



Welcome to the Class of 2016!

The Script Team would like to welcome the Class of 2016 to the University of Houston College of Pharmacy family!

Traditionally, each academic year in the first issue of The Script, statistics of the new P1 class are included. This is a way for the new students, as well as the rest of the College of Pharmacy, to learn more about the backgrounds of the incoming Pharm.D. class. So please help us welcome the Class of 2016!

October 2012

Volume 4, Issue 2

Special Points of Interest

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Facts and Figures for the new P1 Class

Number of students: 110

PrePharm GPA: 3.57

Math/Science PrePharm GPA: 3.48

PCAT Composite Average: 78.0

Number of Students with Previous Degree: 51 (46.36%)

Number of males/females: 46/64

In addition to these statistics, we had a couple of P1s submit to us an expose of their life before pharmacy school. Take a look!

Katy Dycus



The Script

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A friend sent me a book in the mail a few days ago. Underneath the wrapping (which was addressed to “Madame Katy Dycus”) lay the book’s cover: *Your Memory: How it Works and How to Improve It*, Kenneth Higbee, PhD.

Over the summer months, I spent many a day in a coffee shop with a good number of good friends, realizing that I would be moving to Houston soon. On one such day, over French pressed coffee and bagels—the cheapest items on the menu—I revealed some of my fears regarding pharmacy school, namely that of memorizing so much material in so little time. Higbee’s book arrived in the mail a few weeks later, just in time for my first cells exam. Inspired by the book, I subsequently performed a Google search on “how to improve memory,” which generated 327,000,000 results in 0.22 seconds.

My fascination with memory originated in Glasgow, Scotland, where I was involved in a course called “medicine and literature.” The topic led me to a literary research project on women, music, and performance in three Jane Austen novels. In *Sense and Sensibility*, for instance, I analyzed the moments in which Elinor Dashwood understood and evaluated her own emotions through musical memory—episodes where song generated an emotional response evoking an earlier musical performance. In nineteenth century British Romanticism (Austen’s era), cultural memory overshadowed personal memory, and so it was brave of Jane Austen to explore an individual’s memory—a *woman’s* memory—through music.

Continued from Katy Dycus

Oliver Sacks, a neurologist and psychiatrist teaching at Columbia Medical School, published *Musicophilia: Tales of Music and the Brain* in 2007. He devotes a significant portion of the book to the study of music and its relationship with memory. One chapter deals with a man whose memory spans only seven seconds—for everything but music. He has written about Alzheimer's patients who cannot interact with the past except through favorite wartime songs. He highlights stroke victims who can only relearn how to speak through singing their words out loud. In a review for *The Washington Post*, Peter Kramer wrote that "Sacks justifies the medical profession and, one is tempted to say, the human race." Sacks is most vibrant when immersed in the melodies of his patients and by extension, their memories.

Much has been written on the human brain and its capacity to remember. Kenneth Higbee's book offers us a multitude of strategies for memorizing difficult material—from visual mnemonics to mental filing to link and story systems to phonetic systems. I've seen plenty of strategies already in my first month of pharmacy school. Here's a brilliant, yet disturbing mnemonic a classmate gave me for memorizing the essential amino acids: **L**ions (leucine) **K**ill (lysine) **M**onkeys (methionine) **I**n (isoleucine) **T**he (threonine) **R**ain (arginine) **F**orest (phenylalanine) **W**hile (tryptophan) **H**arry (histidine) **V**omits (valine). And this image emerged while studying for a pharmaceuticals exam: Mr. Weak Acid (who I visualize as a Dr. Seuss type of household pet, a nine-foot Gleech) completely falls apart when he's surrounded by his enemies, the bases! In other words, above the pH of 8, weak acids dissociate. Sometimes, I repeat nuggets of information in the shower, while on the treadmill, or while scrubbing the dishes clean. That repetitive motion and sound quality (of water, jogging, scrubbing) reinforces the information I'm trying to repeat to myself.

