

Prescriptives

School of Pharmacy News

An Alumna's Journey with Transformational Change

By: Lauren Silber

"Transformational change is the only thing that comes to my mind when I look at the new School of Pharmacy Building. It is just incredible to see how the School of Pharmacy has become so modern and cutting edge." As School of Pharmacy alumna, Erica Peitler '88 remarks on the changes her alma mater has undergone, she is greatly appreciative to be a part of the School of Pharmacy family. In October 2009, Peitler will assume the role of vice chair of the Advisory Board for the School of Pharmacy. In this leadership role, Peitler will work with the board to "bring external industry experience into the School of Pharmacy thinking and planning." Peitler explains that the Advisory Board is composed of many different individuals that work to "dynamically bring information and insights into the university as well as work to bring information about the School of Pharmacy back out into the external healthcare industry and community." Specifically, Peitler "offers advice and perspective on how to shape the dialogue with industry partners, focus potential investments as well as contribute input and perspective on the challenges or opportunities the School of Pharmacy faces as it continues to ascend to a high ranking national level, while continuing to attract the best and the brightest students."

When Peitler came to the University of Connecticut and learned about the School of Pharmacy, she was initially amazed that she hadn't known much about the profession. Peitler was initially pre-med but was pleasantly surprised when she found in pharmacy such a clear "connection of the science and healthcare information that [she] was curious about."



Alumna Erica Peitler '88 has authored **OPEN UP AND SAY aaah!**, a "self-directed self-coaching book that utilizes a personalized self-help approach to explore, discover, and design a practice of **aaah!** — awareness, acceptance, and alignment to guide your choices toward happiness."

Peitler remembers the inspiration provided by her professor, Dr. Palmer, who introduced her to the over-the-counter drug market place. This was where "all of [her] passion and excitement unleashed itself because the over-the-counter market was the interface where [she] could help people understand the information needed to help them care for their own health." With this new interest, Peitler applied for a summer marketing internship in industry during her 3rd year of the program to work for Norcliff Thayer (a Division of GSK) who manufactured the brand Tums® tablets. This internship showed Peitler

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A Message from the Dean



Dear Friends:

We just welcomed our new professional and graduate students, and in the blink of an eye, it is already October! As the leaves here in Storrs begin to adorn the campus with their plumage, I look around and appreciate the beauty of the University of Connecticut made possible by the UConn 2000 projects. Last week, the University of Connecticut Foundation kicked off its new campaign - "Our University. Our Moment. The Campaign for UConn."

The campaign will help the School of Pharmacy prepare our students to be leaders in pharmacy and the pharmaceutical sciences by supporting research, scholarships, residencies, fellowships, and many other needs within the school. At a time of unprecedented expansion in both the number of and enrollment in pharmacy schools nationwide, we have stayed true to our mission as a public, research university-based school of pharmacy, keeping professional class size unchanged and continuing to be highly selective in our admission of professional and graduate students.

The professional class that arrived this fall is the first that was required to complete personal interviews as an important part of the admission process. We are confident that these interviews have assisted us in admitting not only the brightest students, but those with a true commitment to patient care.

Our students and our alumni continually do us proud! Our APhA-ASP student

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GUARD Dogs and Kappa Psi's Community Service Collaboration

By: Lauren Silber

On Friday and Saturday nights from 11:00 p.m. until 3:00 a.m. dedicated UConn students answer phones, drive vans, and provide other UConn students a free, safe, non-judgmental ride home. GUARD Dogs stands for Giving UConn A Responsible Driver, and is an all-volunteer, student-run, safe ride program that provides UConn students with safe and reliable rides home without questioning their reasons for calling.

On Friday, April 10, 2009, School of Pharmacy Fraternity, Kappa Psi, filled the GUARD Dogs positions acting as dispatchers, ride-alongs, and drivers, fully staffing four vans for the night. Kappa Psi was founded on May 30, 1879 at Russell Military Academy in New Haven, Connecticut. Today, Kappa Psi has over 80,000 members, 74 Collegiate Chapters, and 54 Graduate Chapters. The Kappa Psi chapter at UConn remains focused on the main objectives of Kappa Psi: developing industry, sobriety, fellowship, fostering high ideals, scholarship, and pharmaceutical research. Kappa Psi Regent, William Anctil heard about GUARD Dogs from one of his pharmacy friends, Jeanine Clark, the financial director of GUARD Dogs. Anctil thought this could be a "good opportunity to get on the fast track to work with the program." When Anctil brought up the idea of collaborating with GUARD Dogs "a dozen people in the fraternity were really excited. They understood what I wanted to do and why it would be a good activity to take part in."

GUARD Dogs executive committee members and School of Pharmacy students, Rosana Oliveira and Jeanine Clark, trained Kappa Psi members to prepare them for their experience. Oliveira and Clark led the training in the Milton & Rose Kalmanowitz Classroom



Kappa Psi GUARD Dogs are "Giving UConn a Responsible Driver"

in the Pharmacy-Biology building. They discussed signs of alcohol poisoning, defensive driving, and described the positions of dispatcher, ride-along, and driver to Kappa Psi members.

Fully trained, Kappa Psi came to the GUARD Dogs office located in east campus and enjoyed the food donated by local vendors. Their supervisor for the night was fellow School of Pharmacy student, Rosana Oliveira. Oliveira joined GUARD Dogs in her sophomore year, immediately taking on a leadership role as promotions officer. This year she is the current operations officer. She works "towards improving the GUARD Dogs' operation." She makes sure that GUARD Dogs "is staffed for the weekends, manages the GUARD Dogs e-mail account, and organizes training sessions." She is a member of the GUARD Dogs Executive Committee which "meets weekly to discuss pertinent information."

When Oliveira heard that Kappa Psi was going to work with GUARD Dogs she

"was very excited about it." "I was really happy to hear that Will Anctil knew Jeanine was involved in GUARD Dogs and that they worked together to organize a mutually beneficial agreement. Kappa Psi was able to staff four vans for GUARD Dogs and in return, GUARD Dogs gave Kappa Psi all the donations they had raised for their philanthropy during the night."

The collaboration by both groups allowed for sixty-seven students to be taken home and forty dollars of donations to be made. Oliveira insists that "the amount of donations Kappa Psi raised compared to the amount of rides they gave is a true testament to how hard they worked. Sometimes we save about 200 lives and make only \$20-\$30." Kappa Psi was pleased with their work, understanding that running on Easter weekend made their night less busy than anticipated. Kappa Psi plans to work with GUARD Dogs once or twice a semester and continue the collaborative effort between different School of Pharmacy students. ■



University of
Connecticut

Contributors:

Elizabeth Anderson, Laura Blackburn, Daniel Buttrey, Tina Covensky, Daniel Leone, Karen Logan, Robert McCarthy, Peter Morenus, Colin Poitras, Lauren Silber, Peter Tyczkowski, and Kierstin Wesolowski

Part-Time Residency in Primary Care Pharmacy

By: Kierstin Wesolowski

Dr. Devra Dang's two-year, part-time pharmacy residency program specializing in primary care at the Burgdorf Health Center in Hartford, Connecticut aims to dispel the misconception that the primary role of pharmacists is to dispense medications to patients. In reality, pharmacists in all health care settings can play an active role in patient care, and contribute to enhancing the quality of health care. "There needs to be better recognition of the contributions of outpatient pharmacists to direct patient care," Dr. Dang said.

