

THE WORxD

January 2014

Volume 2, Issue 2

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**Any Questions or Comments?
Please contact
Gina Panno
pannogm@mail.uc.edu**

LETTER FROM THE EDITOR

BY: GINA PANNO

Welcome Back JLWCoP!

I hope everyone has thoroughly enjoyed their winter break (and “snow” days!) and is ready to dive into a new semester! I’m sure my P1 classmates will agree with me in saying that this first semester has been quite a ride and we can’t wait for the fun to continue. So let’s ring in this new semester with as much enthusiasm as we did 2014!

I am really looking forward to working on The WORxD this year and learning about this college and the students and faculty that make it so great. I want to thank Michelle for being so welcoming and available for suggestions and tips as I created my first issue. I hope you enjoy reading The WORxD this upcoming year!

- Gina Panno

A WORD FROM MICHELLE

JLWCoP:

It has been a pleasure to have a hand in bringing The WORxD back into action! Writing the past few issues and working with the organizations and faculty provided me with a deeper appreciation for all the behind-the-scenes work within the college. Going from a blank computer screen to a newsletter requires a few thank you’s: First, a huge thank you to Dean Wall for her support and guidance as I started. Dean Mac, thanks for jumping right in after I e-mailed you on your first day at UC. To all the tribunal reps, secretaries, historians and presidents who put up with my pestering e-mails before an issue was complete, you are the glue! Finally, thank you to the faculty members and classmates who encouraged me throughout the past year! I know Gina will do a wonderful job this upcoming year and I’m looking forward to seeing The WORxD through her eyes and seeing the historians of the future who will (hopefully) keep this going for years to come... Thank you Tribunal for all of your help!

- Michelle Robosky
Tribunal Historian 2012-2013

A WORD FROM DEAN MAC

“As you know, I joined the college as Dean in mid-August and I really appreciate how I have been embraced and welcomed by all. It has been an amazing four months to say the least.”

Thank you for being a part of the student body of the James L Winkle College of Pharmacy and for making 2013 a fantastic year. As you know, I joined the college as Dean in mid-August and I really appreciate how I have been embraced and welcomed by all. It has been an amazing four months to say the least.

There have been so many college accomplishments over the past few months, and here are a few highlights:

The Winkle College of Pharmacy ranked #12 out of 130 pharmacy programs across the country according to GraduatePrograms.com, which ranks pharmacy programs across the country from a student perspective.

We received approval to hire eight new faculty members to further enrich our robust academic programs. Each search committee has two student members.

- Our graduating PharmD class of 2013 had a 100% pass rate on the NAPLEX.
- Professor Jane Pruemmer received the ASHP Foundation's Residency Preceptor of the Year.
- Fourth-year pharmacy students Jackie Finger and Rachael Fleagle won first place among 123 pharmacy schools in the American Society of Health-System Pharmacists (ASHP) Clinical Skills Competition.
- Our faculty members have secured more than \$1,000,000 in new research dollars since my arrival in mid-August.
- The University of Cincinnati was named the Public University of the Year for 2013 and ranked #1 in the country for return on investment for students.

I am looking forward to a great 2014 here at the College. I hope you have a great semester.

Go Bearcats!

Dean Mac

Follow me on Twitter @RxDeanMac

Congratulations Jackie and Rachel!



Organization Updates

ACCP

UC ACCP has had a tremendous semester, and we are looking forward to duplicate this effort in the spring! We were officially recognized as one of the first ACCP Student Chapters in October. We have been featured in the ACCP Report, ACCP's monthly newsletter to members, and the ACCP StuNews, ACCP's monthly student newsletter to student members. We are continuing our work with the Ohio College of Clinical Pharmacy (OCCP), and we were fortunate enough to invite them to the college this past November. Some of our members attended the ACCP Annual Meeting in Albuquerque, New Mexico, and had a great time!

Our plans for the spring include meetings every other Wednesday at noon which will include topics in cardiology, pediatrics, pharmacogenomics, HIV/AIDs, critical care, and oncology. We are also excited to conduct our elections for the first time ever! We are planning Pie-A-Professor, among other various fundraising activities such as t-shirt, business card, and name tag sales. We are continuing our mentoring program with Pre-Pharmacy students in Ohio, which has been very successful with over 60 Pre-Pharmacy students. We are looking forward to a great semester and welcoming all returning and new members!

Right, top to bottom: UC ACCP Members at the Miami Pre-Pharmacy Trip (Right to left: Lauren Gilmer, Erik Henricksen, Craig Furnish, Tyler Vest, and Caitie Delabar); UC ACCP Executive Board with OCCP Leadership, Dr. Kim, and Dean MacKinnon; UC ACCP Leadership with OCCP Leadership (Right to left: Dr. Kenneth Komorny, Pharm.D., BCPS, OCCP President-Elect, Caitie Delabar, Tyler Vest, and Dr. Patrick Gallegos, Pharm.D., BCPS, OCCP President).



