

# The WSPS Tribune

## APHA LIAISON: AMERICAN PHARMACISTS MONTH

By: Kinsey Clark, DPH-2



DPH-2s Eric Friestrom and Meredith Frey show off some pharmacy pride at the Bascom Hill event

Our APhA Liaison, Zach Pedretti, has been working hard during American Pharmacists Month! His largest event, the APhA Patient Counseling Competition, was held on October 18<sup>th</sup> and was a tremendous success. Many students took advantage of the opportunity to put their therapy lab skills to the test and found their way back to therapy room A or C after class hours. There were a total of 32 participants with representatives from all four classes. Students were allowed five minutes to view a patient case, and then were allotted five minutes to counsel a patient played by volunteer resident pharmacists. Zach stated that he “had a blast putting the event together,” and “was pleased with how positive all of the contenders were.” The top scoring participants will be announced no later than November 10<sup>th</sup>, and the finals are scheduled to be held on November 17<sup>th</sup>. The winner of the finals will compete at the APhA Annual Conference in March.

Speaking of APhA annual, did you know that as a member of WSPS you are eligible to receive a travel grant to cover some of the cost of attendance? The sky is the limit with opportunity and networking at these meetings, so grab a group of friends over spring break and head out to San Francisco!

**WSPS**  
*Wisconsin Society of  
Pharmacy Students*

## HEART: SHOWING HIGH SCHOOLERS HEART

By: Brooke Geiger, DPH-3

Operation Heart has had a busy start to their 2016-2017 school year. The co-chairs started in early August by presenting to the Pharmacy Summer Program. This program is a four-day summer program for rising high school Juniors and Seniors interested in learning more about pharmacy careers. The co-chairs had the opportunity to work with these students by giving them a quick overview of the pharmacist's role in managing patients with high blood pressure. The co-chairs also taught students how to measure blood pressure and then spent some time in the Nursing School's simulation lab to practice taking blood pressures on the mannequins. There was lots of learning and fun had by all!

The learning continued when the co-chairs, along with many volunteers, taught the DPH-1 class how to measure blood pressure, a skill they will carry with them as they meet with their Oakwood partner (POPs partner) as part of their first year experiential education. Approximately 150 first year students were taught during their boot camp near the end of August.

As the semester has progressed, Operation Heart is excited to continue its blood pressure screenings at UW Health-University Station Pharmacy. We are also privileged to start some new screenings at the HyVee pharmacy on the east side of Madison. Finally, we are seeking out opportunities for students to become independent volunteers, where one student would be acting in place of the co-chair during our various screenings. If students are interested in this great leadership opportunity, please consider volunteering at one of our events to gain experience and stay tuned for more information!

## ASHP: MAD SKILLS

By: Sydney Stiener, DPH-2

So far this semester, the big ASHP event was the Clinical Skills Competition that took place in the beginning of October. There were 14 teams that competed and the winning team will represent the UW School of Pharmacy at the national Clinical Skills Competition at the ASHP Midyear conference in December. The winners were Shelby Tjugum and Lindsey Splinter! Another great opportunity for WSPS members that is offered through ASHP is the ability to attend Pharmacy and Therapeutics (P&T) Committee meetings at both UW Hospital and Clinics as well as Meriter. This summer we had WSPS members attend these meetings and observe the process of reviewing new and existing medications to select the most cost-effective, safe drugs in each therapeutic class for the hospital formulary.



Operation Heart volunteers attend the Pharmacy Summer Program to teach high school students about pharmacy and how to measure blood pressure

## AIRWAYS: INHALER PROS

By: Abby Sharpe, DPH-2

Operation Airways provides education and services to the community on lung and airway health, including: asthma, COPD, inhaler devices, and smoking prevention and cessation information. Through presentations to middle school students, this operation has made an effort to reach out to this impressionable population of the younger generation in the hopes of preventing kids from smoking early on. Co-chairs Rachel Gibbons and Taylor Geidd have worked hard to provide many opportunities for fellow pharmacy students to develop leadership skills through event planning, patient interaction, and counseling skills, especially in regards to teaching patients proper inhaler technique. Operation Airways also helps advocate and raise awareness for the role of pharmacy students and pharmacists in smoking cessation and patient education. Getting involved with this operation is a great way to develop professional skills and reach out to the community about important topics in airway health.



