



APhA-ASP BULLETIN

University of Illinois at
Chicago College of
Pharmacy

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Spring 2009

Thanks for an Incredible Year

Jennifer Pearson

It is hard to believe that this year is almost over. And what a year it has been! Our chapter has done some amazing things, including heartburn education events at Community Health, passing a legislation proposal at the APhA-ASP Region Four Midyear Regional Meeting, and providing healthcare and education to families and children in Peru last summer. Our smoking cessation, immunization, and diabetes committees have worked with the UIC community on the east campus and educated patients across the city of Chicago through various screenings and events. Our chapter also reached out to the Chicago community during American Pharmacists Month in October through patient education events and an appearance on the NBC morning news. The women's health project made an impact on the lives and health of pregnant patients and their newborns for the second year in a row at the UIC clinic, a project that will likely become an annual event for our chapter.

Thank you to everyone who participated in the Clinical Skills Competition, and congratulations to Brittany Allen, the first-place winner who represented our college in the national competition at this year's Annual Meeting. I want to give another huge thank you to all of the students who helped plan and/or participated in our fundraising events. The annual auction in March was a huge hit, and everyone had a great time! The Golf Outing was also a big success. Our Golf Outing chairs are already planning for next year's outing in September. Look for more information later on in this newsletter!

One of our last events of the year was the APhA Annual Meeting and Exposition in San Antonio, TX. Our UIC group had such a great time! Not only did we get to check out the River Walk and dine at some great Texan restaurants, but we also heard from inspirational speakers, attended leadership workshops, and participated in the legislative process at the House of Delegates. I encourage all APhA members to consider attending the Annual Meeting at some point during your pharmacy school careers.

I want to give a huge thank you to my executive board. I have been so lucky to work with such an amazing group of people! I am leaving the chapter in great hands for the 2009-2010 school year. Dan Wojenski will be taking over as chapter president, and I know that he, along with his new executive board, will do a fabulous job. Thanks so much to everyone who helped make our chapter shine this year!

Golf Outing

Sami Keca

On September 12th, 2009 the UIC chapter of APhA-ASP will be hosting its 5th annual golf outing at Woodbine Golf Course in Homer Glen. The day will begin with a continuing education luncheon at 11am, and the golfing will then kick off promptly at 1PM with a shotgun start in a 4-man scramble format. After all of the golfers have finished, there will be an awards dinner and a raffle around 6pm.

The cost to attend is \$80 for students and \$100 for non students. The fee includes 18 holes of golf, prizes, 8 raffle tickets, goodies, and much more! There will be first, second, and last place prizes for **A and B flights** based on gross team scores. Mulligans may be purchased at one for \$5 or three for \$12.

Finally, the UIC chapter of APhA-ASP would like to thank our generous sponsors and supporters; without them, this event would not be possible. Special thanks to our golf tee sponsor, CVS Caremark; our current hole sponsors, Bergemann Consulting Enterprises, Inc. and Abelson-Taylor Inc.

Entries for the golf outing will be e-mailed to students, and available during lunch later in the semester. If there any questions, please contact Sam Keca and Jake Kelahan at APhAGolfOuting@gmail.com.



Patient Counseling Competition

Stephanie Williams

In addition to promoting American Pharmacist Month as Vice President of Professional Affairs, I also am in charge of running the annual Patient Counseling Competition. This year's competition was very successful as we increased the number of participants from 14 last year to 25 this year. With a special thank you to Dr. Cannon for assisting me with running the competition, we were able to handle the large number of contestants. Our lovely patient, Dr. Agard, and our great judges Dr. Allen, Dr. Pellegrino and Dr. Djuric, all helped contribute to the competition and I thank them very much for volunteering.