NCPA

NCPA held its annual Trivia Night at Martino's on November 8. It was a great success and everyone involved had a lot of fun. We also organized the FACE drive and collected donations from December 2-4. Back by popular demand, there will be another Trivia Night next semester, and we also organize another March Madness Tournament. Lastly, we are in the process of setting up a clinic benefitting smoking cessation. We continue to grow as an organization and are continuing to outreach into the community. If you are interested in benefiting your community while being closely involved with your classmates, come join NCPA!



DROP INN

A warm thank you to the students and preceptors who volunteered at Drop Inn Clinic this past semester. Spring semester is quickly underway. Check your email for the SignUpGenius to pick a Tuesday or Thursday night to drop in!

Congratulations to Brittany Boone, PY1, as the new Community Service Coordinator. Drop Inn has created Community Service Representatives to assist the Community Service Coordinator position. Congratulations to Brittany White (PY1), Shelbi Vincent (PY1), Caitie Delabar (PY2), Maggie Patterson (PY2), Jaime Schwendenmann (PY3), and Taylor Buxton (PY3) in their new roles.

Be on the lookout for spring semester events! February will be the annual OTC Drive to collect items for the clinic. Prepare your taste buds for this semester's Chili Cook-Off in March. Not only will there be delectable chili concoctions to devour, but additionally the proceeds will all go to the Drop Inn Clinic. Looking forward to a wonderful semester!

PLS

Phi Lambda Sigma (PLS) held our annual leadership meeting this past October where we hosted Jonathan Marquess, PharmD, CDE, CPT. Dr. Marquess has numerous accomplishments including president of The Institute for Wellness and Education, a Disease Management Company and owner of eight community pharmacies in the Atlanta area. Dr. Marquess spoke about the future of pharmacy and encouraged all in attendance to "Be all you can be" in his great presentation. We were honored to get to know Dr. Marquess and he was very impressed with our college!



This semester, we will be working on a leadership workshop and beginning our call for nominations of new members in a few short weeks! Please be on the lookout for the nominations e-mail and start thinking about who best exemplifies a leader within the college, both faculty and students! Best of luck to all who may be considering running for an elected position within the organizations-- please reach out to current officers and PLS members if you have any questions or reservations about running. Remember, you will never know what you are capable of if you don't take that first step!

SSHP

The fall semester of 2013 was an exciting time for UC's SSHP chapter. Our annual "Phun Run" 5K was newly held at Spring Grove Cemetery and Arboretum, and we had a great turn out of pharmacy runners. Our chapter was also able to help with the National Drug Take-Back Day in October by volunteering at a local Walgreens and performing health care screenings for patients. Two residency showcases were offered to our students in the fall. The first was sponsored by our SSHP chapter and held at the College, while the second required a trip to Columbus for OSHP's annual residency showcase. At both events, students from all four classes were able to learn about possible future career paths.

Several of our student and faculty members had the pleasure of traveling to Orlando, Florida for ASHP's Midyear meeting in December. Our students participated in poster presentations and leadership seminars. We're also very proud to announce two UC fourth-year pharmacy students, Jackie Finger and Rachael Fleagle, won first place in both the state and national level Clinical Skills Competitions! Please join us, to extend our congratulations when you see them!



RHO CHI

Greetings from Rho Chi! With fall semester behind us, it is always fun to look back and see what we accomplished. Several events we hosted included review sessions, tutoring, a journal club, and out volunteer work at St. Vincent de Paul. The members of Rho Chi have an amazing opportunity to work with the less fortunate down at St. Vincent. Every Saturday morning, one of our members helps staff the pharmacy and counsels every patient on their medications. We see that these little interactions can have a significant impact on these people, and they are extremely appreciative that we spend the time down there for them.

Looking forward to the upcoming semester, we are excited to offer membership to the Class of 2016. Striving for the highest academic achievement is very challenging, and for the 2nd year class, their resilience and scholarly excellence will be finally rewarded. Additionally, we plan on working on a large project for St. Vincent. Through Dr. Hein's leadership, we have the opportunity to enroll eligible patients at St. Vincent in a program in order for them to receive their insulin. As many of us know, insulin is very expensive and St. Vincent doesn't always have the supply for all of their patients. This program allows us help these people get the diabetic care they need to improve their health.

As always, look for the updated brains and guidelines in late March, early April. This is a large project that we undertake to help all JLWCOP students have a guide to many disease states in their pockets. They come in handy in the Case studies course, and of course on rotations.

Good luck everyone on the upcoming semester!

