

PharmDigest

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PCOM SCHOOL OF PHARMACY

Pharmacy Student Council

2020-2021:

President:

Amanda Aiad, Class of 2022

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Jorie-Anne Morris, Class of 2022

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2022 Class Representative:

Ganiat Asuni, Class of 2022

2023 Class Chair:

Lauracelis Ramos, Class of 2023

2023 Class Representative:

Kathleen Anne Leonardo, Class of 2023

2024 Class Representative:

Andrew Wilson, Class of 2024

Amanda Aiad, Class of 2022

President of Pharmacy Student Council



Greetings, My name is Amanda Aiad and I am in my third-year at PCOM Georgia currently serving as President of Pharmacy Council. On behalf of Pharmacy Student Council, I would like to officially congratulate and welcome the first-year class, as

well as returning students, on completing this term in unprecedented times. Pharmacy Council serves to act as an advocate for the student body of PCOM Georgia School of Pharmacy. The Council works to ensure cohesion and unity between students, organizations, administrators, and faculty. Pharmacy Student Council is composed of students elected from various classes uniting together for one common cause – to empower the profession of pharmacy.

Despite being in tough times right now, I would like to share some words of encouragement. Remember, we are all here to serve a specific purpose by choice rather than by chance. We all got accepted into pharmacy school because there is something unique about us that made us stand out among other applicants. We are capable of becoming the future providers of the healthcare profession that we all desire to be. Now is time to showcase those qualities and potential that makes us exceptional. In the process, we also must not forget to take care of ourselves and our mental health as well as rewarding ourselves along the way.

I wish everyone great success this academic year!

Andrew Wilson, Class of 2024

Class Representative

My name is Andrew Wilson and I am the representative for the Class of 2024. I was born and raised in Alpharetta, Georgia and have worked for 15 years as a pharmacy technician and compounding technician nearby at Dunwoody Pharmacy. In my time at Dunwoody Pharmacy, I

have found a passion for both sterile and nonsterile compounding. My favorite thing about compounding is the wide variety of patients we service. It is amazing to have the ability to customize medications that meet the specific needs of everyone ranging from minor illnesses to cancer patients, cats/dogs, or even a Rhinoceros. Outside of pharmacy, I am a drummer and played on the drumline at both Centennial High School and at the University of South Carolina. I received a Bachelor of Science in General Biology from Kennesaw State University. I am an eagle scout. I enjoy hiking, nature photography, latin dancing, and playing on a tennis team.



My goal as representative is to see everyone in the Class of 2024 succeed. We face obstacles never before seen due to the coronavirus, and navigating these difficult times requires teamwork and making sure our voices are heard so that we receive equal opportunities as previous classes. As class representative, I am here to voice any and all concerns that arise from the class, promptly deliver important information from teachers and administration, and provide direction so that nobody

is left behind as we experience pharmacy school together. I feel that success in pharmacy school is a collaborative effort and I will do my best to foster unity and communication among the class of 2024. I could not be more proud of the ability of the class of 2024 to come together through media and shared resources despite our lack of face to face communication and I am honored to be the voice of this amazing group of people.

Congratulations to all Pharmacy students!

Lawrence Uwaeke PharmD class of 2020

Former Council President

Congratulations to everyone for making it to this point in your respective educational careers. You have worked hard to reach your current level and deserve a moment of applause for your efforts. However, it is important to not take too long breathing in that sigh of relief, because there is still more work to be done. Remember that your goal was not to make it into pharmacy school, it's to become an actual pharmacist. To do that it's important to continue demanding more of yourself, and the fact that you're reading this right now means you're capable of doing so. However, what's different from what you may be accustomed to is that simply demanding more of yourself in the classroom is no longer enough. You're now in professional school, which means that you will be faced with professional realities, and part of that reality is that your network determines your net

worth as much as your education does. Having knowledge without the network or network without the knowledge limits the potential of your future, and thus why I am giving you this advice now. Understanding the options you're now privy to (there are many), choosing your path, and developing your network are now concepts equally important as grades. Luckily, you've chosen to attend a pharmacy school that has the faculty, staff, and alumni equipped to assist you in these endeavors. That doesn't mean you won't experience your highs and lows, but it does mean that for every low you experience there's a hand ready to reach out and pull you up. Hopefully, when you leave this institution, you'll be able to see the beauty in the struggle.

Congratulations and good luck!