Of the 25 starting participants, the top 10 finalists to advance to round 2 were: Brittany Allen, Andrius Cepenas, Zoe Clancy, Nanette Gamazon, Tatyana Lawrecki, Jennifer Pearson, Nicole Salata, Kanan Shah, Jennifer Splawski, and Carolyn Szigethy. Each of these people will receive a free book from APhA. After the 2nd round, our overall winner was Brittany Allen, who won a free trip to APhA Annual to compete in the National Level. This is her 2nd year in a row making it to the National Competition and we wish her the best of luck. Tatyana Lawrecki came in 2nd place and Andrius Cepenas came in 3rd place, and each will receive a monetary prize.

I highly recommend that people sign up for this competition next year. It is very similar to the Drug Card Counseling Session format, and you have nothing to lose. You may even get a free trip to the next year's APhA National Meeting which will be in Washington, D.C! Again, thank you to everyone who signed up to compete, and to all of those who helped me run the competition.



Brittany Allen, our overall winner for the past two years shown with our Operation Immunization Chair, Nanette Gamazon.



Smoking Cessation

Brittany Allen

Pharmacists play an essential role in helping patients to quit smoking. Seventy percent of smokers want to quit, and we as pharmacists can help! As part of the healthcare team, we need to not only counsel patients on the use of smoking cessation products but also to stress the importance of behavioral modifications and to reinforce the benefits of quitting smoking. With pharmaceutical intervention and counseling, smokers are twice as likely to be successful in quitting.

Pharmacists can counsel patients on tobacco cessation by using the 5 A's approach¹:

Step One: ASK about tobacco use

Determine if and how much the patient smokes and what medical conditions he/she has that may be linked to smoking.

Step Two: Strongly ADVISE to quit

While being sensitive, remind the patient that quitting smoking is the best thing he/she can do to protect his/her health.

Step Three: ASSESS readiness to quit

Ask questions to determine what stage of behavioral change the patient is currently in: Pre-contemplation, contemplation, preparation, action, or maintenance

Step Four: ASSIST with quitting

Discuss methods for quitting, set a quit date, and follow-up to evaluate the quit attempt.

Step Five: ARRANGE follow-up counseling

Follow-up counseling can be done in person, by telephone, or by-email.



Woman's Health

Alina Meile

As another busy semester comes to an end, I am proud to say that the Women's Health team has been very busy. We participated in UIC's Women's Heritage Month in March, and we are very grateful for the opportunity. Our women's health poster was entered in a contest, and congrats to APhA- we won 3rd place! Hopefully we are asked to participate in this special month again next March.

By continuing to present our poster at various sites within UIC (including Student Center East, Maxwell Street Pharmacy and Miles Square Pharmacy), we continue to promote women's health and inform the student body and patients at UIC about hot topics like HPV and Gardasil®. A special thank you to Phi Delta Chi for adding a wonderful poster to our presentations. The participating members of PDC put together a poster and brochures on the topic: OTC use in Pregnancy. This topic was also very relevant and much appreciated by the community.

Well, my time as VP of Special Projects has come to an end, and I am very grateful to have served on this year's APhA e-board. Each member of the board was awesome and always willing to help me out. Thanks to each one of you. I also wanted to thank those of you who helped with the poster presentations, especially Tena Flessner, P2, for all the time and effort she has put into this project with me. I hope this tradition of Women's Health can be continued and expanded next year!



Congratulations to the 2009-2010 E-board!