But now that I have a key to the piano practice rooms at the University of Houston, I want to develop musical strategies to help me remember. Maybe I'll have no emotional connection to the content of my coursework, but the melodies and rhythms will enhance my ability to remember. Music is perhaps my most treasured pastime and represents an element of calm amidst the storm. I can recall so many times when just a little background Yann Tiersen or Simon and Garfunkel diminished my fears. Plus, who has time to worry about memorizing when all of your time is spent doing that very thing! Who knows, maybe when pharmacy school becomes a thing of the past, I will still remember that lions kill monkeys in the rain forest while Harry vomits (it also works if monkeys kill lions). Until that point, I will flock to more frightful images and make them dance to music.

Continued from Ryan Daussat

BUT, I'm ready to meet these new people. There is no question in my mind—I will know many of my classmates for the rest of my life. We're about a month in, and I have that certainty already. Former outsiders will become insiders that tell inside jokes. This is where the familiarity fades in. We have started since playing a Bingo name game during Orientation. We will finish on down the line at an unknown time.

Back in DFW, I have my wife. She has been my familiarity since our first date on September 28th, 2002. If it were not for her full support, *I would not be here.*

Ryan Daussat

I am going to use DFW for my city, but for the reader, please feel free to insert the name of your hometown whenever 'DFW' comes up. I can speak for many classmates here, as well as countless others: we have all experienced the fading of familiarity.

Back in DFW, I am comfortable with the road. The familiarity almost gives rise to pseudo-superhuman powers, like being able to subconsciously determine which shortcut to take depending on the degree of traffic intensity—kind of like Ellen Page's character from the movie *Inception*.

Internal Dialogue:

I'm scared I'll miss the turn. What if it's raining? I can't be late to class. I've never seen the parking lot look so bad. What's my exit? Elgin? Wait, my GPS is calling it Westheimer.

BUT, I'm not afraid of a new map. I'll drive amongst the others that know the fading of familiarity, and through certain struggle, we'll find a way to cope with the concrete labyrinth known as Houston.

Back in DFW, I have friends and family I've known for a long time. There are people that know me so well, they could tell you what I'm going to write next here, as well as other possible sentences I chose not to write, and the "why" behind choosing not to write them. Wow... That's kind of creepy. Talk about a superhuman power, right? I couldn't ask for a better kind of creepy. I can be there with them, and I won't miss a second of conversation and good benevolent environment.

I want my mom and dad to laugh at my jokes. I hope my classmates are okay with my humor. I want to high-five my friends when we "remember that time when..." I'm bringing the high-five back. I want to hear my grandfather tell another story. I don't want to get a late night phone call about my grandfather.



Continued from Ryan Daussat

It's August 18th, and there are cardboard boxes being emptied in my apartment. Three of my top ten reasons to live are standing in front of me as the four of us reluctantly look down toward the ground, fully aware of the impending departure. My dad stays strong for my mom for the 4 and ½ hour drive ahead. Admittedly or not, I know he felt the thick throat feeling when he hugged me goodbye, even if it was only slightly. I wipe my eyes under my sunglasses. My mom was just shy of hysterical – she could have stood there hugging me for eternity and I could have hugged her just as long. My parents, now embracing each other, turned away from their 29-year-old familiarity, and went to wait in the car – next stop, DFW.

I then turned to her. My chin is trembling and I can't talk. I don't want to say the words. I don't want to make it real. I don't want her to go. I take off my sunglasses and let go. She runs up and hugs me tightly, as we are standing in a Houston apartment... as we are signing the paperwork for our first house... as she is telling me her grandmother has died... as she is saying "yes" when I ask the question...

"Thank you for letting me do this," I said. She then held me tighter.

At 3:28 P.M., I watched my wife leave for the first time.

I've got the fuel. I'm ready. The Class of 2016 is ready. Let's rock it, UH.

Getting Involved

By Quintin Broussard



Above: Quintin Broussard and PDC brothers at a National Conference in Kentucky.