DPH-4 Calley Paulson “vaccinates” Bucky

## IMMUNIZATIONS: VACCINES FOR ALL

By: Tina Cheng, DPH-2

## MEDIC: ANNIVERSARY

By: Fatima Khusro, DPH-2

The MEDiC clinics have been in full swing with underserved patients on a weekly basis. Additionally, a pharmacy-based influenza vaccine program was implemented at Southside Clinic last month, which is staffed by a pharmacist and one DPH-3 or DPH-4 student. Patients over 18 are able to receive a free vaccine for themselves and their family while they are waiting to be seen by the volunteers. So far the program has immunized 20 patients, and the clinic will continue once a week through the influenza season. Also at Southside, a pilot program requiring the use of a phone interpreter during every foreign language encounter was started, and satisfaction and usefulness data was collected. After surveying the volunteers and providers, there was a mixed response and other alternatives are being looked at. These projects will be presented by Joanne Kuznicki, DPH-3, and Nick Bohrer, M-2, at the Society for Student-Run Free Clinic Conference in February. Medic celebrated its 25<sup>th</sup> anniversary this month on October 21<sup>st</sup>, and thanks all those who have helped to make MEDiC flourish. In the future, we hope that MEDiC will continue to provide many volunteer opportunities for the underserved patient population.

It has been a busy start for Operation Immunization! During the summer, they gave HPV vaccine talks to Memorial High School students during their health classes. This fall, Operation Immunization, along with UHS, has been busy with influenza clinics around campus, including SoP Flu Clinic. These clinics have DPH-1s and DPH-2s helping out to keep everything running smoothly, and DPH-3s to immunize patients. At the SoP Flu Clinic, they managed to vaccinate 176 students! Students are working with Angela Long to educate students about HPV and meningococcal vaccines. There were also flu shot clinics at St. Vincent de Paul, where volunteers had the opportunity to reach out to underserved communities. In addition, OI presented at the Lincoln Health Fair where they educated elementary school students and their parents about diseases that have available vaccinations.



As the hot summer days are replaced by vibrant foliage and blustery weather of autumn, MedDrop volunteers have been busy promoting safe and environmentally friendly medication disposal to prevent accidental ingestion or abuse.

On August 2<sup>nd</sup> and 3<sup>rd</sup> MedDrop attended National Safe Night Out in Middleton and Verona, which is new to the organization this year, but is sure to become an annual tradition. September found volunteers reaching out to community members young and old at the Lincoln Elementary Health Fair on 13<sup>th</sup>, and at the bi-annual collection for residents of Oakwood Village and Prairie Ridge on the 23<sup>rd</sup>. Wrapping up a successful semester of outreach, on October 28<sup>th</sup> MedDrop held their annual Scoop & Collection event at the HSLC to educate both students and healthcare providers on safe medication disposal.

As the semester winds down, Co-Chair Macy McConnell shares a conversation she had at the Lincoln Elementary Health Fair with a concerned grandmother. “She continued to tell me how grateful she was for organizations like MedDrop, and she thanked us for helping maintain a safe environment for children and families in the community. Encounters like these put things in perspective and remind us of why our organization is important.”

Watch for more great opportunities to impact the community through MedDrop this spring!