President-Elect: **Samantha Keca**

Operation Diabetes Co-Chair: **Jake Kelahan**

Immunization Chair: **Carolyn Sharpe**

Heartburn Awareness Chair: **Jennifer Thompson**

Smoking Cessation Chair: **Kurt Neven**

VP of Special Projects: **Tena Flessner**

Treasurer: **Janet Hinkes**

VP of Professional Affairs: **Neal Lyons**

VP of Professional Events: **Michelle Bryson**

VP of Public Relations: **Katie Culos**

IPhA Liaison: **Laurie Kania**

Historian: **Katie McCool**

VP of Membership: **Robert Lucas**

VP of Social Affairs: **Jennifer Samp**

Officers

President

Jennifer Pearson

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Dan Wojenski

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Carolyn Sharpe

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James Jin

VP of Public Relations

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Stephanie Williams

VP of Professional Events

Nicole Salata

VP of IPSF

Brittany Allen

IPSF Liaison

Stacey Federman

VP of Legislation

Scott Anderson

IPhA Liaison

Matt Ochocinski

VP of Social Affairs

Jen Samp

Woman's Health Initiative

Alina Meile

Operation Diabetes Chair

Tatyana Lawrecki

Heartburn Awareness Chair

Lara Ellinger

Operation Immunizations

Nanette Gamazon

Golf Outing Chair

Jake Kelahan, Sami Keca

PI Liason

Cassie Clement

Chapter Advisors

Dr. Djuric and Dr. Pellegrino

Heartburn Awareness Challenge

Jennifer Thompson



This past February, APhA held several Heartburn Awareness events at the Family Medicine Center on the east side of the UIC campus. Pharmacy students set up a booth outside of the pharmacy and were available to speak with anyone who stopped with concerns about heartburn. Many people asked about the symptoms and triggers of heartburn as well as what are the best treatments for it.

Students were able to explain what causes heartburn and what sort of activities or habits aggravate the symptoms. After assessing each patient individually by asking questions about their heartburn, students were able to make suggestions for lifestyle modifications and medications that may prevent or improve their symptoms. Information sheets and booklets were available in English and Spanish for patients to take with them. This event was also a good opportunity for pharmacy students to practice interviewing and interacting with patients. Overall, these events were successful in reaching out to patients and educating them on ways to improve their heartburn.

CLOSE TO HOME

BY JOHN MCPHERSON



Food Group	Foods With Little Potential to Cause Heartburn	Food Group	Foods To Avoid
Fruit	<ul style="list-style-type: none"> • Apple, fresh • Apple, dried • Apple juice • Banana 	Fruit	<ul style="list-style-type: none"> • Orange juice • Lemon • Lemonade • Grapefruit juice • Cranberry juice • Tomato
Vegetables	<ul style="list-style-type: none"> • Baked potato • Broccoli • Cabbage • Carrots • Green beans • Peas 	Vegetables	<ul style="list-style-type: none"> • Mashed potatoes • French fries • Onion, raw
Meat	<ul style="list-style-type: none"> • Ground beef, extra-lean • Steak, London Broil • Chicken breast, skinless • Egg whites • Egg substitute • Fish, no added fat 	Meat	<ul style="list-style-type: none"> • Ground beef, chuck • Marbled sirloin • Chicken nuggets • Buffalo wings
Dairy	<ul style="list-style-type: none"> • Cheese, feta or goat • Cream cheese, fat-free • Sour cream, fat-free • Soy cheese, low-fat 	Dairy	<ul style="list-style-type: none"> • Sour cream • Milk shake • Ice cream • Cottage cheese, regular
Grains	<ul style="list-style-type: none"> • Bread, multi-grain or white • Cereal, bran or oatmeal • Corn bread • Graham crackers • Pretzels • Rice, brown or white • Rice cakes 	Grains	<ul style="list-style-type: none"> • Macaroni and cheese • Spaghetti with sauce
Beverages	<ul style="list-style-type: none"> • Mineral water 	Beverages	<ul style="list-style-type: none"> • Liquor • Wine • Coffee, decaffeinated or regular • Tea, decaffeinated or regular
Fats / Oils	<ul style="list-style-type: none"> • Salad dressing, low-fat 	Fats / Oils	<ul style="list-style-type: none"> • Salad dressing, creamy • Salad dressing, oil & vinegar
Sweets / Desserts	<ul style="list-style-type: none"> • Cookie, fat-free • Jelly beans • Red licorice • Potato chips, baked 	Sweets / Desserts	<ul style="list-style-type: none"> • Butter cookie, high-fat • Brownie • Chocolate • Doughnut • Corn chips • Potato chips, regular

Operation Immunization

Nanette Gamazon

Congratulations to UIC Operation Immunization for yet another successful year! We took home another Region 4 Project Award at the 2009 APhA Annual Conference. Without student participation and faculty support, none of this would be possible. Before the semester comes to a close, I'd like to send a special and very sincere "Thank You" to Joe Nguyen, who served as my Vice-Chair for the past two years.



