



Southern Illinois
University
Edwardsville

APhA-ASP goes to San Diego!



Record Number of Students in Attendance

A record 23 students from SIUE SOP attended the APhA annual meeting in San Diego from March 14th-March 18th, 2008. It was an action packed weekend filled with policy making, educational seminars, leadership workshops, networking, and fun. For those who couldn't make it, the 23 of us produced this newsletter to share our experiences with you.

Inspirational Opening Speaker

By: Emily Collins



The opening speaker at the APhA annual meeting, John Alston, was truly inspiring. He was a charismatic, comedic speaker, who grabbed and held our attention. I think APhA likes

to schedule speakers who remind us that we, as students, are lucky to be at a point in life where we can be the best that we can be. Mr. Alston used the themes of responsibility and personal accountability throughout his speech. His first order of business was to tell us to stop whining! He said that we won the lottery just by being born in America, and that it wouldn't hurt to take a few minutes every day to think about how good we really have it, and to stop whining! Next he reminded us that

every event in our life is the result of a perfect system we set up for that event to take place. If you are driving down the street, and drop your cell phone, and bend over to pick it up, you have precisely laid the path that leads to your car hitting another parked car. Failure happens in the same way, and only you are personally accountable for what you do wrong. But neither does success magically happen. It is the result of precisely laying and following the path that leads to success, and nobody will lay that path for you but you. The part of his speech that I liked the most, and that seemed the most relevant to me as a student, was when he declared that lifelong learning is our right and our responsibility. Especially as students in a field that constantly changes, it is up to us to take the necessary actions to keep learning, and applying our knowledge, and stop whining.

APhA-ASP Welcoming Social

By: Denny LaChance

I always thought that neon glow sticks were only for eighth grade mixers and raves, but I was wrong. The APhA Annual Meeting in San Diego brought it back, kicking and screaming. The opening social at the APhA Annual meeting was yet another exciting experience that proved pharmacy students cannot dance but will gather from around the country in order to give it their best shot. The

activity included a live DJ, open cash bar, and buffet.



Everyone talked, danced, and laughed until a couple of \$5 dollars Heinekens got spilled. Or maybe it was the shaking of the auditorium floor. All in all, it was a great time and a great opportunity for students to mingle with pharmacy schools from around the nation. And if you did not mingle, I hope you touched up on your Soulja boy skills. Superman! Oh!

The San Diego Experience

By: Michael Geisler

I joined APhA this year not really knowing what to expect. I had heard professors talk about it and heard classmates talk about it but I still did not understand how APhA could provide me with skills and opportunities as a student pharmacist and a pharmacist in the future that will last for a lifetime. It was not until I attended the annual APhA convention in San Diego this year did I realize the opportunities and the skills I could obtain through this organization. This was an experience I

will never forget. Not only was it a lot of fun but it was very informative. I learned about policy making and the processes behind it, and I learned the ways of networking. I am still new to this organization but I am definitely more encouraged to participate in events and activities now that I have seen the big picture. I have always wanted to be involved while in school by not only being studious but also by helping people during school. APhA has opened up that door for me and I am very grateful I attended the

annual convention because it opened my eyes up to these opportunities. I now understand why APhA is recommended to us by professors.



National Patient Counseling Competition

By: Diana Jason

For those that are not familiar, I'm going to explain how the patient counseling competition works. You receive a list of 10 potential drugs ahead of time. The competition starts by receiving the prescription from the patient. You get 5 minutes to look up the drug and any drug interactions from their patient profile. After 5 minutes, the patient comes into the pharmacy to pick up their prescription and you have another 5 minutes to counsel them. The session is video taped and reviewed later by the judges. Each school holds a local competition and their selected winner participates in the national counseling competition at the APhA annual

meeting. This year each pharmacy school had a representative with 110 total participants. There is a first round where the judges pick out the top 10 students. These 10 students then participate in the final round where they get a more challenging patient. After being selected in the top 10, I participated in the final round where I placed as 3rd runner up.