## MEDDROP: WE WANT YOUR PILLS

By: Andrea Gray, DPH-1



Above: MedDrop volunteers participate at a collection event

Below: MedDrop volunteers participate at an event at National Safe Night Out

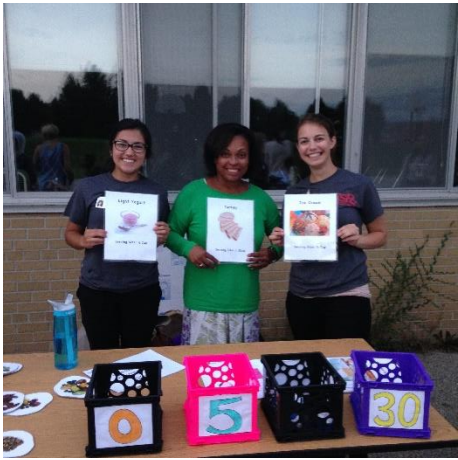


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## FUNDRAISING: BLS

By: Kirsten Bowers, DPH-3

The Fundraising co-chairs of WSPS have been hard at work since the beginning of the semester. Christine and Nicole started the year by coordinating the Basic Life Support class for the first and third year pharmacy students. This event is a wonderful convenience to all students at the School of Pharmacy to maintain their certification throughout their schooling. This year, around 140 first years and 110 third years participated in the BLS certification. The re-certification process was different than it was in previous years; the class and written exam were online with the skills test being the only part that was in-person. With the new process, both co-chairs thought everything ran smoothly and would like to thank the people who volunteered their time to make this happen! Another event for the co-chairs is the annual WSPS t-shirt sale. The sale was a success as it has been in previous years with about 110 shirts being sold. Coming up, Nicole and Christine are organizing the finals goodie bags. These are a great way for the parents to support their student from home, so make sure to have your permanent address up to date!



Operation Diabetes Co-chairs Maren and Lissette on the job

## OSC: COMMUNICATING

By: Brad Hettich, DPH-2

Operation Self-Care started off the year by training over 32 members on how to interact with underserved patient populations who may have low health literacy. This coming year, they will utilize this to focus on proper use of over-the-counter medications and dosing devices, as well as how to read and understand drug labels. So what can WSPS members expect to get out of volunteering with Operation Self-Care? According to Operation Co-chairs, Hamide and Kelsey, events help students to refine communication skills and become better teachers on issues that are seen in every area of pharmacy. Conversations are often tailored to the patient, giving students a very realistic feel and experience of a typical pharmacist-patient interaction.

Thus far, OSC has already partnered with Personal Health Partners at Porchlight. While they did not see an overwhelming number of patients, they were able to spend quality time talking to a few patients and had some extra time to practice taking blood pressure. Hamide and Kelsey, are

## DIABETES: EDUCATION

By: Rebecca Gerovac, DPH-2

As we approach the middle of the semester, Operation Diabetes has had multiple events already this year! They started the year by volunteering at the Lincoln Health Fair where volunteers performed ADA Risk Assessments to the parents that were in attendance. They also made the Health Fair interactive for the children by playing a carb counting game. This was a great way to educate them about carbs, how to identify them, and how type 2 diabetes can be prevented through diet. Another event Operation Diabetes volunteered at was the Black Women's Wellness Day, where they provided ADA Risk Assessments and A1c testing. This was a great experience for the patients, because if they were at risk for diabetes, the volunteers were able to do an A1c test so they had a better idea of their risk for diabetes. The volunteers were able to perform the ADA Risk Assessment on 50 different patients while providing 20 A1c tests. As Diabetes Awareness Month approaches in November, be on the lookout for other great programs Operation Diabetes as planned. Co-chair Lissette Martinez says, "we are in the process of getting our after-school program restarted. We are changing our focus to prevention by reaching out to the youth in the Greater Madison Area." They plan to use interactive posters to explain the mechanism of type 2 diabetes, teaching them how to read a nutrition label, and also letting each child take home a cook book! If you are interested in volunteering for Operation Diabetes, talk with the co-chairs to find future available dates.

both very excited to work with even more patients at their next event during the Healthy Aging Fair at the end of October and other future events. Looking forward, Operation Self-Care plans to start implementing the use of handouts or pamphlets about drug labels so patients can take the information home for future reference. They will also begin more discussions on over-the-counter pediatric dosing, poison control, and how to properly store medications.