One of the foundations of the residency program is its strong emphasis on interprofessional collaboration between pharmacists and other health care professionals. Clinical staff at the Burgdorf Adult Medicine Clinic includes physicians,

to appreciate the expertise of pharmacists, which facilitates a greater reliance on their knowledge and recommendations. Patient treatment evolves into a more collaborative effort.

The two-year duration of the residency program also fosters the growth of the pharmacist-patient relationship. The resident can better assess the results of their interventions by evaluating her/his patients' progress over two years rather than the typical one year duration of most residency programs. This extended interaction with patients enables the resident to see past patients' ailments and learn to also manage the psychosocial aspects of patient care. "The resident really begins to pay attention to how this person is going to have to live with

Another unique aspect to Dr. Dang's specialty residency program in primary care pharmacy is its split emphasis on both primary care and community-based pharmacy practice. The resident spends three days a week at the Burgdorf Clinic with Dr. Dang working alongside the physicians and nurses to provide direct patient care services. The various learning experiences include participating in the pharmacist-run Pharmacotherapy Clinic, providing medication therapy management for a variety of medical conditions that range from diabetes to chronic pain, participating in teaching rounds with medical residents, to completing a primary care-focused research project with the ultimate goal of publication. Other special learning experiences, tailored to the resident's interests and career goals, are integrated into the program's structure. The remaining two days of the week are spent staffing in a community pharmacy, where the resident has the opportunity to incorporate the experiences and clinical skills obtained throughout the residency to affect patient care in this setting.

Dr. Dang's part-time specialty residency program offers the resident a comprehensive understanding of the impact primary care pharmacists can have on patients. It also illustrates to other health care professionals the vital role primary care pharmacists serve in today's ever-changing world of health care. ■

The pharmacy resident is fully integrated in all clinical activities at the clinic, and serves as an important resource to other health care professionals and patients for all medication-related matters.

nurses, physician assistants, social workers, and dietitians, among others. The pharmacy resident is fully integrated in all clinical activities at the clinic, and serves as an important resource to other health care professionals and patients for all medication-related matters. "I have the unique opportunity to work together with other health care providers to help fill a gap in primary care. Physicians and nurses are often limited in their time with patients to provide individualized management and extensive education regarding disease states and medications," says resident Nina Yen. This valuable experience helps the pharmacist resident gain insight into all aspects of the patient care process from the perspective of the patients as well as their providers. In addition, it enables health care providers

all of the medications that are prescribed," Dr. Dang said. The patient's quality of life becomes a major factor in treatment. By identifying cognitive, social, financial, physical, and environmental barriers, pharmacists can become better health care providers. Yen states, "I feel very fortunate to have been able to develop a great level of trust with many of the patients that I see. I've learned that this relationship alone is so crucial to making a positive impact on what patients do for their own health when they are at home." In addition, since the Burgdorf Clinic serves a large number of patients from underserved populations, the resident often has to think "out-of-the-box" in order to come up with a treatment plan that addresses both medical and psychosocial barriers to healthcare.

Fun Run



Save the Date

The Pharmacy Student Government Fun Run, sponsored by Walgreens, to benefit Susan G. Komen Walk for a Cure will be held on Saturday, March 27th. Registration forms will be available on the School of Pharmacy website in February.

Focus on Faculty ~ Dr. Craig Coleman

By: Laura Blackburn



Dr. Robin Bogner received the Vanguard Leadership Award at the LKS meeting in Hartford, CT. The award is given annually to a LKS member who has made sustained, exemplary contributions in her/his area of professional practice, and/or

in professional associations, regulatory boards and in the community, emphasizing service to others, innovations, and entrepreneurial spirit.

Dr. Diane Burgess was named a Board of Trustees Distinguished Professor. This is the highest honor that the University of Connecticut bestows on a faculty member who has demonstrated excellence in teaching, research, and service. Dr. Burgess was also the recipient of the 2009 Faculty Service Award for her work with the Study Abroad Program in the School of Pharmacy.

Dr. Craig Coleman was promoted to associate professor of pharmacy practice.

Dr. Devra Dang was promoted to associate clinical professor of pharmacy practice.

Dr. Jill Fitzgerald was appointed to serve on the University of Connecticut Online Education Taskforce.

Dr. James Henkle retired from the University of Connecticut on June 30, 2009.

Dr. Devendra Kalonia was promoted to professor of pharmaceutical sciences.

Andre "Andy" Lacombe retired from the University of Connecticut on June 30, 2009.

Karen Logan retired from the University of Connecticut on June 30, 2009.

In his six years with the University of Connecticut's School of Pharmacy, Craig Coleman has managed to balance his extensive interest in research and the demands of his work at Hartford Hospital. In July 2008, Dr. Coleman was part of a team that won the prestigious Rufus A. Lyman Award honoring the best paper published in *The American Journal of Pharmaceutical Education*. The paper, "Number and Impact of Published Scholarly Works by Pharmacy Practice Faculty Members at Accredited U.S. Colleges and Schools of Pharmacy (2001-2003)" acknowledges the important influence of pharmacy faculty's published work on pharmacy education and biomedical research. "When you do assessment projects people notice. One of the big problems in research is funding, so the school and the department need to be out in the press," said Dr. Coleman.

Coleman received a B.S. in biology from Clark University in 1997, his B.S. in pharmacy studies and his Pharm. D. from UConn in 1999 and 2001, respectively, and has since worked closely with the school as an assistant professor of pharmacy practice. His areas of academic interest include assessment of clinical and pharmacoeconomic outcomes of cardiovascular drugs, evaluation and modeling of cardiovascular effects of non-cardiovascular drugs, and increasing the safe and appropriate use of medications.

Dr. Coleman's work at the university as well as for Hartford Hospital centers around educating those around him and ranges from precepting students in experiential rotations to educating underserved populations on optimal and effective use of medication. He serves as the director of Pharmacoeconomics and Outcomes Studies Group as well as the director of In- and Out-patient Medication Assistance Programs, which allow patients without insurance to receive medications free of charge in hopes of improving medication therapy adherence. He has found working with underserved populations in Hartford to be incredibly rewarding. "I absolutely love it," said Dr. Coleman.

