

THE WSPS TRIBUNE

Fall 2017



Congratulations, GenerationRX!!!

By: Elyse Keating, DPH-2

Generation Rx is passionate about educating the public on the safe use of prescription medications and the prevalence of prescription abuse. At the recent APhA-ASP Midyear Regional Meeting, our Generation Rx operation was recognized with the 2016 Region 4 Award for Generation Rx, due to their outstanding work educating on safe medication practices. The educational initiatives Generation Rx has implemented are vital and are a great way for student pharmacists to educate the public on medication-related issues. Volunteers participate in community outreach events including high school presentations, health fairs, and informational sessions. In the recent months, Generation Rx volunteers have educated students on campus about Naloxone and how to react in an opioid overdose crisis. Among numerous other community outreach events, student pharmacists are also able to set up high school presentations through Generation Rx to address the abuse of prescription medications. Kayla Marchese, a second-year student pharmacist, recently presented to six different Baraboo High School health classes about the consequences of



Congratulations GenRX on your Region 4 Award! Thank you, Matt for your dedication and hard work!

prescription misuse and abuse. The high school presentation covered basic definitions of abuse and misuse, highlighted statistics, and addressed some myths about prescription medications. The high school students also had hands on practice with the tester Naloxone devices and in class studies. From a volunteer's perspective, Kayla enjoyed her time educating the students about prescription misuse and addressing the opioid epidemic. She notes that the students were engaged and interested, which made the presentations extremely effective. If you are interested in these presentations, please contact your friendly Generation Rx co-chairs, Matt or Michael, for more information.

PHP-PSW/United Way

By: Katie Flesch, DPH-2

Personal Health Partners has had a busy and productive first semester, as the operation has begun serving at a new location in Madison, Port St. Vincent de Paul, a men's transitional housing shelter. At the shelter, pharmacy student volunteers pair with other health professions students to educate residents one-on-one about various health-related and self-care topics. Already, students have provided information on smoking cessation, medication and nutrition labels, and have helped residents to fill out wallet medication cards. Volunteers are looking forward to partnering with physical therapy students for the first time later this month on an event focused on exercise and healthy eating. PHP Co-Chairs Jordan and Meredith set the goal to incorporate a larger variety of health professions students into their events, so they are excited to be working with both physical therapy and dietetics students soon, and have also started brainstorming an event on anxiety and stress in partnership with nursing students. Watch for opportunities to sign up for the December events or reach out to Jordan or Meredith if you would like to become more involved in their operation!

The PSW/United Way collaboration, which provides comprehensive medication reviews to seniors in Dane County, has already held 12 day-long CMR events this semester. Pairing with pharmacists, second and third-year pharmacy students have helped to complete over 70 CMRs for patients in the community!

Operation Self-Care

By: Jaehyung Choi, DPH-2

Operation Self-Care is led by the motivated co-chairs, Jaehyung Choi and Christine Garmoe. In combination with Dr. Pigarelli the co-chairs developed multiple exciting projects that provide opportunities for more direct interaction with patients. One of the projects involved creating a pamphlet that has multiple facts about over-the-counter (OTC) medication safety. The main purpose of the project is to provide sufficient information to the community. Co-chairs were able to successfully finish the pamphlet design and contents with the advisor's confirmation prior to their second event! Volunteers and co-chairs provided the pamphlets to patients at all remaining events, and are planning to continue to do so. They are hopeful that this will have a positive impact on the community. One of the other projects this semester was creating a new interactive game. The co-chairs utilized facts about the OTC medication that are important for the community to be aware of. Starting this semester, Operation Self-Care also held a new event at Wal-Mart Pharmacy. Volunteers will engage patients in the OTC medication aisle and provide patients with information regarding safe dosing and some tips about OTC medications. Both co-chairs are hoping to expand their horizons for the next semester and create another project to further improve our organization!



