

WAYNE STATE UNIVERSITY

The Student Pharmacist

www.cphs.wayne.edu/pharmd

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Fighting Aids With Nutrition (FAWN)

FAWN is a non-profit organization that was started by Pastor Frank in 2001 and now, is affiliated with the World Medical Relief. The WSU Pharmacy Student's FAWN Chapter serves its objective by providing fortified liquid nutrition to people living with HIV/AIDS, as well as other life threatening diseases. Our organization has reached many goals in the past few months, including raising over \$1700 at a FAWN Tiger's Game fundraiser held in June. In December, for World AIDS Day, FAWN partnered with the STI/HIV Education Initiative Board at WSU School of Medicine in hosting a HIV seminar, where a panel of HIV patients in the area were invited to speak about their disease. Additionally, bake sales were in effect during the week to raise money in purchasing liquid nutrition for students going to WHSO's trip to Haiti. Future events that are to come for our members, include health fairs talking about the importance of nutrition and its effects in different disease states, seminars about HIV and disease states held by pharmacists, and various fundraisers, all of which will be announced throughout our monthly meetings! As our organization continues to grow, we hope to expand our mission statement to assist those suffering in countries beyond the Sub-Saharan African region.



St. John's Armenian Church Health Fair (left to right: Iram Akram, Maggie Faraj, Stephen Kaurala, Tahniah Alauddin, Chandni Patel)

PLS Emerging Leader:

Lalita Patel



Phi Lambda Sigma would like to recognize Lalita Patel for the PLS emerging leader award. Lalita currently serves as president of World Health Student Organization. She is the point person when it comes to developing relationships with the medical school. Her leadership skills and dedication to the pharmacy practice sends a positive message to the medical school on how important pharmacists can be in patient care. Lalita is also chair of GenerationRx for APhA-ASP and has already been more active this semester than previous years. Not only did she start her events before the new semester even began (Truth Fairy), she also was able to increase the presence of GenRx at the St. John's Armenian Health Fair from one table to three. Within APhA-ASP, she was also active in volunteering at flu clinics. Furthermore, Lalita excels academically and was inducted into Rho Chi last year. Before pharmacy school, Lalita received her Master's Degree at Eastern Michigan University and was a graduate student instructor, which only benefited her leadership skills building.

American Pharmacists Association— Academy of Student Pharmacists (ASP)

The APhA-ASP Mid-year Region 4 Meeting took place this past fall, from October 30th – November 1st. During the meeting students attended workshops to help further foster leadership skills, voted on policies and attended an expo to gain more knowledge on a number of pharmacy employers and organizations. Each chapter attending was also able to nominate one member for a Chapter Recognition Award. Our chapter selected Stephen Kaurla, immediate past president of APhA-ASP here at our college, for all his efforts as president in the previous year and also for his continued support of our chapter.

This year APhA-ASP also put on two brand new seminars for our Chapter Members. The first one being a Dean Seminar – Spotlight on Specialty Pharmacy, which was a collaborative effort between APhA-ASP, AAPA and the Dean's Office. For this Seminar, we invited Atheer Kaddis for Diplomat Specialty Pharmacy and Ed Saleh from Medcart to speak about their experience with specialty pharmacy, and the steps they took that led them to where they are today. The student feedback was great, and we're looking to put on a second Spotlight seminar sometime in the Winter Semester. Secondly, our IPSF committee put on its first seminar, which focused on collaborative practice and how beneficial it is to a pharmacy's scope of practice. Again, the feedback we received from students was positive and we look forward to making IPSF themed seminars a yearly occurrence.



In terms of patient care projects, APhA-ASP once again put on our annual flu clinics in collaboration with University Pharmacy. We immunized over 650 faculty members and students. Additionally, through Wellness Warriors we screened and counseled nearly all-eligible faculty members on their cholesterol, blood sugar and overall health.

It has been a great year thus far and we look forward to another great semester.

Student National Pharmaceutical Association (SNPhA)



The purpose of SNPhA is to plan, organize, coordinate and execute programs geared toward the improvement for the health, educational, and social environment of the community.