## PROFESSIONALISM: NETWORKING

By: Char Ruiz, DPH-2

These past few months, the Professionalism team has been very involved in planning the white coat ceremony in the spring, the networking luncheon in November, and mock interviews in December. Their biggest project right now is the DPH-1 White Coat Ceremony. At the DPH-1 orientation, they fitted the newest students of our school for their white coats and are currently reaching out to organizations, like PAA and PSW, for donations to support the ceremony. The Professionalism co-chairs are also busy planning the networking luncheon in November. This event allows pharmacy students to network with local pharmacists and explore different pharmacy professions. Additionally, they are in the initial phases of planning mock interviews in December. This event will give DPH-4 students the opportunity to practice their interviewing skills for residency positions and prepare DPH-2 students for potential internship interviews.

## PHP: PORCHLIGHT WORK

By: Katie Flesch, DPH-1

Personal Health Partners (PHP) has had a busy start to the fall, providing outreach and education on a variety of self-care topics to members of local underserved populations. The mission of PHP is to collaborate with dietetics students in sharing health information with individuals at both the River Food Pantry and Porchlight, an emergency shelter and low-cost housing service in Madison. In addition to education, blood pressure screenings are also offered at the program's monthly events. So far this semester, PHP has worked with residents of Porchlight to share information and tips regarding prescription and over-the-counter labels. Volunteers enjoyed meeting with the residents and using examples of over-the-counter medication packaging to help clarify each component of the label. A similar event took place at the River Food Pantry with an emphasis on smoking cessation and asthma.

Another focus of the operation is the PSW/United Way Initiative, in which pharmacy students work alongside WPQC-certified pharmacists to provide comprehensive medication reviews for patients at senior centers in the area. Meredith Frey, Co-Chair of the PHP/PSW operation believes this is a great experience, available to DPH-2 or higher students, as it "provides an opportunity for the student to witness WPQC measures first hand." Recent events through PSW have been held at both the Fitchburg and Oregon Senior Centers. Students interested in volunteering should stay tuned for upcoming expansions to the communities PHP serves, including a possible partnership with the St. Vincent de Paul Charitable Pharmacy.

## ODA: DOTTIE ROCKS

By: Josh Nachreiner, DPH-2



ODA volunteers pose with mascot Dottie

## MEMBERSHIP: JOIN

By: Connor Hanson, DPH-2

The WSPS Membership Chair is responsible for advocating on behalf of the organization and encouraging student pharmacists to join WSPS and receive the benefits it offers. The Chair has to be approachable and be able to highlight what WSPS can offer to each individual, and Karissa has been a great fit for this position. Over the summer, Karissa planned and coordinated the Meet and Greet, WSPS's first big event of the semester where DPH-1 students get to know board members and can first sign-up for WSPS. The Meet and Greet once again drew over 100 new members, and total membership is currently at 264. Throughout the year, Karissa will continue to serve as an advocate for WSPS, prepare membership reports for our partner associations, and serve as a liaison to membership representatives at APhA. In the spring she looks forward to continuing to share the vast opportunities that WSPS offers and encourage membership renewal, which is quite important to the health of the organization.

To kick off the fall semester, ODA partnered with Bella Soul, an undergraduate student organization, to sign people up to the "Be The Match" national bone marrow registry. ODA volunteers and Bella Soul volunteers were able to sign up around 30 people for the registry. The Leukemia and Lymphoma Society's Light The Night Walk in Madison on October 13<sup>th</sup> was another great event for ODA volunteers to get out into the community and sign up more people to the bone marrow registry. The volunteers were able to sign up 16 new people to the registry that evening. Coming soon, on November 18<sup>th</sup>, ODA has organized a bone marrow drive in the school of pharmacy atrium with Mr. Dave's Gift, a new non-profit organization, and with "Be The Match". Operation Co-chairs, Noah and Collin, are planning two more bone marrow registry drives with the American Family Children's Hospital and the nursing school in the coming months.

