

5/6/08

The purpose of the SRC newsletter is to keep student pharmacists informed of all student organization activities and opportunities at SIUE SOP.

SRC voting members.

2007-2008:

Jackie Fredericks

P3 Class President

Trent Grimm

P3 Vice President

Bonnie Grover-Brown

P2 Class President

Allison Gates-Cassidy

P2 Vice President

Dawn Dankenbring

P1 Class President

Erron Swick

P1 Vice President

Diana Jason

APhA-ASP President

Emily Collins

APhA-ASP President-elect

Dileep Koottanal

SSHP President

Jessica Laubscher

SSHP Vice President

Deonna Madson-Wooten

SNPhA President

Nichelle Hickland

SNPhA President-elect

Jeremy Hanon

NCPA President

Tyler Gehlbach

NCPA Vice President

The Student Representative Council (SRC) Newsletter

Student Spotlight: Deonna Madison-Wooten

The subject for this edition of the SRC Newsletter Student Spotlight is Deonna Madison-Wooten. Deonna is a P3 student and is ready to move on to APPEs. Not only is Deonna a full-time pharmacy student, she also is a mother of two daughters, a wife, and she works almost full-time at Walgreens. Deonna is first a mother, attending PTA meetings, field trips, and helping with homework. After graduation, Deonna wants to work in a community pharmacy. She plans to become a certified diabetes educator and hopes to have a clinic in Walgreens to counsel patients two days a week. She feels it is important to help patients change their lifestyle for their overall health. Because she has a desire to work in the Metro-East area, she wants to become fluent in Spanish. Deonna worked as a CNA for ten years before beginning her pharmacy career. She primarily worked with nuns at the Shrine in Belleville and the Sisters of St. Joseph in St. Louis. When the patients were

given their medication, they sometimes didn't understand the side effects, and there were times that the nurses were not able to properly explain the side effects to the patients. Deonna began to research the side effects herself to help the patients understand their symptoms. During this time, Deonna was a biology major at SIUE and she decided to pursue a career as a pharmacist. Not only was Deonna a strong undergraduate student, she was also actively involved on campus. She served three years as Student Government Senator, and was Vice President of Operations at the Morris University Center for two years. She also served as the Concert Chair for the Student Activities Board. Her involvement in extracurricular activities carried into her Pharm.D. career as well. Deonna is the founding president of SNPhA, the Student National Pharmaceutical Health Association. She spent her entire summer last year working with



Dr. Butler to develop and gain approval for the organization constitution and to recruit members. One of the greatest programs was attending their first health fair at the Dr. Martin Luther King Jr. Health Fair at the Renaissance Grand Hotel St. Louis. Deonna spent hours collecting supplies to distribute at the health fair including condoms, lubricants, and pamphlets. Because the booth was the best booth at the fair, the President of the American Lung Association gave SNPhA free tickets to the banquet. Last Friday, SNPhA held its first banquet to recognize outstanding members, advisors, and faculty and staff that helped support SNPhA this year.

3rd Runner-up in Patient Counseling: Diana Jason

Every year at the APhA Annual meeting, there is a national patient counseling competition (NPCC). Each of the 100 participating pharmacy schools send their best representative to compete. The competition involves counseling a patient on a drug for 5 minutes.

The criteria for the competition includes conveying complete and accurate information about the drug, appropriately communicating to the patient and answering any questions that they may have. Diana Jason represented SIUE SOP this year in San Diego and placed as third

runner-up. This is the highest a student has ever placed from such a new school. Two out of its three years participating in the competition, SIUE SOP has had students place in the top ten.

Class of 2009

The class of 2009 has recently had several fundraising events. The spaghetti dinner was held on April 8th, 2008 at Eden United Church of Christ. Many students and faculty came out to volunteer, as well as P3 Ben Erwin, who dazzled everyone with his musical talent. Also, many more students and faculty came out to support the class and to enjoy some dinner. The class raised over \$900 from the event. The next fundraiser was a t-shirt sale in which the class sold class motto t-shirts and shirts with the phrase "Drug are my Life" on the front of them. The latter were for sale to all SOP students and faculty, as well as to students on campus that happened upon the

table occupied by the class of 09 at Springfest in the Quad on April 16th and 17th. The class of 09 also had a table at the SOP open house at which t-shirts were available for purchase, and students were available to answer any questions about the school. The class of 09 spring service project was participation in the SIUE Celebrating Abilities Walk on April 20th, 2008. The SOP team had 30 members, and was recognized by receiving the team award for having the largest team. The SOP won this award last year as well. Class elections were held and the new officers are: Jeremy Hannon as president, Diana Jason as Vice- President, Mary Elliott as secretary and

Corrine Peshek as treasurer. The class has also formed a graduation committee that is charged with assisting in planning the celebration of graduation at a banquet the evening before hooding and commencement. The banquet will be held in the Crystal Garden at GC Cuisine in Edwardsville.