Nanette Gamazon, Tena Flesner and Alina Meile teaching women about the Gardasil Vaccination

Working behind the scenes, Joe was the most hard-working and motivated member of my committee. I also want to congratulate Carolyn Sharpe, who will be taking over my position as Operation Immunization Chair for the 2009-2010 school year. I'm certainly excited to see what projects we'll come up with for the future but for now, don't forget: The flu season may peak in the fall but the HPV, Shingles, and Traveler's Vaccines can be advocated at anytime of the year!

Operation Diabetes

Tatyana Lawrecki

On April 25th, 20 UIC Operation Diabetes members participated in the American Diabetes Association Chicago Diabetes Expo at Navy Pier. The Diabetes Expo is a free event that offers a wide variety of screenings, products, services, educational workshops, and information on cutting-edge research. With nearly 800,000 adults in the Chicago area living with diabetes, the Expo was a unique opportunity for students to interact with the thousands of patients that flock to this event each year. This year, UIC students teamed up with pharmacists from Dominick's to provide, blood glucose, blood pressure, total cholesterol, and BMI tests. We also had the opportunity to counsel each and every patient after they completed their series of tests. The Expo has not only provided us with invaluable patient counseling experience, but it has also given us the opportunity to increase awareness of the profession of pharmacy in the community. With our newly elected Operation Diabetes Chair, Jake Kelahan, Operation Diabetes hopes to continue to be able to provide information and screenings to people living with diabetes throughout the next year.



Numerous screenings occurred at the Annual ADA Expo at Navy Pier

Professional Affairs **Nicole Salata**

It has been an exciting year for our APhA chapter! This semester, the main meeting of our focus was the APhA Annual Meeting and Exposition in San Antonio. Held the weekend of April 3-6, it was an exciting time to be a student pharmacist!!

Our weekend was complimented by fantastic weather, and more than a few of us came back with some healthy summer color (even though it barely feels like spring here in Chicago)! Friday night's festivities were loads of fun, and the student reception in the grotto on the Riverwalk was absolutely breathtaking. Saturday we attended two opening receptions, and heard Olympic gold medalist Joey Cheek awkwardly try to relate his experiences to the glories of working in pharmacy. It was entertaining at the very least. Congratulations to Nanette for winning our region's award for Operation Immunization! Thanks to everyone who contributed their efforts to help make our chapter shine!

That afternoon, Dr. Popovich hosted an ice cream social for students and alumni on behalf of the Dean, and the spread was delectable. A special thanks

to both of them for hosting the event. That afternoon we were also joined by several other COP faculty, including Dr. Jan Engle, Dr. Latha Radhakrishnan, and Dr. Kristen Goliak.

Dinner that evening at the Iron Cactus on the Riverwalk went off without a hitch (except, perhaps, adjusting to the *slower* way of life down south), and it was nice to have an outing as a group. Regardless, good times were had by all.

The rest of the weekend was a blur, and the Expo pleasantly surprised everyone with freebies and tchotchkes galore, despite January 1st's new law. Monday's weather turned slightly sour, as if foreshadowing our return to gloomy Chicago weather.

Now, as the year comes to a close, I would just like to take the opportunity to thank Michelle Bryson for her help at annual and her dedication to learning my position, and to the rest of the e-board for working with me so seamlessly this year. This has truly been a great experience. Good luck to everyone on finals, and P3s – good luck on rotations!!

Annual Action **Jennifer Samp**

This spring semester, on March 10th, APhA hosted its Annual Auction to raise money for the UIC student chapter. This was a hugely successful event with nearly 100 students in attendance. From many very generous donations by faculty members and fellow pharmacists, we had some great items that were bid on by students. Some of these items included PDA's, Lexi-comp subscriptions, pharmacy books, and gift cards to various restaurants and stores. Each student in attendance received a bidding paddle and raffle ticket. Items such as books and gift cards were raffled off. Students also had the option of purchasing raffle tickets for a 16 gigabyte ipod Touch that was raffled off at the end of the auction. This auction is very important to our chapter because it is the second largest fundraising event that APhA hosts. This year, nearly \$3000 was raised at the event. A big thanks goes out to all the students and faculty members for their participation and help in putting on this event!