Coleman typically works with three to four research fellows at Hartford Hospital. He enjoys being able to pass on his interest in research to these students as well as teaching them proper researching techniques, drug literature evaluation skills, and how to conduct research that is relevant to the population. Coleman's passion for research manifested after graduating from Clark. He took a job pipetting in a lab but quickly found there were not many opportunities for advancement or for self-directed research. He went back to school to get his Pharm.D., completed a 2-year post-doctoral fellowship in Outcomes Research at Hartford Hospital, and then took a faculty position with UConn.

In order to demonstrate the benefits of the Medication Assistance Program at Hartford Hospital, Coleman conducted studies on those with Type II Diabetes who used the program as the main source of their medication and found that they were able to achieve healthy hemoglobin levels. His earlier research on cardiovascular drugs earned him the ACCP & AstraZeneca Health Outcomes New Investigator Award in 2003 for his paper, "Impact of Prophylactic Amiodarone on Length of Hospital Stay, Stroke, and Atrial Fibrillation after Cardiothoracic Surgery."

One Dr. Coleman's more recent achievements has been being named project manager and methods chief at the new Evidence-Based Practice Center (EPC) by the Agency for Healthcare Research and Quality (AHRQ). The organization awards five-year contracts to institutions in the United States and Canada to look into a vast array of topics that will ultimately influence federal policy. The University of Connecticut is among many competitive and cutting-edge research institutions that have been chosen to head an EPC and is the only center run by pharmacists. Of his research for the EPC Coleman says, "The whole playing field changes. Working for the federal government we are subject to increased scrutiny and a specific timeline but it has been a very interesting



Associate Professor of Pharmacy Practice Dr. Craig Coleman specializes in the growing field of pharmacoeconomics.

Erica Peitler

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the business side to a pharmaceutical education. Upon graduation, Peitler was hired to work at the company. Her business career took off and Peitler ultimately became “the youngest member of a global management team for a two billion dollar consumer healthcare organization.” After 20 successful years in industry with opportunities to run operating divisions and global R+D groups, Peitler started to think more broadly about what was next for her. “Business was becoming too narrow and small for me. I needed to see my personal and professional interests expand. I took time off to think about what was next for me and decided to write a book about my personal experiences with growth and change. Along the way, I discovered that my true passion was at the intersection of business and leadership.” This introspection led Peitler to understand her own life. She paid particular attention to the tools that helped her during this process. The experience provided Peitler with the outlet to write, which led to her recently published book *Open Up and Say aaah!*. The book was a living experience for Peitler, who describes it as a “slow reveal” that modeled her “own experience of getting [her] life and thoughts in order so that [she] could be at the best place she could be.”

Peitler’s book helps people “discover who [they] are now, shape who [they] are becoming, and create what [they] want to experience.” Peitler’s book is interactive; “designed so that regardless of the type of learner one is” they can continue to explore themselves and their goals. Peitler believes that people must be “ready, able, and willing” when reading her book because it is about making a choice to change in one’s own life; “you have to be ready for that.”

Peitler’s pharmacy background is evident as one reads her book. She includes numerous “factoids” in her prose that link a “hard scientific fact with a softer cultural or behavioral fact.” Besides Peitler’s natural tendency towards science, she deeply believes in “positive psychology and its connection to health.” This connection is clearly

exhibited in her book with her references to science as she guides people through their personal development. Peitler hopes that her readers leave the book “internalizing the acronym ‘aaah’” — awareness, acceptance, alignment, happiness.

Along with the success of her book, Peitler has become a leadership performance coach and founder of her own company Erica Peitler & Associates, Inc. She currently works with 15 CEOs from small to mid-sized businesses as well as major pharmaceutical companies working with young high potential individuals who want to grow and excel in leadership roles. When Peitler is not working she enjoys spending time with her partner, puppy, and two cats in Morristown, New Jersey. She enjoys sports and politics and is fascinated by people and leaders.

Peitler hopes that her journey from teen interested in science, to pharmacy student, to business leader, to leadership coach will communicate a positive message to School of Pharmacy students. “People have a path that they are on. Different milestones on this path can be exciting and energizing. What I hope my career and choices show is that the path can lead anywhere and it can be as big and as broad as you want or focused and narrow, but you have to grow with it and make it your own. I chose to keep expanding my view of that path and I hope that people know that there is always a choice to experience their path in whatever way they want and that you always bring with you all of the experiences to the next stage of the path. You have to just keep learning and growing.” ■

Win Erica’s Book

OPEN UP AND SAY aaah!

See the back page for details.

experience.” This research opportunity differs hugely from Dr. Coleman’s past research endeavors in that his work directly impacts public policy — he communicates closely with government agencies to determine what leading research suggests about health issues. The relevant information gets passed on to other organizations, like the American Heart Association, and is incorporated into policy, reports, and scientific literature. “Ultimately clinical research is transferred to the bedside so that patients get the best possible care,” said Dr. Coleman.

In spring 2008, Coleman was named to serve as a member of the Nutritional Evidence Library Team as part of the USDA/HHS Dietary Guidelines modifications for 2010. His nomination came partly because of his work with the Evidence-Based Practice Center and a close connection to cutting-edge research. All of his work for the guidelines is done virtually and stems across any field related to dietary medicines — he conducts systematic review activities and research portions to determine what the evidence suggests around dietary health. Dr. Coleman’s findings are, then, relayed to a committee that is in charge of synthesizing these findings into new dietary guidelines. The next edition will be released in 2010.

Coleman maintains that it would not be possible to balance his responsibilities and extensive research without the help of a very strong group of people. “I am lucky to have a lot of good collaborators and lots of fellow faculty members who have done research too” said Dr. Coleman. ■

2009 Toxicology Scholars Colloquium: Bringing Toxicological Pathology to the Forefront

By: Lauren Silber

This year's Toxicology Scholars Colloquium brought the topic of Toxicological Pathology to the University of Connecticut. Started by Professor Emeritus of Pharmaceutical Sciences, Dr. Steven Cohen, the Toxicology Scholars Colloquium brings in respected scholars, professionals, and researchers to the School of Pharmacy to speak about their areas of expertise. Now headed by Associate Professor of Pharmacology and Toxicology, Dr. José Manautou, the Toxicology Scholars Colloquium works to promote cutting edge themes about lesser known topics of study in order to create a full and complete learning experience for students and faculty.

The Colloquium Series works to promote what Manautou calls "multidisciplinary learning." The colloquium brings together interested participants from across University of Connecticut campuses. Every spring, the School of Pharmacy invites professionals from different sectors including government, private industry, academic, and corporate, to visit the university to speak to the faculty and student body. Dr. Manautou explains that the diverse range of speakers help others "see and learn how toxicologists can serve in different capacities," opening their eyes to "all potential options."