Lawrence Uwaeke, PharmD Class of 2020



Words of encouragement to pharmacy students

I remember greeting the new students two years ago as Pharmacy Council President and saying that the starting begins upon entrance to pharmacy school. While that still holds true, the fact of the matter is that even I didn't understand the gravity of what that meant. The world of pharmacy is currently at an impasse due to our roles as healthcare providers evolving and a saturated market where 300 people compete for 1 open position (not an exaggeration). It is to a point where conversation is about whether the PharmD is simply an introductory level certificate now. While that may sound grimacing, rest assured that I am not painting a picture of hopelessness. It is Dr. Ghilzai's job to scare you, not mine (Sorry, Dr. Ghilzai). Instead, my job with this article is to tell you that with clarity and adaptability; you will be able to be where you want to be despite everything I said. As a pharmacist there are numerous fields for you to work in; that means it is important early on in your pharmacy school career to gain clarity in what avenue(s) to pursue. Adaptability comes after clarity because once you figure out the places where you want to go, you start planning how to get there.

Unfortunately, the path of least resistance to gain both clarity and adaptability is to increase your workload. As I mentioned, obtaining your PharmD is now introductory level. That means using it to create the type of living for yourself you want, or to work in a space where you desire requires more than simply graduating. This is true even for the students who want to pursue a job in general such as retail pharmacy and thought that simply doing the

minimum would be enough. Grades and what occur inside of the classroom are important, but just as important are the steps you take outside of the classroom to build your understanding and network. As a P1 and P2, you should spend some of your free time researching the various roles a pharmacist can have and narrowing down your choices of fields to go into. Gaining your clarity early-on affords you time to talk with professors and your advisor on how to navigate your future easier. Start figuring out requirements, certifications, internships, fellowships, and everything in between earlier rather than later. If you do this now, it will put you into a position where your PharmD means more than the other 15,000 students who graduated with the same degree applying for the same positions. As a P3, it's not too late to start leveraging your position but the clock is ticking. Ideally, you've already begun to flesh out your network and developed your plan. However, if you haven't; then it becomes even more important for you to utilize your resources within the school (i.e. Faculty, staff, clubs, etc.) to accelerate your development. The goal I would recommend is to get to a point where you're able to choose 4th year rotations with a purpose in mind of what you want to accomplish. Lastly, for the current P4 students, if for some reason you're still struggling putting things together; then the age-old rule of "It's who you know, more than what you know" means even more in your case. Develop good relationships with your preceptors, reach out to alumni from the class before, and that can help bridge some of that gap. Pharmacy is evolving, hopefully the advice I gave will help prepare you to stay ahead of the curve.

Regards, Lawrence Uwaeke, PharmD Class of 2020

Congratulations to the Class of 2020



It was a very unusual way to celebrate the graduates due to COVID-19. A virtual commencement for the Pharmacy program was held on July 29th, 2020. The dean and chief academic officer of the School of Pharmacy Dean Shawn Spencer, PhD, RPH said his final words and encouragements to the Doctor of Pharmacy Graduates.



Class Chair of class of 2020

Obinna Ekechukwu, PharmD class of 2020



Ganiat Asuni, Class Representative of 2022

Summer Internship with NCPA organization

I was super excited when I realized I will be moving to Arlington, VA for about 2 months of the summer but unfortunately COVID had it's part to play. Gratefully, my internship wasn't canceled rather it became a remote internship. I worked with lots of great pharmacists learned a lot about research, policy, and more about NCPA as an organization. It opened lots of doors for me to network with the pharmacist & the CEO of NCPA.

I decided to apply for a Internship with NCPA because my friend from a different school told me it will help me see a different side of pharmacy. I was never in a office setting apart from the usual hospital, clinic, and retail setting. I also wanted to put my name out there. Starting my 2nd year of pharmacy school, I started becoming unsure of the area of pharmacy I wanted to go into at that point I felt it will be a great opportunity to help me see

another aspect of Pharmacy. My main goal, before pharmacy school was to start my own pharmacy. My internship opened lots of knowledge like finally knowing NCPA can help create a business plan for my business, look for business partners with same **interest as me, and they have different seminars to help in the process of opening my pharmacy.**

One of my best pharmacy experiences I have come across so far! I was on the NCPA E-board on campus last year and I told myself I will do something different during the summer as a student pharmacist. I love to challenge myself in anything I do and I never give up in anything I do. I was discouraged by few people because no one from PCOM ever got the summer internship. If you know me you know I love to prove people wrong and put in the work so I can make it.

I can't wait to join the NCPA team at some point of my career after pharmacy school. My internship opened so many opportunities. I am thankful to the PCOM NCPA organization for opening doors for me to have such a thrilling experience. I encourage those who are interested in a Pharmacy ownership to apply to join NCPA and apply for their summer internship!