Public Relations

By: Hannah Hecht, DPH-2

Alanna has been very busy this semester highlighting all the great events WSPS has participated in this Fall! She believes we had a successful American Pharmacists Month, with members coming down to Bascom Hill with handmade signs. She would like to thank members of the Communications Committee for stepping forward to plan new events such as: handing out ice cream with fun facts for Pharmacy Day and the sign making parties. Next semester Alanna is looking forward to promoting some of the conferences, many of which are in Madison or within driving distance! She will continue to showcase our member of the month after each meeting! Be sure to check out the website and our Facebook/Instagram pages for all the awesome work Alanna has done!



APhA Liaison

By: Greg Norsten, DPH-2

In case you all didn't know, Drew Dretske is being a fantastic representative for UW-Madison. In October of 2017, he was elected to be the Midyear Regional Meeting (MRM) Coordinator for the upcoming year. MRMs are the only meetings in the United States designed exclusively for student pharmacists. In 2018, Madison is hosting one of the eight MRMs around the nation. So you might ask yourself what does Drew do as the coordinator for this event? Well to get to the bottom of this, I asked Drew and he sent me a 3-page document of responsibilities and I'll distill it for you here. In short, Drew will fundraise for this event, help plan for this event with the APhA-ASP chapter members, be the best emcee we could all imagine and plan a fun Friday Social event. Knowing Drew, I expect nothing less than the best!

Operation Airways

By: Elyse Keating, DPH-2

Operation Airways partnered with the Salvation Army MEDiC Clinic and has been working to provide smoking cessation information to patients at the shelter. At these events, pharmacy students practice their motivational interviewing skills and address smoking cessation from several different angles. Students assess where the patient falls on the smoking cessation



spectrum and then tailors the interaction to the specific patient and their needs. When speaking to a patient in the contemplation stage, volunteers help the patient assess their motivations to quit, their support system, their smoking triggers, and help to provide support and encouragement. Students have also been able to interact with patients who are actively in the process of quitting and students are able to see how that process has been going. They congratulate these patients and are truly there as resource to help the patient stay positive and determined. Through motivational interviewing the Operation Airways volunteer is able to reassess the patients' motivations, their action plan, their support system, how they are managing their withdrawal symptoms, and several other aspects of their journey.

Pharmacy students discuss different nicotine replacement therapies and refer patients to their local pharmacies for recommendations and counseling by the pharmacists. Operation Airways visits this shelter approximately once a month, if not more than once, and makes connections to patients at the shelter who then have the option to come back and touch base with the students again. They are able to follow up with recurring patients and really help interested patients with their quit process.

Fundraising

By: Nicole Haebig, DPH-3

Third year pharmacy students Christine Wacek and Nicole Haebig returned to their Fundraising Co-Chair positions this fall, kicking off the semester by partnering once again with faculty members from the Pharmacy Practice Division to offer Basic Life Support (BLS) Certification courses for incoming first-year and returning third-year pharmacy students. Proceeds from the certification courses are used to help fund the various patient care outreach programs that WSPS has to offer. The Fundraising team also sold over 90 t-shirts to general members to wear at outreach events and promote WSPS throughout the school. WSPS also partnered once again with the Pharmacy Society of Wisconsin (PSW) to sell their pharmacotherapy-based disease state toolkits at a discounted price to pharmacy students. As the semester comes to a close, Nicole and Christine are receiving letters back from parents of current pharmacy students for the purchase of finals goodie bags, which will be handed out within the week before finals. Stay tuned for more fundraising events to come in the spring semester!



MEDiC

By: Jess Linderund, DPH-2

Liz Garcia-Jennings is one of the coordinators at MEDiC's South Side Clinic. This clinic serves the uninsured or underinsured population with a melting pot of different cultures and languages. Her favorite part of the MEDiC clinic is the huge impact on different people's health. This is also a great experience for both patients who have no other options for healthcare, and to students to get experience talking to real patients and other members of the healthcare team. These interactions are important for a future full of interprofessional team work. Here, students can learn the resources and expertise that each member of the healthcare team can provide.