The School of Pharmacy has created a Ph.D. course developed around the Toxicology Scholars Colloquium. The one-credit course requires students to read current literature requested from the speakers. The students meet to discuss the material in preparation for the colloquium. Dr. Manautou ensures a "very student-oriented" environment, scheduling an informal lunch for students and speakers to increase student involvement and foster intellectual development. Dr. Manautou thinks the Toxicology Scholars Colloquium is "an essential component [for] our Ph.D. students." Current Ph.D. student Igor Gurevich, who has attended the series and taken the offered course twice, thinks that the colloquium "increases visibility of the toxicology program

within the UConn community." For Gurevich who says that there is "nothing in toxicology that [he] doesn't want to know more about," the Toxicology Scholars Colloquium provides the "opportunity to see the different things toxicologists look at" which confirms that Manautou's goals are being accomplished.

Students are not the only participants benefiting from the School of Pharmacy's Toxicology Scholars Colloquium. Faculty gain from the experience as well. Dr. Manautou works to invite professionals that can teach and expand upon the knowledge of the School of Pharmacy's faculty. The colloquium offers faculty the opportunity for one-on-one time with the guest speakers. As a professor, Dr. Manautou says the Toxicology Scholars Colloquium not only keeps him knowledgeable on current and unique scholarly information about the field of toxicology, but also "helps [him] develop contacts and create relationships" that impact his career.

This year the Toxicology Scholars Colloquium discussed toxicological pathology. The field focuses on the study and diagnosis of disease through the examination of organs, tissues, bodily fluids, and whole bodies in regards to the adverse effects of chemicals. On March 31, James Popp, a professional at Strataxon, spoke on the topic of liver toxicological pathology. The following week, on April 7, Ann Hobbes, of the National Institute of Occupational Safety and Health [NIOSH] discussed respiratory toxicological pathology. A lecture on cancer toxicological pathology was postponed due to illness, but Dr. Manautou would like to host the speaker in the future.

Dr. Manautou hopes the Toxicology Scholars Colloquium will not only educate faculty and students on the topic of toxicological pathology, but will provide the School of Pharmacy with "great visibility," allowing the speakers to "become advocates for our school" while participating in an innovative learning experience. ■

Dean's Message

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chapter was selected as the ASP Region 1 winner of both Project CHANCE and Operation Immunization programs. 2009 UConn pharmacy graduate Dr. Leslie Matthews was selected from eight PGY-1 and PGY-2 residents as chief pharmacy resident at West Virginia University Hospitals.

The school was well represented at the 2009 Annual Meeting of the American Association of Colleges of Pharmacy in Boston in July, with numerous poster and podium presentations by faculty, students, and staff. Our faculty continue to attend cutting-edge programs for professional development that benefits both their research and teaching. Dr. Effie Kuti was selected to attend the ACCP FIT Program at the University of Utah in July. This program brings together a select group of talented and committed faculty researchers who are seeking to develop a research proposal from pilot data that will be competitive for extramural funding. Drs. Devra Dang and Phillip Hritcko were selected as University of Connecticut Service-Learning Fellows. The fellows are a small group of faculty who are "pioneering" a service-learning component to a new or existing course.

After four decades of distinguished service as professor of pharmacology & toxicology, we are bidding farewell to Dr. Ronald Langner. A dedicated teacher and an accomplished researcher for many years, Dr. Langner recently played a key role in bringing the new Pharmacy-Biology Building into reality as the chair of our Building Committee. His attention to detail and easy demeanor with both our faculty and staff and the professionals responsible for the design and construction of the new building was indispensable in giving us the exceptional new facility we have today. Ron also served as chair of our most recent ACPE accreditation self-study committee that led to a full six-year re-accreditation. All of us in the School of Pharmacy offer him our heartfelt thanks and good health and good times in the years ahead. ■

Pharmacy Graduate Recognized for Alzheimer's Research

By: Colin Poitras ~ Reprinted from the UConn Advance

David Butler, a recent graduate of the School of Pharmacy's neurosciences doctoral program in pharmacology and toxicology, is one of five researchers in the country to be recognized as an outstanding young investigator by the Alzheimer's Drug Discovery Foundation. The foundation is the only public charity solely dedicated to accelerating the discovery and development of drugs to prevent, treat, and cure Alzheimer's disease.

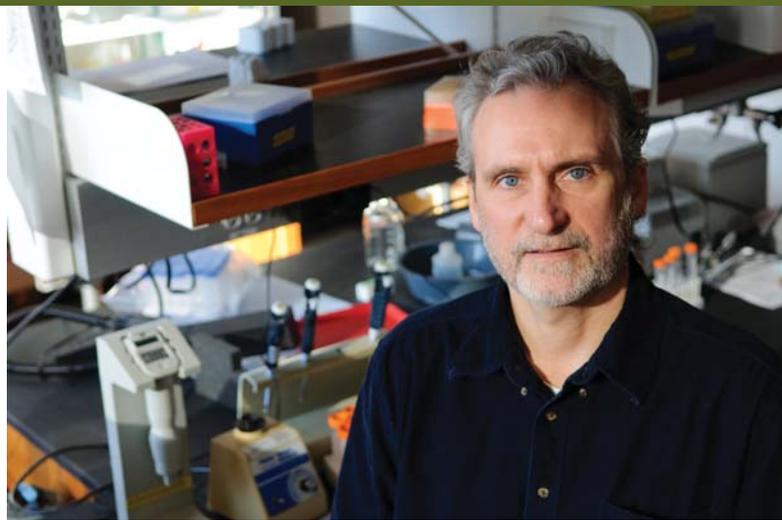
The young investigator award recognizes the achievements of talented young researchers and seeks to encourage the career development of the next generation of research scientists. Butler received his award at a Washington, D.C. conference last February. While the award is a substantial achievement for any young researcher, in Butler's case it is particularly significant. Butler, 49, conducted all of his laboratory tests and wrote all of his research reports using only one hand. A cranial aneurysm and stroke 12 years ago left him without the functional use of his left hand, arm, and leg. But rather than be overwhelmed by his disability, he worked through it.

Once an industrial mechanic, Butler turned his talents and determination to academic study and research. Besides his new doctoral degree, Butler holds a bachelor of arts degree in psychology from Salisbury University in Maryland and a master's degree in neuroscience from the University of Hartford. It has been quite a career path for the New Jersey native, who once was told his most probable occupation after his stroke would be as a shipping clerk. "The key is not to focus on what you lost, but to build on what's left," Butler says. "I want people to realize there are support systems out there, and if you have any desire to improve your existing condition, there are resources available."