Brent Rollins, PhD, RPh
Associate Professor
Department of Pharmacy Practice

“Things we should say more often”



Recently, one of your classmates reached out to me and asked if there was anything exciting that had happened that I'd like to share for the Digest. Well, I didn't really know, so I asked “exciting for me or exciting in general?” Her response became more focused, looking for encouraging and uplifting words during these unique and trying times. I let her request marinate, trying to figure out how to be both encouraging and uplifting in an academic and just plain human sense. Then, it came to me. Something I have saved on my phone from author Jon Gordon re-appeared on social media.

The current P3s should remember who Jon Gordon is, as he's the author of the Power of a Positive Team book we went through in the Personal & Professional Development II course last winter (and the P2s will dive into this winter). In that course, we

learned how to do things like change our perspective from “have to” to “get to.” For example, I don’t “have to” workout, I “get” the opportunity to improve my overall physical and mental health. Below is what I described above from Mr. Gordon, and we’re going to look at a few of them and maybe how we can all apply them.

20 THINGS WE SHOULD SAY MORE OFTEN

1. I love you.
2. I believe in you.
3. You are worthy. You deserve it.
4. The best is yet to come.
5. Stay positive.
6. I was wrong. I’m sorry.
7. Please.
8. How can I help?
9. I’m here for you when you want to talk.
10. You can do it.
11. You’ve got this and God’s got you.
12. Please forgive me.
13. I forgive you.
14. I’ve got your back.
15. I’m open to your feedback. Make me better.
16. You’re not alone.
17. Even if we disagree, we can still be friends.
18. You matter.
19. Thank You.
20. There is greatness inside you.



You’ve probably heard the phrase “actions speak louder than words.” Well, that is often true, but, as Gordon says “the words we speak matter. They help to shape the world around us.” Thus, let’s examine a handful of the 20 things we should say more often.

#1 – I love you.

Family, friends, spouse, significant other and just other important individuals in your life. A whole host of individuals in our lives have helped us get through the craziness that has been COVID-19. Never stop letting them know what they mean to you.

#4 – The best is yet to come.

There is light at the end of the tunnel. We will be back together in the classroom, building and all across campus learning and working to help make you the best pharmacist you can be. Before you know it, you will be a practicing pharmacist, taking care of patients and being a leader within your community.

#5 – Stay positive.

In you are a sports fan, you probably watched “The Last Dance” documentary that ESPN did during the height of quarantine life on Michael Jordan’s last season with the Chicago Bulls. The entire documentary was fantastic, but the biggest revelation was how overwhelmingly positive Michael Jordan was, at one point saying “why should I be afraid of a shot I haven’t taken yet.” His belief in himself and the continual choice he made to stay positive no matter what is something we all can choose to be.

#9 – I’m here for you when you want to talk.

I’m quite certain I speak for all of the faculty when I say we are here for you. We are here to ensure your success. If you are struggling to understand concepts, reach out. If you aren’t performing on exams as well as you’d like, let’s discuss. Our current world has physically pushed us away from each other, but that does not mean we are not here for you. If an email, quick Google Meet or even the tried and true phone call is needed, we are here for you if you need to talk.

#16 – You’re not alone.

The opposite might seem true in our current state of living, but it is not true. You are not alone in this journey. As I mentioned above, we as a faculty/school are here to ensure your success. As classmates, I know the GroupMe is always flowing with information, but also use it to reach out to your

fellow classmates, share positive news or daily motivations.

#19 – Thank you.

Two simple words we undoubtedly don't say enough. Thank you for your perseverance and patience through all of this. Thank you for your efforts to engage in class. Thank you for doing your part to follow the protocols our school has set up. Thank you for all your help with accreditation. Most of all, thank you for choosing to be a part of the PCOM family.

#20 – There is greatness inside you.

If we as a school didn't believe that, you wouldn't be here. We must all remember, though, that greatness comes in many shapes and sizes. Giving a classmate a ride to school when they need it, helping each other understand what's going on in class or sending a positive text when you know someone has had a bad day. In the end, your actions, especially on assessments and exams, are vital, but how you speak and the words you use matter just as much in our profession. Choose them wisely, don't forget the words above, and go be great today!

Date to remember:

ASHP – Midyear Clinical Meeting and Exhibition

December 6-10, 2020
Virtual experience

<https://www.ashp.org/Meetings-and-Conferences/Midyear-Clinical-Meeting-and-Exhibition?loginreturnUrl=SSOCheckOnly>



Joseph Monplaisir, Class of 2021

APPE Rotation in Ambulatory Care

Starting my 4th year in pharmacy school was a different experience. I had to apply the clinical skills that I learned throughout my previous 3 years in the classroom setting. I will briefly discuss some of the knowledge that I gained from the classroom which helped me succeed in my role as an intern pharmacist. During my first 3 years in the classroom the program focused on teaching by a systems based method, where we were taught material from physiology to therapeutics for a particular body system before we would be tested

on that and before moving onto another body system. The experience I gained from the pharmaceutical sciences gave me a great platform to work independently during my first rotation which was ambulatory care. I was then given the privilege to work with Dr. Holaway, where I got my first opportunity to practice in multiple environments under his supervision, that work helped me develop more confidence in what I have learned throughout my didactic years. I also dealt with the beginning of a drastic lifestyle changes from the current COVID-19 pandemic. I am grateful that my preceptor was very understanding and patient with me throughout all my personal challenges.