When I first arrived at the University of Houston College of Pharmacy, I did not know a lot about the profession of Pharmacy. I knew that pharmacists did a little bit more than putting pills into bottles and talking to patients, but I did not realize the amount of leadership skills that one needed to be a pharmacist. Pharmacists are at the forefront of drug therapy. No one knows more about drugs than we do, so in that sense, we have to be able to lead in issues of drug therapy by communicating our expert opinions to other health care professionals. Therefore, without a background in leadership, it may be difficult to communicate our thoughts to others. As a result, the person that will suffer the most from a lack in Pharmacist leadership is the patient because they will not get the adequate drug therapy they need if we do not speak for our profession.

Throughout my first year here, almost every organization I went to encouraged leadership and activity. At first, I was reluctant to run for leadership positions because I did not know if I could do it. Memories of hearing that



Pharmacy School is a 24/7 job and that studying would take up my life scared me away from getting more involved. Eventually, I figured out that participating in organizations was doable once saw how much time I needed to dedicate to school.

I remember a few days ago, someone posted on Facebook about having to pick two out of three things to do in school because of limited time: study, sleep, or have a social life. I'm here to tell you that you can do all three if you manage your time right. Almost everyone appropriates different amounts of time to each aspect. Personally, I probably sleep more than studying and having a social life, hehe, but I still appropriate time to do a little bit of everything, and that is where organizations come in. In addition to being active in the profession of pharmacy and taking on leadership positions, organizations allow you to have a social life by being able to bond with your classmates while striving towards a common goal. For example, I have been to many organization conferences (both regional and national) where I have made friends from other schools and other states, and I still keep in contact with a lot of them.

If you take one thing from this article, it is to get involved! Of course, our studies are our first priority, but you can't focus 100% of your time on studying (maybe just 99.9%, hehe). You'll go mad otherwise! In addition, you get so much out of participating in organizations that you can't get inside the classroom, such as leadership skills, networking/making friends, and most importantly, having fun!



A Day in the Life of Managed Care

by Hiva Pourarsalan

My name is Hiva Pourarsalan and I interned with Prime Therapeutics Pharmacy in Dallas over the summer. Prime Therapeutics LLC is a Pharmacy Benefit Manager (PBM) headquartered in Eagan, Minnesota. The company is privately held by organizations representing 13 Blue Cross and Blue Shield (BCBS) plans in different states. Prime Therapeutics has contact centers in Omaha, Nebraska and Irving, Texas, and operates two mail-service pharmacies in Irving, Texas, and Albuquerque, New Mexico.

During the first couple of weeks of the internship, I shadowed technicians in the area of Data Entry and learned about the computer system. I then shadowed technicians in the backend (filling part) for 3 days. By the third week, I shadowed the pharmacists in both the front end (verification of prescriptions on the computer) and back end (verification of medications). I attended flow meetings in the morning with all the pharmacists managers in which the volume of the medications were discussed and I watched how managers shifted the different areas they wanted their pharmacists to work on. I also shadowed the Pharmacy Resource Center (PRC), which consists of pharmacists and technicians answering clinical phone calls and counseling patients on their medications. I spent a week with the Quality Department and attended meetings pertaining to ways to improve quality. I spent one day with the Vice President of the company and discussed the kinds of decisions he has to make on an everyday basis. I helped the PRC pharmacists with transfers in and out of the pharmacy. I also worked on several projects pertaining to different state laws pertaining to filling of control medications, medication efficacy, generic substitution laws, and one major project about ways to improve the system in order to avoid Protected Health Information (PHI) violations. If you have any questions, do not hesitate to contact me: hpourarsalan@uh.edu

DRESSCODE

Pharmacy Council has been getting complaints that students are not adhering to the rather lenient dress code regulations we have here at University of Houston College of Pharmacy. Please remember that organization and fraternity t-shirts should only be worn on days that that specific organization has a meeting and non-UH affiliated garments are prohibited. Failure to comply will result in punishment Pharmacy Council would rather not enact.