Class of 2010

The Class of 2010 has been busy with class activities this semester. Our big event was the 2nd Annual Class of 2010 Golf Scramble. The event was held at Fox Creek on April 5, 2008. The weather was beautiful and everything went great. We are very grateful to Dean Medon, Terri Andrews and Dr. Lynch for all of their support. Other class activities we have been working on include lots of planning. We have started planning our Half-Way Party, which will

take place at a Grizzlies game: details on this event have yet to be determined. We have also started planning graduation; the graduation committee has been looking at potential venues in the area. Meanwhile, instead of a service project this semester, the class decided to work together to raise money for Foundation for Autism Services Today Tomorrow (FASTT), which was a fundraiser Jessie Mueller, a P1 was facilitating for the

FASTT walk which occurred in O'fallon on April 26, 2008. Overall, our class raised about \$130 for this event. Lastly, the class elections revealed that our new Class Officers will be Bonnie Brown as President, Matt Hammer as Vice President, Nathan Grimes as Secretary, and Danny Gorohman as Treasurer. The new officers have many plans for next year, and we are excited to see what another year will bring

Class of 2011

The Class of 2011 has had a busy semester! We kicked off the semester with an SIUE-SOP car window cling fundraiser that will be on-going throughout our years here. Other fundraising activities included an SOP car wash that raised over \$300 and a P1 class t-shirt sale. A special thanks to class advisor Dr. Santanello for all her efforts, and she has already secured some exciting fundraisers for the fall! In regard to community service, our class contributions towards the American Lung Association's Asthma Walk resulted in the most money raised by a class, and won us a free pizza party! Students participated in other community service activities including the Celebrate Abilities Walk and the Autism Walk.

Perhaps our greatest service to the community was participating in the Polar Plunge for Special Olympics Illinois at Carlyle Lake. Each participant raised a minimum of \$75 to jump into the 38 degree waters of the frozen lake. At the end of the day, Team SIUE raised the most money by a team and won the Golden Plunger! Our class service project for the semester was the File of Life Program, where we were able to reach over 750 members of the elderly community in the region. The program allowed students to interact with patients and document important medical information necessary for EMT's in an emergency situation. Patients were distributed both wallet cards and

refrigerator magnets for convenient access to this information. The program was a success in that patients were made aware of the importance of keeping up-to-date medication lists as well as other pertinent medical data. Our class officer elections were held recently, so a special congratulations to Michael Geisler, Gary Pinkley, Lauren Tedlock, and Shy Moore as they will serve as our new class executive board! On a final note, our class has really bonded and would like to celebrate one last time before summer. We have already begun planning a social event to immediately follow our last final exam! Overall, it has been a wonderful year at the SOP, and the Class of 2011

The Student National Pharmaceutical Association (SNPhA)

SNPhA would like to take this time to thank everyone for coming out to the 1st Annual SNPhA Spring Banquet at GC Cusine on April 25th 2008. The event a huge success thanks to Dean Medon, Dr. Gupchup, Iqbal Atcha (representative of WalMart), and Pam Marshall (representative of Walgreens). We would like to recognize all of our award recipients. Dr. Walter Siganga and Dr. Wiley-Butler received an advisor appreciation award.

SNPhA participated in the Urban League Association Health fair located in University City, MO. This event was a great learning experience. Retired doctors, nurses, pharmacy students, medical students and nursing students all came together to help under severed citizens in the community. This Library became a massive health center

that offered services ranging from PTA, Urinalysis, BMI, eye exams, ear exams, EKG, physical exams, and many more tests. Then after the participants went to each booth, they had the opportunity to talk to a retired physicians who evaluated all of the results and made reference to other necessary healthcare members in the community as he/she saw fit. SNPhA also had the honor of hosting its first guest speaker on campus. Shop N Save provided the organization with a speaker who talked about the unspoken common reality, "Drug Addition." This presentation allowed the members to get an in depth understanding of how many pharmacists are subjected to drug addition due to the stressful environment, long hours, and from thinking they know everything in regards to how the drugs will act

