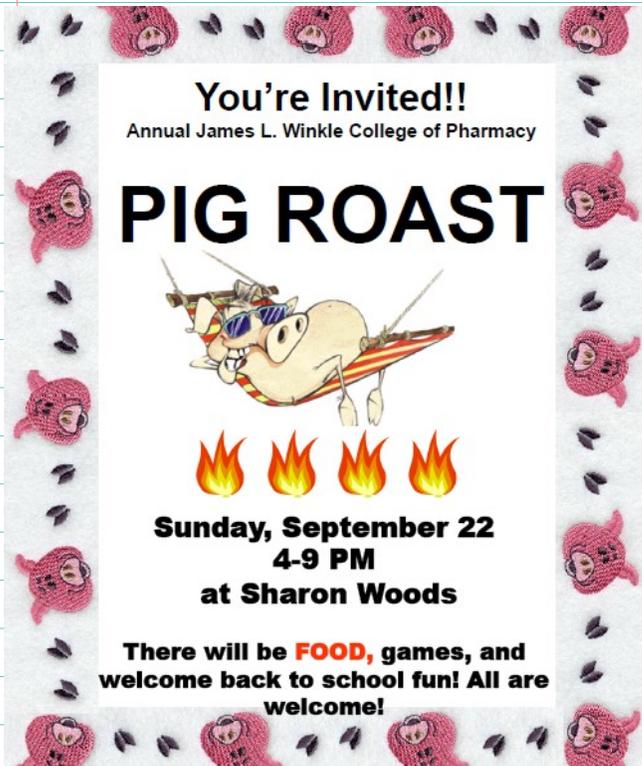
Rx 3
Dilesh Patel, RPh, received this prescription at Hillcrest Pharmacy in Marlton, New Jersey, and needed some assistance in deciphering the name of the drug.
Do you know what it says?

Published online June 2013 at <http://www.pharmacytimes.com/>. Follow on Twitter @Pharmacy_Times for great pharmacy news and OTC guides.

Answers to Pharmacy Times "Can you read these Rx?":

Rx 1: Melphalan. **Rx 2:** Flexeril 10 mg #30, sig 1 PO bedtime PRN. **Rx 3:** Tizanidine 2 mg #60 1 to 2 at bedtime

This little piggy went to pharmacy school...



#TeamPharmacy

Neil MacKinnon @RxDeanMac

Meeting with the world hospital pharmacy research consortium at the @FIPCongress in Dublin. Getting ready to launch a new global survey!

PharmacyProblems @PharmacyProbs

"I heard on Dr. Oz...." #NO

Neil MacKinnon @RxDeanMac

The best incoming pharmacy class in the country can be found right here at #UCPharmacy

Jamie Marie @UCJamie

@PrezOno Keep calm and carry on this flu season, let UC pharmacy students give you your flu shot! #HottestCollegeinAmerica

Lauren Gilmer @EI_Gilmer

Watching Game Day and I read a fan's sign that said "TX" as treatment instead of Texas #pharmacyproblems

A huge thank you to all exec members and Dean Mac for their contributions!

Compiled By:

Michelle Robosky roboskml@mail.uc.edu