CPFI

The Christian Pharmacist Fellowship International (CPFI) chapter at UC had great fall semester. We kicked off the semester in September with our annual murder mystery party themed, "Murder High- High School Reunion." In November, we held a brown bag event at Revive Baptist Church in Over the Rhine. Pharmacy students led MTM sessions with patients from the community, and provided free blood pressure and blood glucose screenings. We rounded out the semester by participating in Operation Christmas Child. Students from the college brought in pre-packed shoeboxes, or miscellaneous items to pack in the boxes. In total, we were able to donate 24 boxes to be shipped all across the world! A huge "thank you" to all who participated in our events this fall!



In the Spring, we will continue to have weekly Bible Studies on Tuesdays at noon. Our bi-weekly general body meetings will be Wednesdays at noon in room 331. Food will continue to be free for all in attendance (regardless of membership). We will also be hosting a second murder mystery party themed, "The Roaring Twenties." Stay tuned for more details in the next few weeks as we finalize the details! The mission trip has been moved to Summer 2015, and we will start to fundraise this spring.



APHA

Fall semester 2013 has been a busy one for APhA-ASP. We started off the semester welcoming a lot of new members, and then heading off to Chicago, IL for Region 4's MRM. While there we had the opportunity to learn what other ASP chapters are doing, and connect with other pharmacy students. Also, throughout the semester we had many Patient Care events, including informational health fairs, blood glucose screenings, presentations, and coffee nights. For the upcoming spring semester, we have our annual Faculty Auction January 10th, and are heading to Orlando for APhA-ASP's Annual Meeting March 28-31st. Also, watch out for more opportunities for volunteering through our Patient Care Projects!

KAPPA PSI

Kappa Psi has had an exciting Fall Semester. We hosted lots of Rush and Pledging events to get to know the new class at the JWCOP. Our Rush events included a cookout during orientation, tie-dying, and a fun night at the Reds. Our annual Halloween Party at Martino's raised over \$200 and 7 boxes of food for the Ronald McDonald House. We are now preparing to initiate 27 new Brothers into the Beta Phi Chapter in the 2nd weekend of January. During the upcoming MLK weekend, we will be having a Brotherhood retreat in Gatlinburg to celebrate the initiation of our new class of Brothers.

Things to look forward to in the Spring semester include a Valentine's themed event for charity and the annual Spring Pharmacy Phormal! Details will be released once they are finalized, so stay on the look out for announcements later on.

Left, top to bottom: Brothers and Pledges get together for a group shot at the Kappa Psi house after a fun and messy afternoon of tie dying; Brothers Jess Backscheider and Joe Alrichs are excited the surprise their new Littles on Big/Little night!



TRIBUNAL

The 2013-2014 academic year has been excellent for Tribunal so far. Outreach events such as Drug Awareness visits to school and volunteering at the Drop Inn Clinic have continued successfully. We held a few fundraisers, including JWCOP fleeces and Candy Grams, which were great fun. In early November, a new Executive Board was elected and has transitioned into new positions. A big "thank you!" to last year's Exec members for doing an excellent job and leaving things in great order for the upcoming year is definitely merited.

That said, there are a lot of exciting things in store for next semester. A few of these include White Coat Sales and the Student-Faculty Volleyball game. Another major event coming up is Script Your Future Adherence Team Challenge. This will be an adherence-related event (or multiple events) to take place during February. The more participation we can have, the better, so be on the lookout for emails in the very near future. Best of luck to everyone in the new semester, and feel free to email Tyler Dickerson at dickertr@mail.uc.edu with any questions or thoughts!

DRUG AWARENESS

Drug Awareness is ready for a new year! Our program has pharmacy students volunteering their time to visit schools in the area in order to promote drug awareness and safety to the students. Drug Awareness focuses on alcohol, tobacco, abuse of drugs, and the effects that each of these things can have on the body. Information is presented to the classes through discussion and open question & answer sessions, as well as props to demonstrate the human body. Fall semester was very successful and we are excited to continue into the spring! Dates are spread throughout the semester and information/sign-ups will be sent out when dates are set. Anyone can participate, no matter what PY class, and the script is provided! With more than 35 schools contacted, we have plenty of opportunities! Feel free to contact Jessica Hubbard with any questions (hubbarj@mail.uc.edu).



SNPHA

SNPhA had an exciting and packed fall semester! We kicked off the semester with an India-Pakistan showcase highlighting the food, clothing, common misconceptions about the cultures, and the practice of pharmacy in that part of the world. The very next day we hosted a free ice cream social at the Wet Lounge for both students and faculty of the college.

In October, we simultaneously participated in two different community events: A health fair at the Mckie Community Center in Mt Airy where we conducted blood pressure and glucose screenings; and the American Diabetes Association's (ADA) Victory over Diabetes event at the Duke Energy Center in downtown Cincinnati. Also, we organized a Halloween bake sale later that month to help raise money towards the Step Out: Walk to End Diabetes event hosted by the ADA.