ODA brought Dottie the Donor Dot mascot to her first hockey game of the year, when ODA volunteers went to the Madison Capitals Hockey game to spread awareness about organ and tissue donation. Along with driver's education presentations, ODA volunteers continue to run organ and tissue informational booths throughout the community every month. The continued growth of the operation has provided more opportunities for WSPS members to get involved in the community and given the community members opportunities to save lives.

## GENERATIONRX:

By: Justin Staubli

GenerationRX is off to a great start for the year. They kicked things off with a booth at the 2nd annual Lincoln Health Fair at Lincoln Elementary School. From there, they had two presentations at the collegiate level here at the University of Wisconsin – one with the Pre-School of Pharmacy Club and the other with KHK, an engineering fraternity. Their schedule is only getting started, though, with four more presentations already scheduled over the next two months for local high schools: La Follete, East, West, and Memorial. While these events will close out the semester for GenerationRX, it is by no means all they have planned for the year. Speaking with Kinsey and Matt, it was clear they have grand plans for the spring as well. There will be a greater emphasis and push for events and health fairs throughout the community. Additionally, Matt works at Hometown Pharmacy in Fitchburg and assists with their medication deliveries to long-term care and independent living facilities. Given the medication use of this demographic, Matt and Kinsey believe strongly that there is room to expand GenerationRX to include presentations and activities for seniors involving opioid awareness, business card-style medication histories, blood glucose monitoring, and even medication awareness Bingo. Finally, just like in WSPS itself, the strength of a group relies in its members, and here, Kinsey and Matt wish to have a call to action - if anyone out there is interested in creating their own event locally or outside of Madison, and even Wisconsin, they strongly encourage you to contact either one of them to start the process. Not only would this count for COPs hours, but it would make for a grand CV booster as well! Even if you do not want to create your own presentation, GenerationRX is always eager to find passionate individuals to present on the all too important topic of medication awareness – stay tuned for upcoming sign ups!

## POLICY: CHANGES THAT AFFECT US

By: Connor Hanson, DPH-2

In many ways the Policy Chairs, Eric Friestrom and Olivia Fahey, head decisions that will have the largest impact on our careers as pharmacists. The main responsibilities of the Policy Chairs involve engaging the WSPS body to get involved in policy development and the advocacy process, both on a local and national level. As student pharmacists, we hear plenty about “practicing at the top of our license,” and this starts with policy opening up new avenues in our practice through legislative changes. Olivia and Eric believe that keeping students well-informed on policy gives us the greatest chance to make impactful changes with calling campaigns and conferences, which is why they will be implementing a “90 Second Policy Challenge” at general WSPS meetings going forward. Over a 90 second span, Olivia and Eric will be going over broad policy updates to keep students informed on the bigger changes impacting them as future pharmacists. In the spring semester, Eric and Olivia are looking forward to advocating for PSW Legislative Day attendance, a local conference where Eric says he originally got interested in pharmacy policy.



By: Connor Hanson, DPH-2

Alanna, the Public Relations board member, has done a spectacular job keeping general members and affiliates updated on WSPS happenings. In addition to posting on the WSPS Facebook page and Twitter feed, Alanna also started the first WSPS Instagram account, which has been a great success. Other responsibilities have included maintaining the WSPS “point tracker” to check membership involvement, and posting bulletins and meeting minutes on the WSPS website – don’t forget about this awesome resource! Alanna also spent a lot of time this semester working with the WSPS secretary and APhA Liaison to make American Pharmacists Month events a success, such as the Snapchat filters and Bascom Hill event. Her favorite part of the position is being able to tweet about WSPS outreach weekly, and getting to see the way WSPS impacts others. One of her goals for spring is to get members more involved through social media, which you can help do by liking the WSPS Facebook page, or following WSPS on Twitter (@WSPS\_777) or Instagram (@wsps\_uwmadison)!