Butler credits his faculty advisor, Ben Bahr, formerly an associate professor of pharmacology and neurotoxicology at UConn, with giving him a chance to prove himself. Butler said it was not so

much what Bahr did — although his help and guidance was clearly invaluable in the research — but what Bahr didn't do that impressed him most. "When he first met me, he saw I was disabled but didn't hesitate for a minute," Butler recalls. "He was amazing in that response. His confidence and courage really impressed me a lot and allowed me to challenge myself." Bahr recalls his first impression of Butler. "It was his enthusiasm," he says. "I always look for a challenge. If he was looking for a challenge too, well, then I was all for it. But I told him, 'We need to find a way for this to work.'" With the help of Donna Korbel and her staff at the Center for Students with Disabilities, Butler and Bahr developed a plan that allowed undergraduate students to assist Butler with some of the more intricate testing procedures, while he closely supervised and monitored their every move.

Bahr and Butler, along with other researchers including Dennis Wright, an associate professor of medicinal chemistry, have spent the past three years developing a prototype drug they believe has the potential to improve the minds of Alzheimer's patients whose thought processes often get lost in a tangled mass of excess protein deposits in the brain. While other researchers have tried to develop drugs that reduce the production of the protein deposits at the core of Alzheimer's disease, Bahr took a different route. He developed a drug that makes lysosomes in brain cells more potent. This causes them to act as aggressive garbage disposals of sorts inside nerve cells, flushing out the clogged masses of protein deposits that cloud the minds of people with Alzheimer's disease.



David Butler, a recent Ph.D. graduate, at his lab in the Pharmacy-Biology Building. Photo by Peter Morenus

The drug's potential had already been demonstrated in cells in the lab, but Butler helped Bahr confirm its benefits in laboratory tests on mice. Mice raised with genetic Alzheimer's defects were able to find food hidden in a maze after being injected with Bahr's drug, whereas similar mice not exposed to the drug often lost their way. The research results are currently under peer review. "We changed experimental parameters at least 15 different times and Dave never lost confidence that something was going on here," says Bahr. "Some people see strange data and if it happens twice, they never do it again. Dave kept at it." Robert McCarthy, dean of the School of Pharmacy, says Butler has been an inspiration. "The partnership between him and Ben represents the best we have here at UConn in terms of cutting-edge research and dedicated, hard-working individuals."

Butler completed a doctoral thesis based on his Alzheimer's research last fall and officially graduated in December 2008. He participated in commencement exercises in May. He has applied for a grant that would allow him to continue his research in the coming year. "My interest is in fixing things," Butler says. "I'm still a mechanic at heart. If there is a problem, I have to try and fix it. With Alzheimer's, I knew the end point of the research was to make it better for someone with a horrible disease. Not only does Alzheimer's affect individuals, it can last for 20 years and it destroys loved ones too." ■

President's Message ~ Ellen Kinspore '79



Each year as the summer begins to fade toward fall I think of returning to school. We all spent so many years of our lives dreading our return to the classroom each September. Summers just did not seem to last long enough. Then came college! Remember those first weeks on campus, learning our schedules, staying awake through those lectures and enjoying the freedom that dorm life allowed. College was a new chapter in our lives with enormous possibilities.

This year begins a new chapter in my life. I am honored to begin my tenure as the president of the School of Pharmacy Alumni Association. My first responsibility is to write this column of introduction and invite you to participate in the association. We all worked hard to graduate from the School of Pharmacy, as alumni we each have something to give. The practice of pharmacy is a service, we may provide medication, information or some other commodity but the most important part of the service is the knowledge we use in the process.

One of the most amazing aspects of pharmacy practice is the variety of options from which we as medical professionals can choose. This variety allows each of us to tailor and develop our personal practice to our interests, abilities and needs. Whether we practice in a clinical/institutional setting, in retail, education, research, or industry we all started in the same place. Our common denominator, the University of Connecticut, School of Pharmacy, is the unifying force that brings us together. It is a testament

to the professors under whom we studied that we each were able to develop our individual paths.

Our Alumni Association has the difficult task of reminding you of your professional roots. We attempt to bring you back to the university so others may benefit from your experiences and knowledge. The Alumni Association also seeks to involve you in activities. The mission of the association is to support the School of Pharmacy. While scholarships and mentoring are very important, we aim to go further. The Alumni Association is working to involve more of our alumni in endeavors that fulfill personal goals as well as professional goals. We offer you opportunities to expand your horizons through outreach programs within the community, mentoring programs with pharmacy students as well as the expected reunion and award activities we have always sponsored.

So look back to the university where we all started on our chosen paths. Visit our website to see our upcoming events and options for your participation. Please join us. With all the changes that make this profession so challenging and interesting, we each have something to offer to the whole group. Just as we got through those stressful, test-ridden years of pharmacy school we can each help others, both alumni and students, rise to the constant change that is pharmacy.

We look forward to seeing you. ■

From the Executive Secretary ~ Daniel C. Leone



Mission Statement – The mission of the UConn Alumni Association is to promote community among alumni, to support the school financially, to foster a professional spirit and the advancement of the profession.

This statement was approved by the association's Board of Directors in October 2008. The question is – Are we fulfilling that mission? Also, can we fulfill that mission without the complete support of the alumni? In my view, the answer to the first question is: we are trying hard and the answer to the second is a firm NO. Without your help, the association cannot fulfill its mission. How can you help? Here are some of the ways.

We are now planning for the 40th annual awards & reunion banquet. As I noted in my last column, if you graduated in a class year ending in zero starting in 1950, I need your help. The date for the event has not been firmly established but it will be either April 10 or April 17, 2010. I need class members from each reunion class to sign letters to class members and to ask their fellow classmates to attend. Will you help me? If you want more information, send me an e-mail to daniel.leone@uconn.edu. The banquet is open to all alumni, not just reunion alumni. It's a great opportunity to renew acquaintances with other alums and it is an enjoyable event. Why not plan on attending next April?

This past spring, we offered alumni an opportunity to be mentors to pharmacy students at migrant farm worker clinics.

University of Connecticut Pharmacy Communication between the school and its alumni and to support activities that will foster the school.

We had 5 alumni participate. That's a good start, but we could have used more alumni participation. As we develop more projects for alumni to mentor students, will you agree to help?

We are seeking nominations for our Distinguished Alumni Awards. An award is given for success and outstanding achievement in each of three categories, academic, industry and pharmacy practice. If you know an alum that you think is worthy of the award, go to the school's webpage at www.pharmacy.uconn.edu, click on Alumni and Friends, then on Distinguished Alumni Nomination Form. Print out the form, fill it in and mail it to me or you can e-mail the information.

Dues bills for 2010 will be sent out later in the year. We really need your support by payment of dues. We use that money to support the school and its students. Please make an effort to send in the \$25 annual dues or join as a Life Member for \$250. Currently we have about 1000 life and annual dues paying members out of 4000 alumni. I would like to increase that number to 1500 this year. Will you help me to do that?

