



THE CONSULT

We are The Consult, the official newsletter for the Student Society of Health Pharmacy (SSHP) at Florida A & M University. Important updates from SSHP, FSHP, and ASHP will be found in the pages of this newsletter curated for your professional development.

Happy National Pharmacist Month!



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E-BOARD MEMBER INTRODUCTIONS

We would like to welcome our newest editions to the SSHP E-Board!!



**CO-ADVISOR
DR. UKAMAKA SMITH**



**CO-ADVISOR
DR. CHENITA CARTER**

MONTHLY SPOTLIGHTS

We would like to take this time to commemorate our wonderful members of faculty and faculty/staff, SSHP, and fellow pharmacists who are actively working to help us as students, to better prepare for our future as Pharmacists.



FACULTY: DR. TRACY WOMBLE

How long have you been with the university, and how long in your current position? I have been with the College for 10 years. I worked as a Research Associate for four years and as an Assistant Professor for six years and counting!

What has been your most memorable experience at FAMU? My most memorable experience is being able to teach pharmacology with my former professor from graduate

school, Dr. Thomas Fitzgerald, and working for my graduate school mentor Dr. Karam Soliman.

What gives you a connection to your job and helps you define your purpose?

Being able to see students adapt, grow, mature, and accumulate knowledge from their P1 years to P3 and P4 years to become knowledgeable and reliable pharmacists. Knowing that I had a hand in this process is very rewarding.

What motivates and energizes you at work?

I believe my motivation comes from walking the hallways and seeing and conversing with students, sharing their day with me, and being able to congratulate, encourage or simply listen to what's going on in their lives. Also being able to explain to them that those ahead of them at some point traveled the same difficult road, but were successful and that they would do the same if they properly prepared. And later, seeing the same students with smiles sharing with me after going from tribulation to success stories.

What advice would you give to a new employee or student at the university?

For students, I would offer the advice to submerge themselves into the program from the beginning, utilize all available resources, upperclassmen, faculty office hours, tutors, advisors, and faculty experiences. Give your all and never apologize for asking questions in class, requesting additional office hours, or additional explanations. Be curious and take control of your pharmacy career from day 1 and never look back.

Look out for more info on our [Instagram](#) and [website](#).



STUDENT PHARMACIST: DANIELLE HARVEY

Hometown: Tallahassee, FL

Classification: P4

Event(s) or Accomplishment(s): One of my accomplishments includes recently becoming published in the Pharmacy Times journal. I got the opportunity to write an article alongside Dr. Como who served as my faculty mentor on the project. The article is titled “Tips to Finding Balance: Being A Well-Rounded Student Pharmci-

st”. This opportunity allowed me to share my experience and what has worked best for me. It is my hope that through this article I can help other students with their matriculation through pharmacy school. Another recent accomplishment is being selected to serve as a member of an ASHP Student Forum Advisory Group for the 2021-2022 school year. Advisory groups provide advice and guidance to Sections and Forums regarding the unique needs of members and how these needs might be addressed by the provision of resources and programs by ASHP. Serving as the President of ASHP’s student society (FAMU SSHP) last year as a P3 really grew my passion for the organization and I wanted a way to further my involvement at a national level in my last year of pharmacy school. This leadership opportunity allows me to contribute my voice and talent to our future profession as well as network with other pharmacy students and pharmacists all around the country.

Where did the event(s)/accomplishment(s) take place? My article is published in Pharmacy Times. Click [here](#) to read more!