One special case she remembers was when a patient came in presenting with some severe symptoms of uncontrolled diabetes. The patient had an extremely high blood glucose, and was starting to show signs of vision changes and neuropathy. The patient knew there was a problem, but didn't know what was really happening, or how serious it really could be. This was the patient's only resource for healthcare and was able to get the help and referrals they needed to get the disease under control.

Operation Diabetes

By: Drew Dretske, DPH-2

As we approach the end of the first semester, Operation Diabetes is picking right up right where they left off last year. 50 WSPS members participated in the Operations trainings at the beginning of the semester. WSPS members that participated in the training get unique opportunities to educate and screen for risks of diabetes within the community. Operation Diabetes has continuously conducted ADA (American Diabetes Association) Risk Assessments that allows patients to answer a set of questions and determine their potential risk for diabetes. The Operation also recently began A1c screening within the past year.



The beginning of the Fall semester allows operation diabetes volunteers to get involved in patient care right away such as the Lincoln Health & Wellness Fair. This fair allows parents and their children to learn about counting carbs and dieting and the importance in type 2 diabetes and wellness. Operation diabetes also participated in Black Women's Wellness day, The Diabetes Fair at St. Vincent De Paul Pharmacy, and Healthy Aging Fair at the Madison Senior Center. At these events Operation volunteers conducted over 100 ADA risk assessment tests in October alone and A1c tests for multiple patients.

Operation Diabetes would like to give a special shout out to DPH-2, Gwen Jaeger for setting up and coordinating two events through Operation Diabetes at Neuhauser Pharmacy and O'Connell Pharmacy. If you are interested in volunteering or even setting up your own events such as Gwen, contact the co-chairs. Operation Diabetes is a great way to build leadership skills, advocate for the profession of pharmacy, and make a difference in our Community!

Membership

By: Hannah Hecht, DPH-2

Karissa, our Membership chair, had a very busy beginning to the fall semester with the Fall Membership Drive! We are thrilled to announce that we welcomed 112 new first years into the organization. Karissa believes from her experience as a first-year and from feedback that the passport style of the WSPS Meet and Greet showcases the many different opportunities there are to get involved within WSPS. She encourages that in the Spring semester you take part in as many WSPS activities as you can because once you are a fourth year, it is much more difficult to find the spare time to volunteer for multiple events. Be sure to watch out for details regarding renewing your membership in the Spring so that you can partake in all of our exciting events next year as well!

Professionalism

By: Meredith Frey, DPH-3

Professionalism co-chairs, Emily Fong (DPH-3) and Abby Smith (DPH-2), have been creating meaningful opportunities for student pharmacists to network and create relationships with Wisconsin pharmacists. At this year's Career Development Days, Emily and Abby held a Networking Roundtable Event. The event was open to all student pharmacists and allowed participants to interact one-on-one with pharmacists during four, 10-minute rotations. Participating student pharmacists learned about various pharmacy careers and identified future shadowing, IPPE/APPE, residency and job opportunities. Due to the timing of the event, students were able to re-connect with participating pharmacists at the Career Fair the following day. Additionally, participating pharmacists connected with one another to discover new opportunities for collaboration among various pharmacy settings.

New this year, Emily and Abby created a Networking Committee, made up of WSPS members who were crucial to the success of the Networking Roundtable Event. The Networking Committee was responsible for helping to plan the event and correspond with participating pharmacists and students. The Networking Committee provides a unique opportunity for interested members to get further involved in WSPS and professionalism activities. Emily and Abby hope that the formation of the Networking Committee will continue for future years. WSPS members who are interested in getting involved with Professionalism should consider joining one of the White Coat Ceremony Committees in the Spring or the Networking Committee in Fall 2018!