in the body. The students were educated on what happens when a pharmacist is caught and the steps taken afterwards. "Dress for success" was also a huge success. We want to thank all the lovely SOP students who participated in the event. This was a real example of school pride because many P1's and P2's dress up and down while performing in a fashion show for the P3's- who are going away on rotations. They walked down the catwalk



in the TMC to some of the latest hip hop music showing that pharmacy students are book worms with fashion sense! We also want to thank Dr. Lubsch and Dr. Santanello for being our guest instructor models. Watch out for next year to see who our new mystery professors will be. Also thank you SSHP for letting us partner with you in this project, we plan to do more combined events in the future. The picture book event went smoothly. We want to thank the P3's for taking their pictures in such an ordinarily fashion. The picture book is a gift from SNPhA to the school. This book is available for the P3's to purchase in order to remember their colleagues.



National Community Pharmacists Association (NCPA)

NCPA Speaker Series

Mike Schaltenbrand of Medicate Pharmacies in Washington Park and East St. Louis IL

Dan Fieker of Family Care Pharmacy in Breese and Highland , IL
Jackie Lopez of NCPA's National Associate Director of Management & Student Affairs

Gary Ceretto of Maryville Pharmacy in Maryville , IL

Thanks to everyone who came and listened to them discuss topics affecting community pharmacy.

NCPA Guitar Hero Tournament

Our major fundraiser was a major success! Thank you to all of our sponsors; we managed to raise several hundred dollars to help fund organization trips.

NCPA Meetings

NCPA's 2008 Legislative Conference is on May 19-21 in Washington , D.C.

NCPA's 110th Annual Convention is on October 11-14 in Tampa , FL

We hope to have members attending both events.

MEPA Attendance

Some NCPA members have been regularly attending MEPA (Metro-East Pharmacists Association) meetings at the Fountains at Fairview in Fairview Heights , IL on the third Tuesday of every month. MEPA members are pleased to have students actively attending their meetings.

American Pharmacists Association (APhA-ASP)

APhA-ASP has been super busy this spring semester. It all began with planning for the APhA Annual meeting. We had 23 students attend the meeting in sunny San Diego. Please see the latest edition of the ASP newsletter via blackboard to view all the highlights. Our chapter has been stepping up its involvement in patient care. We participated in HPV awareness on Feb 20th at the SIUE healthfair held at the fitness center. We also participated in Springfest on April 16th-April 17th. We gave away free caramel apples, and as students waited for their apples to be sliced we provided them with information about HPV and the Gardasil Vaccine. We also gave away 1000 free condoms. Operation Diabetes kicked off last Nov and we continued it with the diabetes symposium held in the MUC on Feb. 23rd. where we provided free foot exams and A1c testing.

Legislative Day was another great event to put our patient care skills to use. Working together with UIC, Midwestern and STLCOP, we offered free health screenings in the state capitol building. We networked with other pharmacists, student pharmacists and learned about the key issues facing pharmacists. APhA-ASP organized a team for the asthma walk held on April 12th. We raised over \$1000 for the American Lung Association to help patients with asthma in the Metro-East area. It may have been a bit chilly, but that didn't stop nearly 40 students and faculty members from coming out to support a great cause. Our most recent patient care project was heartburn awareness at the Glen Carbon Wal-mart on May 3rd. Our chapter also knows how to have a good time and win money in the process. At the Goshen Ocean Spirit Contest, APhA-ASP

dominated the costume contest and pie eating contests to win \$250 for our chapter. The fun continued at the Springfest Sprit Contest where our chapter won for the biggest exploding volcano. While we didn't win the big money, we made up for it in the amount of fun we all had. This summer, several students will be heading up to Chicago to get certified to immunize. We plan to start operation immunization next year headed by our new patient care project coordinator, Kris Ochs. In July, a couple of students will represent our chapter at the Student Leadership Institute in Washington D.C. We accomplished a lot this year and we hope to continue growing under the leadership of Emily Collins who is officially now the APhA-ASP president. We just held elections and our officer exchange. We have a very talented set of new officers that will be taking over.