Choosing ambulatory care was a great idea, the experience focused on providing healthcare by following guidelines and evidence-based care, these standards allowed me to interpret what was required in order for me to stay within the scope of practice. The ambulatory setting operated within an interprofessional team and provided patient care through medication use and patient outcomes which was patient-centered, this collaborative care included, physician medical residents. Dr. Holaway promoted health and wellness as well as disease prevention and educational resources to improving patient outcomes of medication use. This also allowed me to focus on medication management of chronic illness such as diabetes, hypertension, coronary artery disease, dyslipidemia, asthma/COPD, and heart failure.

Depending on which rotation you select, the patient care provider domain may slightly vary depending on what your role will be. To be successful you should be able to collect information to identify a patient's medication related problems and health related needs, prioritize health related needs and most importantly establish patient centered goals and create a care plan for a patient in collaboration with the patient and other health care professionals.



Joseph Monplaisir , Class of 2021

Pharmacy Student Council Vacancy

If interested in running for any of the positions below email:

Pharmacy_student_council@pcom.edu

Council positions are held for one year term and are elected annually. Also, all members must attend monthly SGA meetings.

Vacant spots:

- Vice president
- Secretary

Pharmacy organizations to join:

International Society for Pharmacoeconomics and Outcomes Research – student chapter (ISPOR)

ispor@pcom.edu

ISPOR – the professional society for health economics and outcome research (HEOR), is an international, multistakeholder, nonprofit dedicated to advancing HEOR excellence to improve decision making for health globally.

Kappa Psi Pharmaceutical Fraternity, Inc.

Kappapsi@pcom.edu

Kappa Psi is a Pharmaceutical fraternity for men and women whose common interest is the prosperity of the profession of pharmacy. The purpose of Kappa Psi is to join its members for a lifetime of service to their communities and building life long friendships with fellow brothers in the profession of pharmacy.

Student National Pharmaceutical Association (SNPhA)

snphapcomga@pcom.edu

SNPHA is an education and service association of pharmacy students concerned about pharmacy, healthcare issues, and the need for greater minority representation in pharmacy and other health professions.

American Pharmacist association – Academy of student Pharmacists (APhA- ASP)

apha-asp@pcom.edu

APHA-ASP mission is to be the collective voice of student pharmacists, to provide opportunities for professional growth, to improve patient care, and to envision and advance the future of pharmacy.

American Society of Health-system Pharmacists – Student Societies of Health- System Pharmacists (ASHP- SSHP)

ashp-sshp@pcom.edu

ASHP helps its members achieve this mission by advocating and supporting the professional practice of pharmacists in hospitals, health systems, ambulatory care clinics, and other settings spanning the full spectrum of medication use.

Academy of Managed Care Pharmacy (AMCP)

amcp@pcom.edu

AMCP is a national professional association of pharmacists, health care practitioners and others who develop and provide clinical, educational and business management services on behalf of more than 200 million Americans covered by a managed pharmacy benefit. AMCP members are committed to a

simple goal: providing the best available pharmaceutical care for all patients.

National Community Pharmacists Association (NCPA)

ncpa.gapcom@pcom.edu

NCPA represents the pharmacist owners, managers, and employees. student chapters offer pharmacy students a wide array of opportunities to broaden and enrich their educational experience, gain valuable, real world skills, and have fun in the process.

Rho Chi Honor Society (Rho Chi)

rhochi@pcom.edu

Rho Chi seeks to advance pharmacy through sustained intellectual leadership. Members may be elected as professional in pharmacy school, who distinguish themselves in the profession.

Christian Pharmacists Fellowship International (CPFI)

cpfi@pcom.edu

CPFI is a worldwide ministry of individuals working in all areas of pharmaceutical service and practice. The mission is to serve Christ and through pharmacy.

ACCP PCOM Georgia Chapter (ACCP)

accpga.pcom@pcom.edu

ACCP is a professional society with members from academia, industry, government and clinical settings whose vision & mission is dedicated to improved health by optimizing therapeutics.

If interested in any organization, send an email to learn more information on how to join.