Operation Organ Donation Awareness

By: Katie Sherman, DPH-1

Organ Donation Awareness (ODA) is headed by co-chairs, Brooke Holloway and Noah Budi. The mission and passion behind ODA is raising public awareness about the necessity and impact of organ donation; this is fostered through events such as Be the Match bone marrow registries and informational booths. I had the opportunity to gain some insight from Noah, DPH-3, regarding his involvement with ODA and the direction that the operation plans to take in the future. Noah's interest in becoming a co-chair for ODA was spurred "because of the possibility to save eight lives by signing up one person to become a donor...I talked to a patient recently about a combination pancreas and kidney he was receiving and the dramatic impact it was going to have on his quality of life. He was very excited to be able to avoid dialysis treatments and possibly even get his diabetes under control." Becoming a co-chair of an operation is a huge undertaking, but that responsibility became even more profound when ODA was notified last semester that none of their various events were approved for student COPs hours in the future. Despite these setbacks, this has led to increased motivation to reorganize the operation to again have COPs approved hours and encourage student involvement. "The changes have spurred our club to create new and exciting ideas about how to offer forms of involvement that will benefit students not only in the spirit of altruism, but in the form of required course work. We currently are working on new presentations for health fairs, more patient interaction through the UW hospital, and possibly holding the first kidney screening in Madison since 2012." For those on the fence about getting involved due to a current lack of COPs hours, Noah urges students to participate. "Signing people up to the registry is very rewarding because you know that for every hundred-people signed up, about one life will be saved."

ASHP Liason

By: Connor Hanson, DPH-3

Kellyn, our ASHP Liaison, has been busy preparing and planning for the 2017 ASHP Midyear Clinical Meeting. This year's meeting starts December 1st in Orlando, Florida, and is filled with programming, research presentations, and an immense showcase of residency programs across the nation. Even though the meeting is geared toward 4th year students interested in completing a residency, there are still plenty of reasons to attend next year's meeting. Midyear is an incredible networking opportunity, and has a host of student sessions and residency-related activities to "lay the groundwork for a successful Midyear as a 4th year." There will be a Clinical Skills Competition at the meeting, where 4th years Olivia Fahey and Emily Bielen will be representing UW-Madison on the national level after edging out 11 other teams in the fall Clinical Skills Competition at UW. Congrats and good luck to Olivia and Emily!

Didn't have the chance to participate in the most recent Clinical Skills Competition? No worries! Kellyn is hoping to hold a spring Clinical Skills workshop to prepare you for next fall! Other spring opportunities include attending P&T Committee meetings through UW Health, CV reviews, and joining national ASHP student committees. Kellyn has thoroughly enjoyed participating in a national ASHP committee this past year, and encourages all WSPS members to check out the ASHP website for more information on the various opportunities. Kellyn is looking forward to a potential hot topic roundtable event in the spring, and she hopes you consider participating in an ASHP-related event!



Operation Heart: *Pumping out Information to Youth and Adults Across Madison*

By: Kristin Hesselbach, DPH-1

We have been hearing for years now just how immense the problem of cardiovascular disease is in Wisconsin and the rest of the United States, and Operation Heart has continued to take a stand and make a noticeable difference. Members of Operation Heart often see recurring faces at community blood pressure screenings, which is key in longitudinal monitoring of blood pressures. Co-Chair Andrew Osterbauer specifically remembers the impact he made on one individual who came to him with elevated blood pressure. The consequent conversation about lifestyle modifications combined with taking the information to their primary care provider made a quantifiable difference. The following year when the patient returned for screening, they achieved their goal blood pressure. Operation Heart doesn't just stop at educating adults about blood pressures and modifiable risk factors, though. A major event for them is the science expo where volunteers educate children about keeping their hearts healthy from the start. Operation Heart truly offers a comprehensive look into cardiovascular health, and every volunteer has the opportunity to see first-hand the difference a simple blood pressure reading or conversation can make.