Student Society of Health-System Pharmacists (SSHP)

SSHP had a great school year. SSHP and APhA-ASP partnered to host the Diabetes Symposium on main campus. We provided nearly 100 patients with free A1c testing and foot exams. There were also several vendors and diabetes education sessions. This program made such a great impact on the local community that it actually won program of the year at SIUE! Thanks so much to the hard work of both organizations! SSHP also organized poison prevention presentations to grade schools in the Madison

County area as one of our community service projects. 22 presentations were given to an estimated 660 grade school students! The kids and teachers loved the presentations and our SIUE SOP students had a great time as well. To continue into the next year with the great projects, community service, and service to our student pharmacists, SSHP recently elected a new executive board. Congratulations to our new officers- Denny LaChance (President-Elect), Michael Geisler (Vice-President), Kris

Ochs (Treasurer), Bobby Willhoit (Secretary), Chris Workman (Fundraising Chair), Ashley Jarrett (Membership Chair), and Carissa Runde (Professional Practice Chair). SSHP will soon be having a transitional meeting to pass on the leadership to our new members and prepare for the next school year. Have a great summer everyone, and we will see you in August!

SOUTHERN ILLINOIS
UNIVERSITY EDWARDSVILLE

Student Representative Council

President: Jackie Fredericks

Vice President: Bonnie Brown

Secretary: Dawn Dankenbring



SRC meeting wrap-up for 4/17/08:

These are some of the highlights from the most recent SRC meeting. Iqbal Atcha from Wal-Mart made some opening remarks. We then discussed the pinning ceremony, award and scholarship ceremony and the SOP open house. Terri Andrews provided an update about the appropriate approval process for fundraisers and vendors. We discussed the tentative schedule for graduation and the Spring SRC newsletter. We concluded with updates provided by each of the organizations

The full minutes to all SRC meetings can be viewed on blackboard under SOP student announcements and policies. Just click on SRC.

Thanks for reading this addition of the SRC newsletter. If you have any comments or suggestions about anything at the SIUE SOP, please contact one of your SRC representatives.



Health Corner: Summertime, and the Burning's Easy By : Shannon Byrne and Dawn Dankenbring, Class of 2011

With summer approaching and the popularity of tanned skin growing, it is imperative to highlight the importance of proper skin care during sun exposure. Ultraviolet radiation (UVA and UVB rays) from the sun are responsible for producing a tan and causing sunburn. UVB rays are the primary cause of sunburn as they release nitric oxide, superoxide, and peroxyxynitrate from keratinocytes, which results in DNA damage. Excessive sun exposure can lead to premature aging of the skin, pre-cancers, cancers, sunburn, and photosensitivity. Risk factors that increase one's chance of skin cancer include fair skin, moles, blond or red hair, family history, history of sun exposure, and excessive sun exposure. An individual with any of these risk factors should be more cautious when in sunlight for long periods of time. Many things can be done to prevent complications from sun exposure. Sun exposure should be avoided from the hours of 10 a.m. to 3 p.m. If one must be in the sun

for an extended period of time, it is important to wear clothing that will block direct sunlight. Sunscreen products are also a very important tool that can help prevent sun damage. Sunscreen binds to the skin and blocks the transmission of sun rays to the epidermis. It also provides a physical barrier that reflects UV radiation. Sunscreen may take 15-30 minutes to exert an effect, so it is important to apply before exposing the skin to sunlight. To use, apply sunscreen liberally to all areas of skin that will be exposed. It is also important to reapply every 2 hours during sun exposure. When choosing a sunscreen product, one should examine the Sun Protection Factor (SPF). SPF estimates the time one can spend in the sun without burning, with an SPF rating of 30 providing maximal protection. One caveat in using a higher SPF is intentionally prolonging the length of sun exposure, since SPF only prevents a small part of UVB damage. For those who do get sunburned, a few things can

be done to treat the burn. Some nonpharmacological treatments include submersing the area in standing, cool water, cleansing with a mild soap, and applying cocoa butter and aloe vera. Pharmacological therapy includes taking an NSAID for pain and inflammation, applying topical anesthetics such as lidocaine, and using topical corticosteroids such as hydrocortisone 1% over small areas.

Fun facts about sun protection:

- >The terms "sunblock" and "waterproof" are no longer allowed on product labeling.
- >"Water-resistant" products retain SPF for 40 minutes
- >An SPF of greater than 30 has little benefit, and can cause potential toxicities
- >An SPF of greater than 30 is required, however, in patients with certain conditions such as lupus and those on photosensitizing drugs
- >Lidocaine and other topical anesthetics should be applied at a maximum of 3-4 time daily.

Reference:

Wiley-Butler, L. *Sunburn Prevention and Treatment*. Presented 9 Apr 08.