The Student National Pharmaceutical Association (SNPhA) is an educational service association concerned about pharmacy, health related issues and the poor minority representation in pharmacy and other health-related professions. SNPhA kicked off the school year by participating in the Detroit AIDS walk held every September in Royal Oak. At the walk, SNPhA members had a display, which educated people on HIV/AIDS awareness and prevention, such as safe sex and proper needle disposal. SNPhA participated in the St. John Armenian Church health fair in September by hosting a smoking cessation table. Each semester the SNPhA executive board plans a free health fair for the uninsured and underserved population in Detroit. In October of this past year, SNPhA held a health fair for the residents at the Coalition on Temporary Shelter (COTS) in Detroit, a temporary shelter for people who are in between living situations. SNPhA members were able to practice their patient care skills at various "stations". These included things such as blood pressure screening, diabetes education, smoking cessation consultations, healthy eating and weight management, and medication management. SNPhA is also very focused on collaborating with other schools of pharmacy SNPhA chapters to share information, increase communication and strengthen networking. The University of Michigan SNPhA members came to Detroit to volunteer at the COTS health fair, where members of both chapters were able to serve the community as well as network with other pharmacy students. The SNPhA executive board is in the process of planning a health fair for the winter semester expected to occur sometime in late March. Furthermore, one of our most exciting and tasty events, Parker's House of Pancakes (PHOP) is also going to be in March as well. This fundraiser will be held in the commons where the executive board and our faculty advisor Dr. Dennis Parker will be making fresh pancakes all morning! SNPhA looks forward to continuing our dedication to the pharmacy profession and serving our community.

Lambda Kappa Sigma (LKS)



Current charter members celebrated the initiation of 12 new members in November at the Detroit Yacht Club.

The members of Lambda Kappa Sigma Omicron Chapter have had a productive past few months. Five members traveled to St. Louis over the summer to attend the national convention. It was a great networking event where we gathered ideas to implement in our own chapter. We also kept busy this summer fundraising at Detroit Tiger's baseball games selling concessions where we successfully raised \$500 for our chapter. Additionally, we are very excited about a new community service project that has been initiated with a local organization called Vista Maria. Vista Maria is an organization that takes in young girls and adolescents who come from neglected and abusive environments. Many suffer from mental health issues and our role will involve counseling them on their therapies and educating them on women's health topics of their choosing. We are coordinating events for 2016 that will be centered on patient education that multiple organizations in the college will be participating in. Our recently developed alumni chapter has been a great asset in this project, also helping to cultivate our relationship.

We have had a great start to fall semester with 12 new members joining our chapter, in which we celebrated at the Detroit Yacht Club. Other notable events we have hosted include professional seminars on ambulatory care pharmacy, women's advocacy in pharmacy, and exercise and stress relief. Fundraising events have included Painting With a Twist, Yankee Candle, and a taco bar held in the commons. Stay tuned for our upcoming events including: Valentine's candy grams and a Detroit Red Wings game fundraiser. Hoping for a successful, healthy, and happy 2016!

World Health Student Organization (WHSO)

The World Health Student Organization was established at Eugene Applebaum College of Pharmacy and Health Sciences (WHSO-EACPHS) to provide free medical care to underserved populations locally and internationally. Our biggest endeavor as an organization is our interprofessional medical relief trips with the School of Medicine (WHSO-SOM). In December and May, we sent students and pharmacists to Haiti and Ecuador to set up clinics and provide care to those in need. On these trips, WHSO-EACPHS has improved the safety and efficacy of medication use through counseling, the implementation of language specific medication labels, and management of country-specific formularies. WHSO-EACPHS also makes a local impact by volunteering at Freedom House in Detroit, a home for refugees seeking asylum in the U.S. In September, our members along with members from the Student College of Clinical Pharmacy (SCCP) educated patients at St. John's Armenian Health Fair about OTC medications.

In order to support our medical relief trips, WHSO-EACPHS has hosted several fundraising events that exemplify our dedication to collaboration. From August through November, WHSO along with members from other pharmacy organizations sold concessions at Comerica Park. In August, we hosted a Back to School event at Z's Villa for incoming students. In October, we partnered with the Arab American Pharmacists Association (AAPA) to hold a deli lunch sale. In December, we partnered with WHSO-SOM for our annual Health for the Holidays banquet at Cobo Hall.