Operation Immunizations

By: Kellyn Engstrom, DPH-3

Operation Immunizations has been in high gear so far this semester with the flu season fast approaching. OI volunteers have been helping to immunize Madison's underserved populations at the St. Vincent DePaul Charitable Pharmacy and have been working to immunize the homeless at First United Methodist Church in Madison. The Hy-Vee pharmacies have been holding flu clinics out in the community, and OI volunteers have been instrumental in providing support and manpower for these events. Additionally, OI volunteers have been helping students right here on campus get immunized for the upcoming flu

season. DPH-3 Immunizers have staffed UHS flu clinics across campus, from Union South to College Library. OI volunteers at these UHS clinics work to promote HPV vaccination among non-vaccinated students and, as pharmacy students, immunizers are responsible for providing all administered HPV vaccinations at these UHS clinics. Several bilingual students staff these clinics to provide education to international students, who are less likely to have received the HPV vaccine, on the benefits of receiving the full HPV vaccine course. Looking ahead, OI will



be staffing influenza clinics through the remainder of the semester into early December. Next semester Operation Immunizations will continue to staff flu January flu clinics at St. Vincent De Paul while shifting some their focus towards educating the community about vaccinations by giving presentations at local schools about the importance of HPV immunization.

MedDrop

By: Hannah Hecht, DPH-2

MedDrop, led by co-chairs Macy and Sarah, continue to educate our community on the importance of turning in their expired or unwanted medications to the appropriate locations! MedDrop has built up a great relationship with officer of the Madison and Waunakee Police Departments. This year I was able to volunteer for the Waunakee Neighborhood Connections



event. Although we did not collect many unwanted medications, many patients said they had previously received education from our organization and had brought their unwanted medications to the Waunakee Police Station. Some patients reported that they have even picked up medication lock boxes. This event really highlighted the positive impact that MedDrop is making on the Waunakee Community and that it isn't always how much you collect, but instead how effective positive patient education can be!

This semester MedDrop is implementing a committee of two or three interested individuals that will create a project or interactive game to increase engagement of patients at health fairs. We are really looking forward to the new ideas that MedDrop will be bringing to our organization this upcoming semester! Thank you for all of your hard work, Macy and Sarah!



Policy Liason: *Innovation in Student Policy Involvement*

By: Eric Friestrom, DPH-3 and Drew Dretske, DPH-2

For many students at the University of Wisconsin-Madison, the phrase “Let’s talk Pharmacy Policy” has always produced a knee jerk, negative reaction. However, students at WSPS over the past year have made it their mission to change this stigma from negative to positive. In coordination with support from PSW and the WSPS board, policy vice-presidents have dedicated time each meeting to updating students on all things pharmacy policy. With the introduction of a “90 second policy challenge” WSPS has worked to introduce students to digestible policy updates to discuss with colleagues. Upon interview, policy vice-president Drew Dretske explained the goal of the 90 second challenge stating “The concept of the challenge is simple: get students informed and involved with the policy process. Unfortunately, many students shy away from engaging in the policy process due to being intimidated by the overwhelming policy and news updates each day. Our goal is to provide students with simple, digestible updates to begin to increase their base comfort level with pharmacy policy.” It is the goal of the WSPS board and policy vice-presidents to further engage students in more involved policy activities once their comfort levels increase. This has been a considerable success, with 2017 marking the largest student attendance at PSW Legislative day and multiple students testifying at the capitol on proposed legislation. The concept of the 90 second policy challenge has expanded past the University of Wisconsin Chapter at regional conferences where fellow policy vice presidents have contacted Eric and Drew to ask how they might reproduce the 90 second challenge in their chapters. Looking forward, Eric and Drew hope to continue to foster passion for pharmacy policy in future student classes and leave the legacy of student pharmacists who take control of their own pharmacy profession’s policies.



WSPS Shout Outs

Fall 2017

“Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.” –
Margaret Cousins

Anna Lattos helped me at the Ice Cream event during American Pharmacists Month. As a first-year student pharmacist, she engaged community members and was friendly while educating the public about the profession of pharmacy. Thank you, Anna!

-Marnie Janson

Kiera Roubal has not only volunteered at two Personal Health Partners events this semester, but she was instrumental in helping us to develop a new script for a new event topic focused on stress and anxiety. She had obviously done her research before the meeting to develop the script, and had tons of great ideas to contribute!

-Jordan Hilsenhoff

Kayla Marchese has set up 6 presentations in Baraboo this semester and did all of them by herself. She truly accomplished the vision Michael and I had of students bringing the presentation outside of Madison!

-Matt Huppert