PHARMACIST: ERIKA JASPER, CLINICAL PHARMACIST

Where are you currently employed? UF Health Central Florida

How did you find your way to where you are today? My pharmacy career path has been unique and unconventional. I initially started out working in retail, then I transitioned into managed care. Before long, I found myself becoming complacent, stagnant and

lackadaisical. Therefore, I had to push myself and I went back graduate school for two more advance degrees: an MBA and MSP (Masters in Pharmacoeconomics) from Stetson University and the University of Florida, respectively. Shortly, after graduating from graduate school, I accepted an opportunity of a life time and became the Medical Mission Coordinator for Joyce Meyer Ministries. This experience allowed me to travel around the world equipping people with basic medications and dental care. Unfortunately, due to the failing health of my grandmother. I moved back home to

Florida to assist with her care. Moreover, I was able to secure a job at a local hospital. I am Clinical Pharmacist at UF Health Central Florida. Since being employed at UF Health, as a Clinical Pharmacist and I round within various departments of the hospital such as ICU, Cardiac ICU, Emergency Department, Neurology, and Oncology. More recently, I have become the COVID Clinic Pharmacy Coordinator.

Which tools or resources would you suggest to someone interested in the same career as yours (books, professional groups, work process, mentoring, courses...)?

A significant tool that one can use to become successful in life, thus learning to learn how to MAJOR in NICE. Always being nice and considerate towards others carries volume. If someone can MAJOR is this character trait, this would be pivotal towards their success not only in the field of pharmacy but in life. PERIOD!

Being nice has opened many doors of opportunities for me in life, doors that I could not ever open for myself. Employers will train an individual for a job, but character/approachability cannot be taught. People enjoy being around nice and friendly people. The world that we live in is very small and the world of pharmacy is even smaller. We never know WHO's WHO (and you never know who knows who, or who is a relative of who, or who is a co-worker/ boss of who). Many opportunities in life are often brought on by who knows you, and not what you know. Therefore, being nice to everyone that comes across your path, showing respect and kindness is a huge key to success.

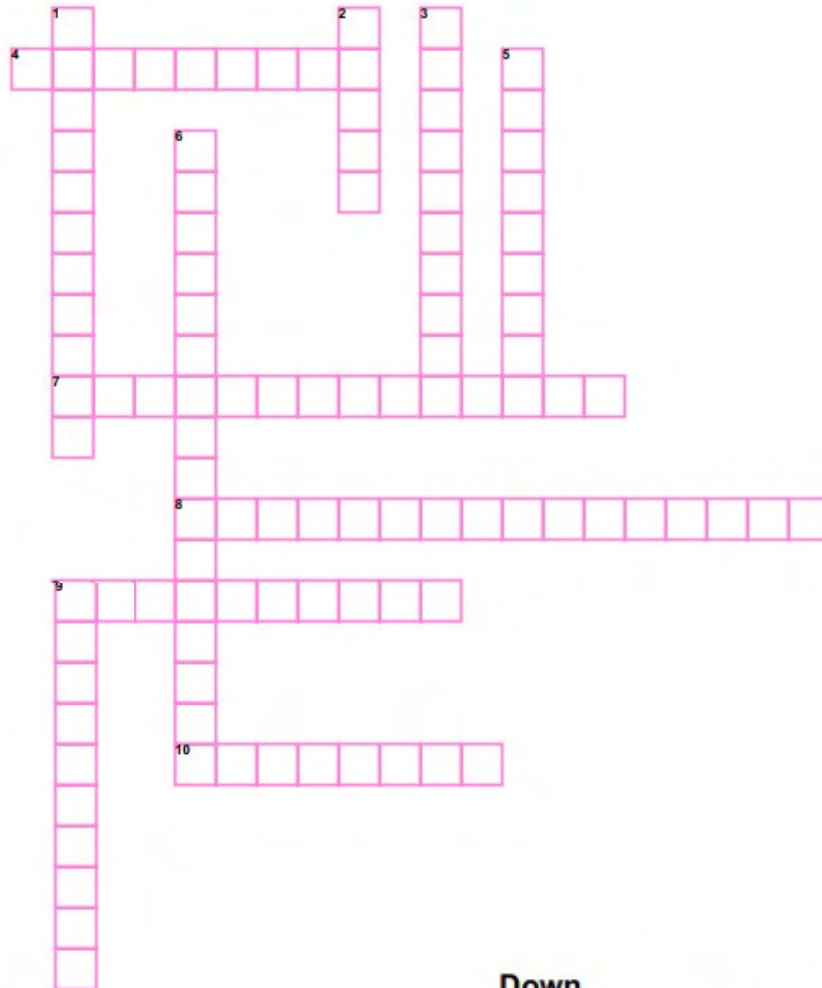
What was the best advice you have received? What do you wish you would have known about getting started in your field?