2008-2009 E-Board Shown at our Transition Dinner at Leonas

Legislative Update

Scott Anderson and Matt Ochocinski

On Wednesday, March 4th, a charter bus full of eager students headed to Springfield, IL for the 3rd Annual Under The Dome Pharmacy Legislation Day. UIC had another great turnout for the event, as students from both IPhA and ICHP joined together to learn about pharmacy legislation and educate their legislators about key issues.

The event started at the Illinois State Museum, where a packed auditorium of pharmacists from across the state listened to Mike Patton and Scott Myers, the executive directors of IPhA and ICHP, as they lectured about the current Pharmacy Practice Act updates and the hot pharmacy-related legislation in the general assembly. This session was well received and even featured guest appearances from the President of the Senate, John Cullerton, and the Senate Majority Leader, James Clayborne, Jr, who both spoke about the current state of Illinois politics.

After the morning lecture it was time to head to the Capitol. Many students from different districts found a practicing pharmacist who also represented their district and set off to find their representatives and tour the capitol. During this time, each school set up a poster in an atrium of the capitol building and spoke with passers-by about topics related to the new Pharmacy Practice Act. The UIC poster featured the role and requirements of Certified Pharmacy Technicians, highlighting the movement in Illinois that requires all technicians to become certified by 2010 and the positive impact this will have on patient care. Our message rang loud and clear, as one lobbyist who stopped at our poster told me, "It is nice to see that pharmacy is improving how they help patients."

After the time at the capitol, a grand reception was held at the Illinois State Library. Members of both the House and Senate stopped by the Atrium to visit with pharmacists and partake in a delicious meal. The reception also provided time for students to network with many pharmacists from the IPhA Board of Directors, who provided great insight and advice regarding our journey into practice.

Next year, Legislative Day is sure to provide students with opportunities to learn about Illinois politics, network with current pharmacists, present a poster on a pharmacy topic, and enjoy an enriching day with friends. Thanks to all who attended this year, and start planning now to make next year even more enriching!



Dan Wojenski, Matt Ochocinski,, Joe Nguyen, Hari Patel are shown here with APhA's legislative day poster entitled, "Certified Pharmacy Technicians"



Words from the Editor

Jennifer Splawski

At the end of this newsletter, I would like to take the opportunity to thank APhA for letting me serve as your Vice President of Public Relations for the past two years. It has been an honor and I truly enjoyed being a part of the APhA executive board. As the Vice President of Public Relations for APhA-ASP, one of my many jobs is to put together this newsletter to show the College of Pharmacy what the APhA-ASP Chapter did this semester. Most importantly, I put this newsletter together to encourage every chapter member to get involved, even if it's to attend one more meeting or take an hour out of your Saturday to attend a walk or a health fair. Pharmacy school and your future career is what you make of it, and believe it or not, it's not all about those PDAT lectures (even though they are very important.) It's also about getting out into the community and making a difference in people's lives. So get out there and take the initiative and let APhA-ASP be your catalyst.



In addition to our newsletter, this past year I developed the APhA-ASP webpage to keep the College of Pharmacy and the national chapter updated on what APhA-ASP is doing week to week. The site includes calendars, past, present and future plans of all our committees and various other resources. I would like to give a special thanks to my webmaster, John Komenda, because without him the website would not exist. Please check it occasionally to keep yourself updated on what is going on and how you can participate in our various activities. The site is: <http://apha.pages.uic.edu>.

I happy to pass this position onto the new Vice President of Public Relations, Katie Culos. With her experience in public relations, I am sure she will go above and beyond to serve APhA. Congratulations Katie!

Outgoing VP of PR, Jennifer Splawski, shown with incoming VP of PR Katie Culos.

Enjoy Summer Break!