Your Pharmacy Council Officers

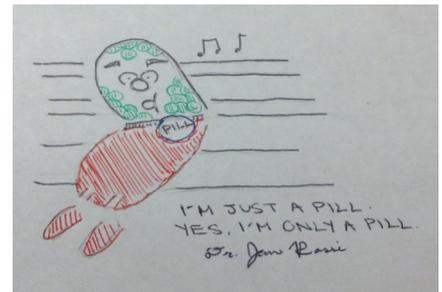
RANDOM FACT OF THE MONTH

There's about 7 times more Vitamin C in pine needles than in lemons.
What is the log P of Vitamin C?

Answer: -1.5

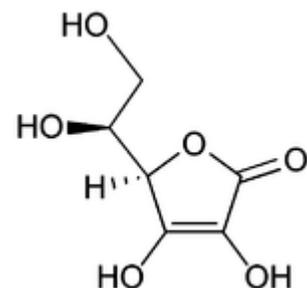
PLEASE CONGRATULATE THE NEW 2012-2013 RHO CHI INDUCTEES

Catherine Carey
McKinsey Ford
Narmadha Ganesan
Susan Hammoude
Claire Hung
Melanie Laine
Amy Lehnert
Jennifer Lim
Nancy Mai
Omik Patel
Mariane Pham
Ha Phan
Kristy Robinson
Danielle Stifter
Vu Ta
Duke Torres
Lina Tran
Mariel Valdez
David Villanueva
Timothy Virene
Alexandra Whiddon
Janaye Woods



MARK YOUR CALENDARS

Pharmacy Council Elections
will be held on November 7th.
Submit your paragraphs by
November 2nd!!



Vitamin C Structure

AMERICAN PHARMACISTS MONTH (APhM)

Vision:

- Recognizes pharmacists in all practice settings for their commitment to patient care and contributions to healthcare through improved medical use

Strategy

- Motivate colleagues
- Educate patients
- Engage and inspire community



American Pharmacists Month

APhM Goals:

- To **recognize the vital contributions** pharmacists make to health care in the United States
- To **enhance the image of pharmacists** as the medication experts and an integral part of the health care team
- To **educate the public, policy makers, pharmacists, and other health care professionals** about the role pharmacists play in reducing health care costs and the safe and effective management of medications
- To **promote** the importance of “**Know Your Medicine, Know Your Pharmacist**” in the **safe and effective use of medications**

Professionalism Week

- October 8th—Professionalism Day
 - Picture with Dean Lamar Pritchard at 12:00 pm in white coats
 - General Meeting
 - Speaker—Justin Redding, APhA-ASP National Member-at-large
- October 9th— Call to Action!
 - APhA Key Contact Network
 - Perform “Call to Action”
- October 10th— Pharmacist Appreciation Day
 - Pharmacist Faculty and Preceptors Appreciation Certificate
- October 11th—APhA Political Action Committee (APhA-PAC) Fundraising
 - Who they are: Support candidates for federal office who support pharmacy issues/recognize value of pharmacists
 - \$1/month to the PAC and invite faculty and staff or other practicing pharmacists to match those donations
- October 12th—Through the Eyes of the Student
 - P1—Beginning The Doctoral Program
 - P2—Pharmacy Internship/Elective Courses/Special Projects/Research
 - P3—Introductory Pharmacy Practice Experiences
 - P4—Advanced Pharmacy



Upcoming APhM Events

- The Patients in the Community
 - October 12th—Bayou Manor Nursing Home
 - October 13th—Feria de Salud (Operations Diabetes)
 - October 18th—Woman’s Extravaganza
 - October 22nd—General Meeting
 - October 23-25th—UH Health and Wellness Week
 - October 26th—World Wide Web Community Q&A
 - October 28th—Homes Clinic
- October 17th—Make Your Mark in the Media Day
- October 17th—Letter Writing Campaign
- October 19th—Online Interaction with Legislative



DRUG OF THE MONTH

The New England Compounding Center (NECC), a Massachusetts-based pharmacy, is under heavy scrutiny after a preservative-free steroid injection they manufactured led to a rare meningitis outbreak that resulted in twelve deaths and over 120 people sickened. Patients contracted the disease after being injected in their spine with **methylprednisolone acetate**, a drug used to treat pain and inflammation, and it was found that the medication was contaminated by a fungus which has been discovered to have made a prominent niche in the NECC. Due to this, the pharmacy has surrendered their license and also issued a recall on their other products as well.