The best advice that I was ever given came from a professor who encouraged me to read a Brian Tracy book. Within one of his books, Brian gave the best advice ever! This advice is well stated as such... " No one is better than you and no one is smarter than you. If someone is doing something better than you, it just means that they started doing something earlier than you did. The biggest limitation in life comes from the limitation that you put on yourself with your own thinking."

For more information on our fellow spotlights please check out the newsletter section on our [website](#) and our [Instagram account](#).

COUNSELING CORNER:

Clinical Pearls Crossword: Breast Cancer Edition



Across

- 4 The _____ inhibitors can cause menopausal symptoms.
- 7 Cardiotoxicity can be caused by _____ (i.e. doxorubicin).
- 8 Those receiving 5-FU should be counseled to wear sunscreen and protective clothing when outdoors due to the medication causing _____.
- 9 Staging of breast cancer is 0-4 with 4 indicating _____.
- 10 Arimidex® interferes with the production of _____ as it's MOA.

Down

- 1 Herceptin® (generic _____) is used in BC with HER2 protein expression.
- 2 BRCA1 and BRCA2 _____ can increase the risk of breast cancer.
- 3 Taxanes, including _____, have a higher risk for causing neuropathy.
- 5 This platinum compound is one of the highest emetogenic drugs.
- 6 _____ can cause bladder cystitis.
- 9 Surgical removal of one or both breasts is called a _____.

WORD LIST:

ANTHRACYCLINES
AROMATASE
CISPLATIN

CYCLOPHOSPHAMIDE
ESTROGEN
GENES
MASTECTOMY
METASTASIS
PACLITAXEL

PHOTOSENSITIVITY
TRASTUZUMAB



A WORD FROM A BREAST CANCER RESEARCHER DR. SYREETA L. TILGHMAN PH.D:



"Save the TaTas!"



Did you know that 1 in 8 women will develop invasive breast cancer over the course of their lifetime? If that's not alarming enough, this year, an estimated 281,550 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 49,290 new cases of non-invasive (in situ) breast cancer. Among those diagnosed with breast cancer, about 43,600 women in the U.S. are expected to die in 2021 from breast cancer. As horrific as that seems, contrary to popular opinion, this is not a disease that only affects women. This year alone it is estimated that about 2,650 new cases of invasive breast cancer are expected to be diagnosed in men. So, let's take a step back. What is breast cancer, what are the symptoms, what treatments are available, and what can you do about it? The Center for Disease Control defines breast cancer as a disease in which cells in the breast grow out of control. While the term 'breast cancer' is typically thought of broadly as one disease, there are technically many types of breast cancer that are classified based on the cell type, grade (i.e., how similar or different the cancer cells are from the normal cells), stage (i.e., extent or severity and how much cancer there is in the body and where it is located), and the expression of proteins or genes. Breast tumors are classified in order to select the best course of treatment. When it comes to breast cancer symptoms, everyone's symptoms may be somewhat different, while some people do not have any signs or symptoms at all. However, the following contains some of the warning signs of breast cancer: a new lump in the breast or underarm (armpit), thickening or swelling of part of the breast, irritation or dimpling of breast skin, redness or flaky skin in the nipple area or the breast, pulling in of the nipple or pain in the nipple area, nipple discharge other than breast milk, including blood, any change in the size or the shape of the breast, and/or pain in any area of the breast. If one experiences any of these signs or symptoms, they should consult with their physician. When it comes to treatments, many therapeutic advances have been made over the years including surgical removal of the tumor, chemotherapy to shrink or kill the cancer cells, hormonal therapy to block the cancer cells from getting the hormones they require for growth, biological therapy which cooperates with your immune system to fight cancer cells, and radiation therapy which uses high-energy rays to kill the cancer cells.