These are some of the things that you can do to help the association fulfill its mission. If you just did one of them, it would be great.



[Pictured from left to right] Distinguished Alumnus Dennis Chapron, Alumni Association President Jacqueline Murphy, Distinguished Emeritus Professor Paul Kramer, Dean Robert McCarthy, Distinguished Alumnus Kerry Blanchard and Distinguished Alumna Kathleen Cameron at the Alumni Association Awards & Reunion Banquet.



Members of the reunion classes...



had a great time reconnecting at the Alumni Association Awards and Reunion Banquet.



Why don't you join us in April?

University of Connecticut Pharmacy Alumni Association

Officers 2009 -- 2011

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Keith Lyke '92

Edward Sklanka '74

Peter Tyczkowski '78

Elliott Tertes '62

Student Representatives

Brian Bachyrycz '10

Carlie Hershgordon '11

Alumni Update

Sidney Silverman '49 attended the 60th reunion of his class and brought a copy of the December 1947 issue of *The Pharma-Conn, Journal of the College of Pharmacy*. Also attending from the class of 1949 were **James Foley, Fred Scimone, and Edward Silver**. Joining them was **Aaron Gersten '48**.

Daniel C. Leone '53 was invested as a Knight of the Equestrian Order of the Holy Sepulchre of Jerusalem on September 26, 2009 at St. Patrick Cathedral, New York by Edward Cardinal Egan. The knighthood is an honor bestowed on Catholic men and women for service to the Church and the community.

Jarvis Allen '54 writes that the newest of his 6 grandchildren, Phoebe Ann Diven, has arrived.

Jeffrey D. Urman, MD '67 has been reappointed as clinical professor of medicine and rheumatology at Stanford Medical Center and was chosen by his colleagues as a Bay Area Top Rated Physician. He has numerous publications and patents, helped greatly by his pharmacy and pharmacology background at UConn. He's been married for 39 years, has 2 married sons, and lives in Palo Alto, CA.

Joseph W. Cranston, Jr. '67 recently retired as director, science research and technology from the American Medical Association where he worked for 28 years. He received the 2009 Commissioner's Special Citation from the FDA for his public policy work over many years on behalf of physicians and patients.

Alan Traster '71 spoke at the mid-year conference in Orlando, FL on *Compliance: Focus on Drug Enforcement Agency (DEA) Issues in Long Term Care*. Alan is president of Trasco Management, a national multidisciplinary consulting firm specializing in regulatory compliance and quality improvement in long term care.

Renee Tannenbaum '74 has been hired as executive vice president and chief commercial officer for Elan Corp.

In her new position, she is responsible for ensuring that Elan delivers on revenue expectations for its products and for strengthening the company's commitment to strong performance.

Debbie Tapley '78 was promoted to vice president, operations for Palmetto Health in Columbia, SC. She previously served as director of Pharmaceutical Services and Clinical Nutrition.

Peter Tyczkowski '78 received a US Pharmacopeia Award for Distinguished Volunteer Service for his work on the 2005-2010 Membership Committee.



Peter Tyczkowski [right] receives USP Award

Mark Siracuse '84 was recently promoted to associate professor with tenure in the Department of Pharmacy Sciences at Creighton University School of Pharmacy and Health Professions. In 2008, he received the Scholarly Achievement Award from Creighton University School of Pharmacy and Health Professions and was appointed to the Editorial Advisory Board of the *Journal of the American Pharmacists Association*. He has been a member of the faculty at Creighton since 2003, lives in Omaha, NE with his wife, Carolyn, son Brandon (13) and daughter Brianna (11). He received his Pharm.D. from the University of Michigan in 1994 and his Ph.D. in social and administrative pharmacy from the University of Minnesota in 2002.

Kevin Gatland '99, '04 and his wife, **Julie Gatland '05** welcomed their first child, a daughter Eva, on March 1, 2009. Kevin and Julie both work at St. Francis

Hospital.

Kevin Chamberlin '01 was named Consultant Pharmacist of the Year by the Connecticut Chapter of the American Society of Consultant Pharmacists at the 2009 Senior Symposium.



Dr. Sean Jeffery [left] presents the Consultant Pharmacist of the Year Award to Dr. Kevin Chamberlin '01.

Bryan Zembrowski '07 recently completed a two-year post-doctoral Rutgers Pharmaceutical Industry Fellowship and, in June, accepted a full time position as product manager with American Regent. Following graduation from UConn, he was accepted into the highly competitive Rutgers fellowship program and gained hands-on experience in the areas of marketing and managed care. He is now responsible for all marketing activities of branded products at American Regent, including the flagship product, Venofer.

In Memoriam

It is with great sadness that we announce the passing of our alumni and friends.

Joseph E. Brusnicki '64
January 21, 2009

Irvin L. Kurtzman '59
August 2, 2009

Constantine "Gus" DellaPietra '45
August 6, 2009

Leona (LaVigne) Cotnoir '50
September 7, 2009



Just Shoot Me

This fall, the Office of Pharmacy Professional Development offered several sessions of a practice-based continuing education program for registered pharmacists who plan to implement a pharmacist-directed immunization program at their practice site or fulfill the requirements to become a pharmacist immunizer. In order to better serve our alumni and pharmacists across the state, the program was offered at the Storrs campus as well as at select UConn regional campuses. The final program for this year is on October 24th at the Greater Hartford campus. For upcoming programs and events, continue to check the CE website, www.pharmacyce.uconn.edu. If you are interested in holding an immunization training program at your site, contact Jill Fitzgerald, Pharm.D. at 860-486-2130. ■

Did You Know...

The 2009 yearbook, *The Capsule*, was dedicated to Dr. Henry A. Palmer for his example of a "caring pharmacist, nurturing teacher, and giving friend." The dedication names Hank as the "heart and soul of the School of Pharmacy."



GEAR UP for Pharmacy

By: Kierstin Wesolowski

The collaborative partnership between the University of Connecticut's GEAR UP Program and the School of Pharmacy reaches out to New Haven School District students and encourages them to pursue a career in pharmaceutical sciences. The GEAR UP program commences in sixth grade and continues throughout the students' high school career. Students entering the 9th grade are given the opportunity to learn more about a career in pharmacy through this mentoring partnership. "These New Haven High School students are typically the first generation in their families who will go to college," said Peter Tyczkowski R.Ph., MBA, the educational outreach coordinator for the School of Pharmacy. The main goal of the GEAR UP – School of Pharmacy partnership is to expose high school students to the realistic and practical applications of mathematics and science, which will hopefully encourage the



GEAR UP students program in January 2009. The students have a chance to experience pharmacy "hands-on" in the lab.

students experienced a day in the life of a pharmacist first hand. They had the opportunity to prepare "Magic Lotion" in the Boehringer Ingelheim Dosage Forms Laboratory and then entered information into the pharmacy dispensing system to process the order as a mock prescription in the CVS Pharmacist Care Center. "This aspect of the program makes it hands-on for the students," Tyczkowski said. "We have never done the same activity twice with them. We have really tuned into what the students find interesting."