I want to thank everyone for their support and encouragement in the national patient counseling competition. Thanks especially to all those who participated in our local round. As you may have heard, our local competition was very competitive

and it's likely that many of our students could have placed well in the national competition. I think this just reaffirms what a great program we have here at the SIUE SOP. Thanks so much to Dr. Kerr for going over the drugs with me and our other professors for passing their clinical wisdom and patient counseling skills onto us!

I would also like to thank Dean Medon, Dr. Gupchup, Dr. McPherson, Dr. Kerr and Tessa Keys who were all at this conference with us. We should be so grateful that we have faculty that is so supportive of its students!

The Expo

By: Amy Halpin, Carissa Runde and Morrissa Branham

While in San Diego, we were exposed to a city full of pharmacists. Our group specifically enjoyed attending the exposition hall everyday. Vendors from all over the country, including every aspect of pharmacy, were in attendance. This provided excellent opportunities for networking and potential for future employment. Demonstrations were provided on all of the new drugs on the market and

their impact on disease state management. These were beneficial to us for future counseling sessions with our patients. Vendors were more than generous with promotional items for their companies, as we came home with bags full of samples, t-shirts, and informational packets. APhA 2008 was a great educational opportunity for student pharmacists and we can not wait to go back next year.



SPIN Workshop

By: Matt Von Derohe

The APhA-ASP Annual meeting in San Diego was a blast. I was able to see many sights and meet new people. But it wasn't all fun and games. After getting no sleep and staying out late the night before, waking up the following morning to attend one of the first sessions of the meeting was torture. The SPIN (Student Political Information Network) workshop started bright and early at 8am just like most of the other workshops. Despite the fact that I was still waking up during the first part of the presentation, I still managed to gain a lot from the workshop and it proved to be a valuable experience. Students from many other pharmacy schools were able to share their stories of how they were advocating for the profession of

pharmacy. There was one pharmacy school who was interested in having their long distance students join up with other pharmacy schools so they would have the opportunity to attend events like Legislative Day. It was motivating to hear all of the stories brought up in the workshop. As fascinating as all of that was, there was one thing that grabbed my attention the most. One of the main topics brought up in the workshop was how to generate new APhA-ASP policy proposals. This task really falls on everyone and is important because we can help shape our profession through this process. This is really easier than one might think though. All we have to do is look at the pharmacies we work at, our internships, or our rotation

experiences. From these experiences, we can ask ourselves what aspects we are dissatisfied with and work together to come up with solutions. After some time and effort spent in wording these solutions just right, we have ourselves a policy proposal. In order to prevent duplication of old policies, it is just a matter of going to the APhA-ASP website and searching the adopted resolutions policy book. This is where the good old control F function comes in handy. So assuming the proposals are original ideas, then the real fun starts when we get the opportunity to defend them at the Midyear Regional Meeting and the Annual Meeting. Overall, going to San Diego was definitely worth my time and money. I'm already looking forward to next year in San Antonio.



Diabetes CE

By: Justin Stein and Jessica Emling

When we heard "New Products, Technology, and Treatment Options for Patients with Diabetes," we thought that this would be a great and informative educational session. However, we really didn't learn anything that we didn't already cover during the diabetes lectures of Therapeutics: Endocrine. That is definitely a testament to the cutting edge philosophy that SIUE School of Pharmacy promotes. Everything from lifestyle modifications to the new medications (incretin mimetics, recombinant amylin, and DPP-IV inhibitors) to contraindications for

existing medications felt like a mere review of existing diabetes knowledge for all of us. However, practicing pharmacists do not have the luxury of taking Therapeutics classes again and learning about all of the new medications to help manage diabetes. That is what these educational sessions are for. And for that, I applaud the efforts of those pharmacists that attended to stay up-to-date on their knowledge. That is what keeps us informed and allows us to manage the health of our many patients in the real world.