We ended the semester with our 2nd annual Winkle's GOT Talent Show! Six students competed for the top 3 prizes: a \$75 gift card, a year subscription for the Lexi-Drugs+Lexi-Interact phone app and a Dipirol Pharmacotherapy Handbook. Our judges for the event were Dean Wall, Dr Hegener and Dr Wigle. Our 1st, 2nd and 3rd place winners were Jacob Tunnell (P2)-Singing and guitar, Reeya Patel and company (P2)-Indian dance, and Tyler Dickerson (P2)-Electric guitar, respectively.



EVENTS TO LOOK FORWARD TO THIS SPRING:

- PCAT Review for Pre-pharmacy students
- Pharmacy Challenge 2014
- SNPhA Regional Conference at The Ohio State University: March 14-16
- Cultural Competence Showcases - Ghana/Nigeria, China

KAPPA EPSILON

This fall has been very exciting for Kappa Epsilon! We welcomed 10 new members into our ranks and were proud to take part in three awesome events. Think Pink was a huge success this year and we owe it to JLWCOP's generosity and participation. We were able to donate \$1200 to The Young Survival Coalition. We had the opportunity to participate with APHA in the Cincinnati Girls on the Run 5K. We played games and met the girls before the race at our booth. Three of our own KE members were running buddies for 3 of the girls! Lastly, we adopted a family through St. Vincent de Paul's Help a Home for the Holidays program. Working with CPFI, we delivered presents for a mother and her four daughters and hopefully made their holiday a little brighter! We are very excited to see what spring brings. Be on the lookout for our annual Mr. Rx competition! It's going to be a great semester with KE!





Tips for Staying Warm this Winter!

1. Invest in clear plastic sheeting to keep an airtight seal on windows—or hang clear shower curtains to help keep the warmth from the sun in!
2. Close off unused rooms
3. Put down area rugs
4. Cook or bake!
5. Light candles
6. Use incandescent bulbs—these release heat energy unlike fluorescent or LED bulbs
7. Put on some extra layers
8. Drink warm beverages
9. Exercise—even 20 minutes of vigorous exercise can help keep you warm and blood circulating!
10. Try an electric blanket—these can be more energy efficient than a space heater
11. Sit on a low wattage heating pad, like 50 W, while watching TV or studying, or make your own!

<http://www.wikihow.com/Stay-Warm-at-Home-Without-a-Heater>

Make Your Own Heating Pad:

All you need:

- New or clean, gently used tube sock or knee sock
- Plain, white rice (not quick cooking) ~ 6-8 cups

Simply fill the tube sock until it is firm, but not so full that the rice can't move around.

Then if you're handy with a needle and thread, sew the ends together or just tie a knot!

To use:

Microwave for about 2 minutes, or to your liking since microwaves vary.

Add some dried mint or lavender for an aromatherapy boost

Bonus! These are safe to take to bed, so turn down that thermostat at night!

<http://thehappyhousewife.com/frugal-living/how-to-make-your-own-rice-sock/>

NEED A QUICK, NEW COMFORT FOOD?

I LOVE MAKING THIS EASY CASSEROLE OVER THE WEEKEND AND ENJOYING THE LEFTOVERS ALL WEEK!

Bean Tortilla Casserole

Prep: 15 min Total time: 50 min
Serves 6

Ingredients:

- 2 T olive oil
- 2 garlic cloves minced, or crushed with a press
- 2 cans (15.5 oz each) black beans, rinsed and drained
- 2 cans (14.5 oz each) diced tomatoes with green chiles
- 1/2 C fresh cilantro leaves
- 10 corn tortillas
- 6 oz Monterey Jack cheese
- 1/2 C reduced-fat sour cream

Step 1:

In a medium pot, heat oil and garlic over medium and cook until fragrant, 2 minutes. Add beans and 3/4 cup water and bring to a simmer until beans are very tender, about 5 minutes. Mash slightly and season with salt. Meanwhile, in a blender, puree diced tomatoes with cilantro.

Step 2:

Lay 4 tortillas in the bottom of an 8-inch square baking dish. Top with one-third of the tomatoes, half the bean mixture, and one-third of the cheese. Repeat, using 3 tortillas. Top with remaining 3 tortillas, remaining tomatoes, and cheese. Cover with foil and bake (or refrigerate up to 8 hours).

Step 3:

Preheat oven to 450 degrees. Bake, covered, until cheese is melted, about 15 minutes; remove foil, reduce oven to 350 degrees, and bake until heated through and cheese is browned, 20 minutes. Serve with sour cream.

Note: This recipe is meatless, but for all you carnivores, feel free to add pre-cooked ground beef or chicken for a delicious variation!

<http://www.marthastewart.com/964973/bean-tortilla-casserole>