SNPhA students coordinated an interesting and interactive program of skits designed to help the high school students understand and prepare for the challenges of college. Suzanne Tamer, from Walgreens contributed to the day's success with her insight on interviewing skills and preparing for employment.

~ Peter Tyczkowski, educational outreach coordinator, UConn School of Pharmacy

completion of their high school degree, and initiate a career in the pharmaceutical sciences. The cohort has grown as more students become interested in the unique program. Some of the participating students are reaching the point where they are actively college searching. "It's more than likely some of the students will make UConn their choice, and we hope they choose our pharmacy program as well," said Tyczkowski.

In addition to hands on lab exposure, the students' last visit focused heavily on the college-admissions process. "A lot of students had questions about the admissions process so we invited some representatives from admissions to come speak to the students," said Tyczkowski. Younger students were given a guided tour of UConn during the question and answer session. While on their visit,

In addition to the hands-on experience, the New Haven School District students also receive valuable insight into college life from their mentors – pharmacy students in the Student National Pharmaceutical Association (SNPhA). The transition to college is often times a culture shock to students, and could prove a difficult adjustment. The SNPhA mentors reveal the truth about college life to students, and also give helpful advice and strategies on how to cope with the numerous challenges they will ultimately encounter.

UConn's GEAR-UP Program provides New Haven School District students a glimpse of college academics and life. It also, and more importantly, illustrates the endless possibilities that are available to them if they work hard to achieve their goals. ■

Proper Prescription Medication Disposal

By: Kierstin Wesolowski

In an attempt to make our planet a little bit greener, the University of Connecticut's School of Pharmacy's faculty and students have been at the forefront of educating the public about proper medication disposal. The presence of pharmaceutical drugs in the country's drinking water has been a mounting problem for some time now: "Pharmaceuticals have been found in the drinking water supplies of at least 41 million Americans," according to an Associated Press investigation. In addition to affecting the American public, medications have also been found in the waterways that act as habitats for many species of fish and other wildlife, according to H. Dale Hall, director of the U.S. Fish and Wildlife Service.

The absence of uniform government regulations regarding the disposal of prescription medications also contributes to the problem. Dr. Kevin Chamberlin stresses the importance of consistency when disseminating information about proper prescription medication disposal. Currently, there are no specific laws that govern the correct procedure for the disposal of unwanted and/or unused medications. "A lot of people are not aware of the correct procedures for proper medication disposal, and that's because, historically, people have been told the wrong thing to do. This is still occurring today," John Dobbins, R.Ph., a pharmacist at the University of Connecticut Health Center and commissioner for the Southington Water Department, said. Each governmental agency has a distinct set of rules and guidelines that they instruct people to adhere to when disposing of their medications. As a result of the incongruities between each agency's suggested procedures, people resort to the most familiar way of disposing their medication – either flushing it down the toilet, or pouring it down the sink, which contaminates the drinking water.

In an attempt to counteract this issue, Dobbins coordinated a mass medication



School of Pharmacy students including James Malaney, Michael Windisch and John Conley participated in the drug disposal event.

disposal event with assistance from the Bristol and Southington Water Departments, Dr. Chamberlin, and several others. Four pharmacists, three University of Connecticut School of Pharmacy students, James Malaney, Michael Windisch and John Conley, in addition to numerous volunteers, participated in the event held at the Southington Water Department on April 25, 2009.

At the conclusion of the mass prescription medication event, Dobbins and Chamberlin estimated that 191 cars dropped off medications and over 320 controlled substances were collected that filled three 5-gallon buckets; the buckets were held by the Southington Police Department the remainder of the weekend and were turned over to Drug Control on Monday, April 27th. In addition, 3,080 non-controlled prescription, over-the-counter, and herbal medications were identified and logged, and later transported by Clean Harbors for environmentally-sound incineration.

Questionnaires were also distributed at the event to help the organizers document why people had the medications they dropped off, and how they typically disposed of their medication. The information collected from the surveys will be incorporated into their research about the event, and will serve as an example for other similar medication disposal events. "This event has been described as a model event for future medication disposal programs to be mirrored after," Chamberlin said. Dobbins and Chamberlin also presented the data collected at the event at a Water Department meeting in Vermont in late May. ■

File of Life

By: Kierstin Wesolowski

It is an invaluable piece of paper that could save a life in an emergency situation. The File of Life card, which is kept in a red plastic pocket, sticks to a person's refrigerator and contains all of their vital medical information: the patient's name, emergency medical contacts, insurance policy and social security numbers, health problems, medications and dosages, allergies, recent surgeries, religion, physician's name, and the name of a health care proxy.

The concept for a portable, but easily accessible medical history originated in Bridgeport, Connecticut under the name Vial of Life, according to the File of Life Web site. The patient's medical history was contained within a small vial that was to be kept in the refrigerator at all times. Patients, however, were misplacing the vial, and the moisture that accumulated inside of it made the information virtually unreadable. The File of Life Foundation then changed the design to a refrigerator magnet and also a slightly smaller wallet-sized version patients can carry with them at all times.

In an effort to keep University of Connecticut School of Pharmacy students involved in the community, the students attend different events across Connecticut throughout the course of the year. The events include the Cornucopia Fest at UConn, the NBC Health and Wellness Festival, and the Diabetes Expo, where pharmacy students prepare the Files of Life for patients. "It has become a signature project for the School of Pharmacy," says Peter Tyczkowski, R.Ph., MBA, the educational outreach coordinator for the UConn School of Pharmacy.

The pharmacy students use a format developed in conjunction with the File of Life Foundation to document information obtained while they interview patients. After all of the information has been collected, the students print two documents for patients to take home with them. One of the forms is to be placed on the patient's refrigerator, while



School of Pharmacy students provide the "File of Life" service to the community.

The Future of Primary Care

By: Lauren Silber

This year the 16th annual celebration of National Primary Care Week will take place October 3-10, 2009. The goal of National Primary Care Week is to educate students working toward degrees in health professions about the "importance of community-responsive primary care" and to "encourage their collaboration as members of future primary health care teams." National Primary Care Week is a national effort and the Area Health Education Centers (AHEC), the American Medical Student Association (AMSA) and the Health Resources and Services Administration (HRSA) in Washington are involved.