Student Leadership Workshop

By: Amy Borland

The advanced student leadership workshop at the APhA annual meeting had an interesting theme. The focus of the workshop was learning how to use your strengths to help accomplish your goals and contribute to a group effort. Students were given the opportunity to take an online strengths assessment, and an individualized action plan was generated based on their top 5 strengths. This plan included a description of traits that people with these strengths often display, and a list of ways people with that

particular strength can best contribute to a group. During the presentation it was pointed out that American society tends to honor people who overcome their weaknesses rather than those who capitalize on their strengths. This isn't always the best message to send. One example that was given was with grades. Parents tend to focus more on subjects that their child is doing poorly in, than those they naturally excel in. This isn't to say that it is ok for that child to give up on the class they aren't good in, but if they have an

innate talent for something it shouldn't be abandoned to work solely on improving on their weaknesses. Later in life it will probably be that innate talent that will bring them most success, not the subject that they struggled to improve in. So, while you will probably never be able to get away from doing those things you aren't good at, focus on what you are good at, and try to work with others whose strengths complement your weaknesses.

International Pharmaceutical Federation (IPSF)

By: Lacey Gamblin, Leslie Vonderhaar, and Krista Brown

The International Pharmaceutical Student Federation (IPSF) is one of many partners with APhA. It serves as the unifying organization for international pharmacy and offers a wide variety of opportunities to 350,000 student pharmacists from over 90 countries. One of the primary IPSF activities is the pharmacist student exchange program. Through this program, student pharmacists from around the globe can arrange unique experiences abroad in research, community, and hospital practice settings. The experiences are typically during summer months. More information about student exchange can be found at the

organization website, www.ipsf.org. IPSF encourages all student chapters to become involved with pharmacy service activities in the international community. One of its oldest sponsored programs, Pharmabridge, connects student pharmacists in the United States with those in developing countries. Through this initiative, students can donate their used textbooks to international pharmacists who either cannot afford or do not have access to adequate medical texts. Another major sponsorship of IPSF is World No Tobacco Day. This year's event is scheduled for May 31st. Though originally targeted toward Middle School students, this campaign



has grown to include student pharmacist directed education to patients of all ages, cultures, backgrounds, and social classes. Several other projects are promoted by IPSF, including HIV/AIDS Awareness, Stop Tuberculosis Campaign, Pharmacy Profession Awareness, and the IPSF Development Fund.. All of these efforts are geared toward raising awareness of pharmacy both nationally and abroad and providing interaction with patients and practitioners from every cultural background.

Patient Care Project Workshop

by Chelsee Huggins, Kris Ochs and Michelle Marek

One of the most memorable experiences for the three of us during our trip to San Diego was our experience in the Patient Care Project workshop. We were able to learn many new and innovative ideas from other chapters through round table discussions regarding the programs Project Diabetes, Operation Immunization, and the Heartburn Awareness Challenge. One chapter

from Tennessee took things to the next level with Operation Immunization by sponsoring a drive-by flu clinic in which student pharmacists administered flu immunizations to patients in their vehicles in about ten minutes. Another chapter from Florida reached out to the student body at their homecoming basketball game by taking vials filled with candy and a

heartburn awareness fact and handing them out to the crowd during half time. Other chapters utilized advertising media such as billboards, commercials played before movies at local theaters, and on public transportation as a means to educate the public. It would be excellent to see SIUE School of Pharmacy recognized for achievements next year at the APhA annual meeting in San Antonio.