Methylprednisolone acetate

What did the doctor tell you the medication is for?

The medication is used to treat pain and swelling that occurs with arthritis and other joint disorders.

How did your doctor tell you to take this medication?

Shake this medication well. The medication is injected into the joint. Be careful on how much pressure you put on the syringe. The drug should be a milky white color; if it is not, do not use it.

What did your doctor tell you to expect?

It decreases your immune system's response to these conditions and reduces symptoms such as swelling, pain, and allergic-type reactions.



INTERNATIONAL DAY 2012

NOVEMBER 15th, 2012

OUTSIDE SR2

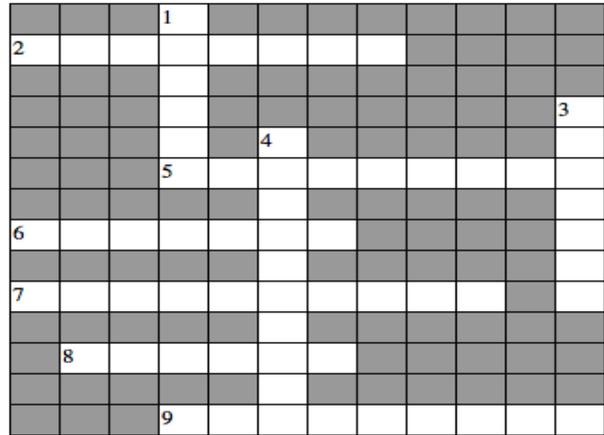
COME OUT AND SUPPORT THE P1s

Scramble the word

Hint: Most commonly used antiadherent

GUIAMMESN TESERATEA

CROSSWORD PUZZLE



ACROSS

2. Brand of Fluconazole
5. Generic of Mobic
6. Brand of Mirtazapine
7. Generic of Neurontin
8. Brand of Amitriptyline

DOWN

1. Brand of Tramadol
3. Brand of Memantine
4. Generic of Prozac

HOW TO DISPOSE OF UNUSED MEDICATIONS:

If no instructions are given on the drug label and no take-back program is available in your area, throw the drugs in the household trash, but first:

- Take them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.
- Put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.

FRIDAYS @ 5!!

"Fridays @ 5," an interfraternity review session, happens on Fridays from 5-7 PM. During this time, tutors hold exam review sessions for Pharmaceutics, Organs, and Cells based on the P1 test schedule and the availability of the tutors.

These reviews are open to ANYONE to attend and ANYONE to help hold the review session. Handout and snacks will be provided when available!

If you are interested in helping out, please contact one of the following:

Greg Alquiza: gvalquiza@uh.edu

Gia Castorina: gncastorina@uh.edu

Zachary Roberman: zkroberman@uh.edu

UPCOMING REVIEW SESSION:

October 19th: Organs Exam 2/Pharmaceutics Exam 3

A MESSAGE FROM KAPPA EPSILON

"If anyone is still interested in joining Kappa Epsilon, then please sign up through our email. This is an excellent opportunity for leadership experience and a chance to help rebuild this organization. With your help we can continue expanding our fraternity so that we can make a larger impact on our community.

We are a small service organization, and we have accomplished much over the past year. From hosting events to volunteering with breast cancer organizations, we have done it all with the help from our own members. It has taught each and every one of us how to be a leader in our own way. It has given us the chance to really grow and prove to ourselves that we can accomplish more than just academics. We have all become aspiring pharmacy students with a passion for a cause that is greater than our own desires.

We are looking for people who are dedicated to helping us improve our fraternity. Please email us at uh.kappa.epsilon@gmail.com if you have any questions, or feel free to talk to any member of KE."