Breast cancer has been characterized as a health disparity that can be defined as health differences between different groups of people. So how does this affect racial minorities? African American women are twice as likely as women of other racial and ethnic groups in the US to be diagnosed with a form of breast cancer called triple-negative breast cancer. This type of cancer lacks the estrogen receptor, progesterone receptor, and human epidermal growth factor receptor-2. Women with these tumors generally have poorer outcomes because effective treatments have not been developed and they are diagnosed at later stages when the tumors are more aggressive and have spread to other regions of the body. So, what can we do to mitigate this disease? Prevention and early detection are key! The earlier that breast cancer is detected, the higher the probability of survival. Screening mammography can detect breast cancer at early stages when treatment is usually less extensive and more likely to be successful. Prevention strategies include maintaining ideal body weight, decreased alcohol consumption, and increased physical activity. Overall, healthy lifestyle choices are associated with a decreased risk of the development of breast cancer. During breast cancer awareness month, it is important to spread the word about early detection prevention, and advocacy. Do you part to get involved in the race for the cure by getting educated about the facts!



VACCINATION CLINIC

This year, three student pharmacy organizations: Student Society of Health-System Pharmacy at FAMU, Student affiliate of the National Pharmaceutical Association (SNPhA), and the Academy of Student Pharmacists (APhA-ASP) partnered with the Student Health Services to offer influenza vaccinations at the College of Pharmacy on October 7-8, 2021. Each organization understood the important role that vaccines play in public health and how we as future health professionals are charged to help protect and equip with resources and access to care. During the event, there was a \$100 Visa Gift Card raffle. The winner will soon be announced!

1ST GENERAL BODY MEETING

The first general body meeting for SSHP was held on October 4, 2021. The main topic was "What I wish I knew in Pharmacy school". We had five guest speakers from different fields of pharmacy giving us advice and pointers on how to be successful in the pharmacy school and work field. The five guest pharmacists that attended the meeting were Drs. Candace Williams, Morgan Nicolas, Malory M. Alexis, Stacy McCory, and Devon Stonerock. The advice and tips that were shared at the meeting were on networking, financial management, work-life balance, organization, and professional communication with pharmacists and other healthcare providers. At the end of each presentation, the members of SSHP were able to ask questions and advice from our guest speakers.



PROFESSIONAL DEVELOPMENT TIP:

"Professionalism is not only based on your attire; it's a character trait you build through your efforts of making a positive difference in the connections you make."

~ Erica Denival, P4

SSHP UPDATES

Volunteering - Fighting Hunger Community Service:

The Feed the Backpacks and families who face food insecurity, the program provides shelf-stable, enriched, nutritious, and tasty meals to children. A select group of chapter members will be packing meals in an assembly line fashion. The meals are ready to go. Be on the lookout for the next community service opportunity!

SSHP 2nd General Body Meeting - October 25 at 5:30 PM

We will be having our second general body meeting this October. We have a special guest speaker from the Florida Society of Health-System Pharmacists. Details regarding the meeting will be given at a later date. Come learn about student advocacy and legislation!

SSHP Instagram

We have an Instagram account for the organization! If you have not followed please be sure to do so by clicking the link below for faster updates https://www.instagram.com/famu_ssHP/

ASHP UPDATES

National Pharmacy Week - October 17 - 23:

Pharmacy Week is the time to recognize the powerful impact you make for your patients and the dedication and resilience of your Pharmacy Strong team. Use ASHP's online tools to plan a memorable celebration in your organization and community.