Our members also strive to advance the profession of pharmacy and promote global health. Two members, Bethany Hill and Mollie Pertuso presented at the EACPHS Annual Research Day. Another member, Pilar Mackey, published an article in the Michigan Pharmacy Journal highlighting our dedication to interprofessionalism. In November, we hosted Dean Diaz-Santiago and Professor Dela Luna from Central Escolar University to educate our members about pharmacy education in the Philippines.

Faculty Spotlight: Helen Berlie, PharmD

Q: After obtaining a PharmD degree you completed a 2-year fellowship in diabetes and became a Certified Diabetes Educator. You seem very passionate about what you do. Have you al-

A: Yes, I completed a fellowship with Dr. Jaber and got certified as a diabetes educator in Canada. I've always

known I wanted to teach, but I didn't always know that I would like diabetes until I was exposed to it. My grandmother had diabetes, so I was familiar with the disease already. I was originally going to go to teachers college after studying Biology at the University of Windsor. A friend of mine was interested in pharmacy, so I went to an informational session with him and ended up shadowing a pharmacist. That's when I decided I wanted to go to pharmacy school. I never knew about all the possibilities for pharmacists until I was in school.



Q: I understand you are currently working on a couple of interesting research projects. Can you tell us what they're about?

A: The project that is currently in progress is a prospective study involving dapagliflozin (Farxiga), a medication currently approved for Type 2 Diabetes. This study is examining "The Effects of Dapagliflozin on Energy Intake and Appetite in Healthy Subjects". Another study is in the planning stages and is titled "Evaluation of Pharmacy Services at a Primary Care Physician Clinic". The aim of this study is to assess physician satisfaction of our pharmacist-run diabetes clinic via survey administration. An extension of that project will involve retrospective chart reviews to assess physician referral patterns and clinical outcomes.

My long-term goal is to do a cost-analysis study of fourth year pharmacy students and pharmacy residents at the clinic. I would like to see the economic impact of having an academic pharmacist-run diabetes clinic embedded into a primary care physicians office.

Q: As the pharmacy faculty advisor for the World Health Student Organization (WHSO), what impact have pharmacy students made since the collaboration with WHSO School of Medicine (SOM)?

A: We came on board as a sister organization in 2012. In a short amount of time we have made a big impact, even when we don't go on trips together. The SOM participates in 5 to 6 trips per year and we typically have one to two joint trips with them due to conflicting schedules.

The biggest compliment for the work we have done is that any physician or medical student that goes on a trip with our pharmacy team does not want to do another one without pharmacy. We have created a formulary and also enhanced the organization process of medication acquisition and medication packing. We also look to enhance safety whenever possible. For example, we now have print translated labels in advance rather than handwriting a label with a translator in-country. We have also incorporated pictograms for those who may be illiterate and we now bring childproof vials instead of using plastic bags for dispensing medications.

WHSO also gives our students an opportunity to get involved in research. We have had five abstracts and two national presentations on the history and impact of WHSO-EACPHS. This past year we presented at the annual meeting for the American Association of Colleges of Pharmacy in Maryland and last year we presented at the Global Health Symposium at Henry Ford Hospital. We are currently in the process of putting together a manuscript describing our interprofessional student organization.

Q: What was the best advice you received while you were a pharmacy student or even now that you think students should receive?

A: I think the best advice I have received as a pharmacy student was actually from Dr. Parker. I told him that I wanted to pursue a career in academia but didn't know how to do that or what steps were necessary. And he said to me, "You're doing it right now, you're talking about it!" Sometimes, just telling someone what your goals are and what your passions are for the future is the first step you need to get there.

I also have some personal advice for our students: Do what you are passionate about! You spend so much time of your life in your career, it is worth it to do what makes you happy. Be it research, teaching, precepting, practicing in a hospital, practicing in the community, owning your own pharmacy, etc. Maybe you have an interest in a certain clinical area or even something like information technology and you want to do a residency and specialize. Whatever it may be...be honest with yourself and find what drives you. Most importantly, don't be scared to chase it!

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