Clockwise from top right:

- 1) KE brothers enjoying each other's company in the SR2 break room
- 2) KE members Sean Garcia and Shane Tolleson shadow a nuclear pharmacist at Cardinal Health.
- 3) The Kappa Epsilon Upsilon chapter



Texas Dragon Boat Regatta

Compete in Dragon Boat race with VAPSS! It is free for VAPSS members and only \$10 for non-members!

VAPSS is still accepting participants so if you missed the deadline to sign up but still want to join, please contact the executive officers.

Race Day

Date: Sunday, October 21

Location: Brooks Lake at Fluor Daniels Campus (1 Fluor Daniels Dr. Sugar Land, TX 77539)

Time: 8AM—4PM

Crossword Answer:

Across

2. Diflucan
5. Meloxicam
6. Remeron
7. Gabapentin
8. Elavil

Down

1. Ultram
3. Namenda
4. Fluoxetine

Scrambler Answer:

Magnesium Stearate

The Well Woman Extravaganza is a collaborative health effort between the Collegiate Cancer Council and the CCM Foundation for Aids Awareness held in October that focuses on educating young men and women on breast cancer, human papilloma virus (HPV), cervical cancer, and reproductive health in general. The event is held on the University of Houston campus, and is open to the public. We provide screenings, such as: glucose, cholesterol, vision, syphilis, STD/HIV testing and free HPV vaccines with scheduled follow-up for the 2nd & 3rd series. Students are able to listen to a panel of health experts discuss a topic in relation to a health issue. Many outside organizations are involved in making it a success, including Legacy Community Health Services, UH Health Center, Women's Resource Center, Harris County Hospital District, Houston Department of Health & Human Services and multiple UH health-oriented student organizations. We encourage student participation by providing food and raffle prizes. Last year, over 400 students, staff and faculty participated.



ORGANIZATION SHOUT-OUTS



NCPA UHCOP was ranked second in the nation this year (1st Runner-up for Chapter of the Year)! We would like to congratulate immediate past-president Bobby Clay (who also took home a scholarship) and his fellow 2011-2012 officers for doing a superb job. We hope to continue the legacy this year and take home an even bigger prize at next year's convention.



SSHP would like to congratulate the following CSC Competition winners:

P1/P2 Honorable Mention: Zachary Kirk & Gregory Alquiza

P1/P2 Winners: Tara Molina & Erin Chartier

P3/P4 Honorable Mentions:

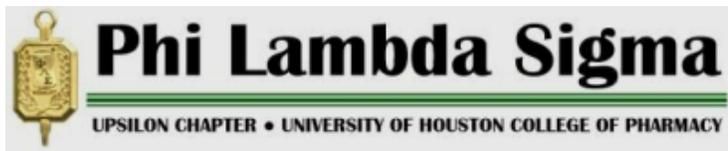
Jessica Preston & Rachael Bedard

Leah Rickert & Jennifer Kelm

Twisha Patel & Ashton Stinnette

And...the team that will be representing University of Houston College of Pharmacy at ASHP in Las Vegas is...

Amy Lehnert & Melanie Laine



Are you interested in becoming a member of **PLS**? Visit our "How to Apply" page to see our application requirements! The 2012-2013 PLS Application will be opening on **October 31st**. The deadline to apply is **Friday, January 18, 2013**.

SNPhA Alumni/Pre-Pharmacy Alumni Student Dinner

When: November 2nd @ 6:30

Where: Hilton University of Houston Hotel - 4800 Calhoun Street, Houston, Texas 77204-3028



The Script Team Credits

Katy Dyeus — Writer

Ryan Daussat — Writer

Hiva Pourarsalan — Writer

Wondering what's new at our college and university? Got ideas you would like to share to make our college run better? **ATTEND A PHARMACY COUNCIL MEETING**

Date: October 31st, November 14th

Location: SR2 Rm 128/129

Time: 4:30PM-5:30 PM

Is there something you would like us to write about in our next issue?

Let us know in an e-mail at script.uhcop@gmail.com!

Thanks,

The Script Team