[.Get started today!](#)

Webinar - November 4:

Leadership Strategies for Improving DEI in the Workplace

Thursday, November 4, 2021

1:00 p.m. - 2:15 p.m. ET

[Sign up today!](#)

AHSP MidYear 2021 - December 5-9:

MidYear is now virtual! With Olympic gold medalist Simon Biles as the keynote speaker! Participate in 4-plus days of practice advancement, learning, and knowledge sharing, all from the comfort and safety of your home or office. Our exciting virtual experience will deliver more than 150 clinical and professional development sessions featuring research-based insights and practical advice, plus virtual versions of the Residency Showcase, Personnel Placement Service, posters, and exhibits <https://midyear.ashp.org/>

ASHP Summer Internship:

ASHP offers a 10-week summer internship to their student members in national association management at ASHP headquarters in Bethesda, MD. Due December 31, 2021. For more information: <https://www.ashp.org/Pharmacy-Student/Programs-and-Awards/ASHP-Summer-Internship>

FSHP UPDATES

Legislation Talk:

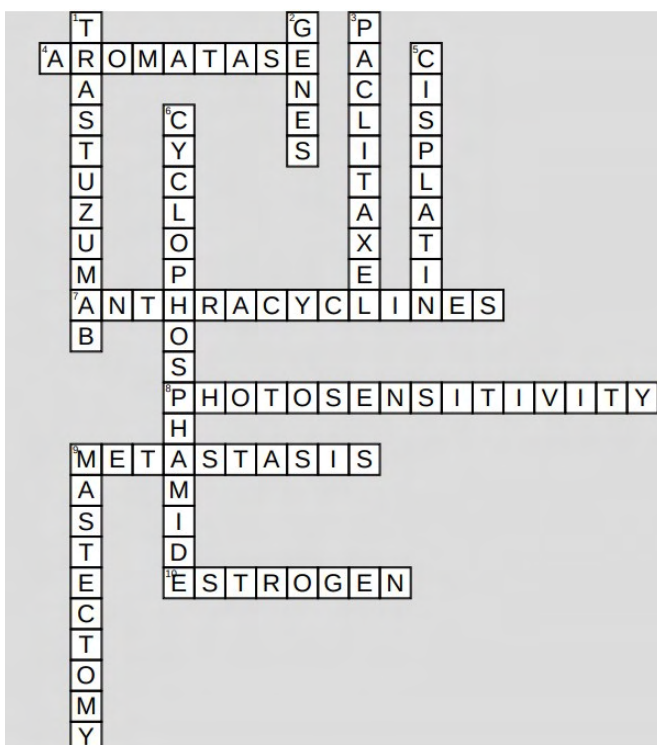
Urge Your Legislators to Cosponsor H.R. 2759/S. 1362, the Pharmacy and Medically Underserved Areas Enhancement Act

Urge your legislator to cosponsor H.R. 2759/S. 1362, the Pharmacy and Medically Underserved Areas Enhancement Act would let Medicare beneficiaries approach essential patient care services provided by pharmacists. ASHP has an alert system for key pharmacy legislative efforts. Sign in to the ASHP platform to view. Our policy chair, Sandra Simon, requests everyone to take action and support this act as this would enable Medicare beneficiaries to gain access to primary care services. COVID-19 has shown us how accessible and important pharmacists are and it revealed the barriers Medicare beneficiaries are facing. Even though pharmacists are providing a wide range of patient-care services, Medicare recipients don't have access to many of the services. The Medicare program has not developed a payment mechanism to let recipients access care services provided by pharmacists. If Legislators cosponsor this act per our request, we are playing an integral role in addressing these longstanding disparities and allowing our most vulnerable patients to have access to the care they need.

FSHP Mentor/Mentee program:

FSHP implemented the mentoring program in 2018 with a large response from mentors and mentees. This program provides pharmacists the opportunity to guide students and new practitioners as they navigate through pharmacy school and into their first years of practice. We will be sending out the FSHP Mentor/Mentee Program survey and invite in the upcoming weeks, and we want to make sure every student member has an opportunity to participate.

COUNSELING CORNER ANSWERS



STAY CONNECTED!

 @FAMU_SSHP

 www.famusshp.com