APhA House of Delegates

By: Tim Gleason

The APhA House of Delegates meeting was interesting because it showed me how APhA introduces policy proposals and votes on what the future of APhA should stand for. The delegates consisted of representatives from every state and additional delegates from different organizations related to and within APhA including APhA-ASP (the academy of student pharmacists). I was appointed a delegate position for the state of Kentucky because they didn't have enough delegates representing the state and I somehow got the position. It felt a little awkward having a full delegate vote but I just voted for

where I thought that pharmacy should be in the future. One particular moment that really showed me how important the APhA-ASP house of delegates was when the president of the APhA ASP, Brandon Patterson, stood up to amend a particular policy proposal that was similar to one that was introduced earlier in the APhA-ASP house of delegates. Brandon amended a proposal about having APhA support mandatory residencies for pharmD graduates by 2020 to instead APhA encourages pharmD graduates to pursue post-graduate training. The APhA-ASP voted earlier in the day

not to support mandatory residencies and here was the APhA president standing up in front of everyone to support what the ASP thought was important. That was a small example of what I learned from sitting in on the APhA House of Delegates meeting. We have repeatedly been told that if we don't take control of our own profession someone else will. The best way to take hold of the profession is by getting involved in the governing body of APhA. By doing this, we have a strong in the future of the profession of pharmacy and how it should be directed.



2008 Annual Meeting Brings Forth New Resolutions

By: Janet Stunson

Eight proposals were selected from this year's Midyear Regional Meetings to be considered for incorporation into the APhA-ASP Policy Book, along with one item of new business. After much debate and a few amendments, this year's House of Delegates voted to adopt all eight policies as official resolutions. The new resolutions include:

- 2008.1 Poison Control Centers Hotline
- 2008.2 Health Literacy
- 2008.3 Residency and Postgraduate Training
- 2008.4 International Medical Aid

- 2008.5 Medication Distribution Systems
- 2008.6 National Controlled Substances Registry
- 2008.7 Nationwide Assessment of Pharmacy Education Resources
- 2008.8 Innovative Pharmacy Business Model

Final wording of these resolutions are currently being reviewed and will be available online in the near future. The new business was entitled "Mental Health Services in Pharmacy Schools" which was referred to committee and will be revisited at next year's Annual Meeting.

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WE'RE ON THE WEB!

[HTTP://WWW.SIUE.EDU/PHARMACY/
APHA_ASP.SHTML](http://www.siu.edu/pharmacy/APHA_ASP.shtml)



Thanks to all those who attended!!!

Janet Stunson	Krista Brown
Denny LaChance	Michelle Marek
Tim Gleason	Chelsea Huggins
Angela Chiu	Kris Ochs
Amy Borland	Diana Jason
Margo Hanerhoff	Chris Workman
Emily Collins	Leslie Vonderhaar
Justin Stein	Amy Halpin
Matt Von Derohe	Carissa Runde
Lacey Gamblin	Morrissa Branham
Michael Geisler	Jessica Emling
Michael Speck	Dr. McPherson
Tessa Keys	Dr. Kerr
Dr. Gupchup	Dean Medon

From Homeless to Harvard

By: Angela Chiu

The most memorable event for me was the keynote speaker Liz Murray. Liz Murray actually has a movie about her life, "From Homeless to Harvard" and her speech drew from her life experiences. She was a very good speaker, and it was easy to get caught up in the story of her life, but the thing that stuck with me the most was her message. She spoke about

being thankful for the things we are blessed with and that we often times take for granted, such as our health, our families, and the opportunities that we have been given to be where we are today. As she spoke about her life, she emphasized that she would not be where she is today if it weren't for the helping hands that supported her along the way and gave her the

strength to completely change her life. Her message to us was that as pharmacists, and future pharmacists, we have the ability to reach out to our patients and give them a helping hand. That helping hand can change our patients' lives significantly and guide them towards a better, healthier future.

Meet Your New National Officers

Elections were held at the APhA-ASP's House of Delegates Final Session. Your new 2008-2009 National Executive Committee includes:

President:	Brent N. Reed from the University of Tennessee
President-elect:	Adriane N. Irwin from the University of New Mexico
Member-at-large:	Andrew S. Bzowycyk from the University of Connecticut
Member-at-large:	Morgan Jones from the University of Louisiana-Monroe
Speaker of the House:	Joey Mattingly from the University of Kentucky



We hope this gave you a taste of what it was like to be at APhA 2008 in San Diego. We hope to see you next year at APhA 2009 in San Antonio!