The theme for this year's National Primary Care Week is "The Future of Primary Care." The week will begin with a retreat in the Berkshires followed by a banquet at the Farmington Club. There will be four lunchtime seminars held at the University of Connecticut campus during the week. Discussion will provide "needed exposure to future health care providers about the importance of primary care." Wednesday afternoon of National Primary Care Week is reserved for students and faculty from the UConn Schools of Medicine, Dental Medicine, Nursing, Pharmacy as well as Quinnipiac University to provide

information and care to "urban underserved communities." This year, ten health fairs will be held in Hartford, CT and Willimantic, CT on Wednesday, October 7th from 1:30 p.m. until 4:30 p.m. In the past, students and the faculty from the Schools of Medicine, Nursing, and Pharmacy, who act as preceptors, have served 375 clients in just one day.

National Primary Care Week has been planned by a cross campus planning committee that includes students as well as faculty from the School of Pharmacy, the School of Nursing, and the School of Medicine. Brian Bachyrycz, a P4 at the UConn School of Pharmacy, explains the importance of his involvement on the cross campus planning committee for National Primary Care Week: "In these difficult economic times, the goal of our students is to provide primary health services to people in the community. I feel this week is extremely important because so many people in our country do not have health insurance. I am involved in National Primary Care Week because it is a great way to give back to the community and help people manage their health. It also helps bring attention to some very important health care issues that we face today." ■

the other remains on the patient at all times to be presented at the doctor's office. "The patient's medical history is then easily accessible," Tyczkowski said. "The patient is more organized when they go to the doctor's office."

Both the pharmacy students and patients benefit from participating in the project. The patient interaction allows the pharmacy students the opportunity to learn and hone their interviewing skills, while they question patients about health related issues such as the medications they take as well as the medications they cannot take. "It may take some patients longer than others to remember and/or to describe the various health issues to the students," Tyczkowski said. "The students then learn helpful techniques of how to get information out of a diverse population of patients, and the patients are able to walk away with something on the spot. There is a synergy between students learning and contributing to the well being of others. People love it." ■

Save the Date

The Office of Pharmacy Professional Development has exciting continuing education programs offered in the upcoming months. Mark your calendar.

November 24, 2009
Second Annual
Anticoagulation Symposium

December 18, 2009
Henry A. Palmer CE Finale

May 27, 2010
Arthur E. Schwarting Symposium

What's New With You?

We want to hear from you! Please use this form to tell us about address changes, personal and professional honors, or everyday events that we can use for the Alumni Update column. Mail To: University of Connecticut, School of Pharmacy Alumni Association, 69 North Eagleville Road, Unit 3092 ~ Storrs, Connecticut 06269-3092, or e-mail us at: daniel.leone@uconn.edu

Dr. Mr. Mrs. Ms. Other _____

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Maiden/Former Name: _____ Spouse Name: _____

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Employer/Business Name: _____

Title: _____

Business Address: _____

City: _____ State: _____ Zip: _____

News: _____

Promoting Health Literacy

By: Kierstin Wesolowski

It's a problem that affects nearly half of all American adults, and costs the United States billions of dollars – the equivalent to providing health care to all 47 million uninsured people in the U.S. in 2006. What is this mounting, but yet, relatively unknown problem sweeping the country? It's low health literacy in patients.

Health literacy is, “the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions,” according to the Department of Health and Human Services. Comprehending complex medical terminology can be difficult for almost anyone, especially because most health care information is written at a 10th grade reading level, when one out of five American adults read at or below the 5th grade reading level.

As a result of this growing problem, the Middlesex Chamber of Commerce formed an organization known as the Middlesex Health Council, comprised of physicians, hospitals, and pharmacists. The council promotes the increased communication between pharmacists and patients in an attempt to improve health literacy in patients. Peter Tyczkowski, R.Ph., MBA, educational outreach coordinator for the UConn School of Pharmacy and an active member of the Middlesex Health Council, approached UConn pharmacy students about the possibility of implementing a program to help improve health literacy in patients across Connecticut. Immediately 2009 Pharm.D. candidates, Andrew Bzowycykj and Jennifer Scholle, jumped at the opportunity to become involved.

Bzowycykj was interested in the project because at that time he didn't have that much experience in the community. The interactions he did have with patients allowed him to see that “people don't have a grasp on what their disease state is.” Bzowycykj and Scholle believed that if pharmacists were educated about health literacy they could identify patient cues that signal low health literacy. This would enable pharmacists to better assist their

patients with their individual health care treatment; “A strong patient-provider relationship allows the patient to take on a more active role in making his or her own health care decisions,” according to *Health Literacy & the Prescription Drug Experience: The Front Line Perspective from Patients, Physicians and Pharmacists*.

When Bzowycykj and Scholle received the resources for their health literacy presentation, they were surprised to discover that the information was poorly organized and displayed, which made it difficult to understand and comprehend the information: “The resources didn't match up with the message we were trying to convey,” Bzowycykj said. So, Bzowycykj and Scholle decided to research the topic themselves, and later created their own presentation on health literacy.

In their presentation, “Assessing Change in Understanding of Health Literacy in Community Pharmacists,” Bzowycykj and Scholle identified six cues that signal the patient has low health literacy: the patient often says I forgot my glasses or I will read it when I get home, the patient often misses refills, the patient reuses marked prescription bottles, the patient always brings a friend or family member to the pharmacy, and the patient cannot recall the names of medications they have taken for years.

To ensure the patient fully understands the pharmacist's instructions, Bzowycykj and Scholle suggested that pharmacists encourage open and honest communication with their patients. Providers typically interrupt their patients 30 seconds after they begin speaking, which limits patients' understanding of the information their pharmacist has just told them, according to *Health Literacy & the Prescription Drug Experience: The Front Line Perspective from Patients, Physicians and Pharmacists*. Instead, pharmacists should incorporate written material into their counseling, in addition to welcoming questions and phone calls from the patient. Bzowycykj and Scholle instructed pharmacists to promote the “Ask Me 3” concept, “What is my main problem, what do I need to do, and why is it important for me to do this,” as outlined by the National Patient Safety Foundation. These three basic yet

crucial questions are vital for patients to ask their physicians and pharmacists in order to fully understand their health care plan, according to the National Patient Safety Foundation.

Bzowycykj and Scholle's original presentation was 30 minutes, much too long for the fast-paced environment of community pharmacists. They decided to condense their presentation to five minutes and then gave it to community pharmacists practicing in the State of Connecticut, training to become IPPE mentors with the University of Connecticut's School of Pharmacy. Before the presentation, they distributed a pre-survey to all 29 pharmacists who participated in the study. Their survey found that although pharmacists could define health literacy before their presentation, they “did not know what health literacy predicts or who is at risk for low health literacy, and they also were not aware of the methods to assess and improve health literacy.” One month later, those pharmacists who had viewed the presentation received another e-mail, which asked the same questions as the earlier questionnaire. After the presentation, the pharmacists showed improvements in these previously mentioned areas, and 80 percent of the pharmacists had implemented changes in their pharmacy practice to initiate the improvement of patient health literacy. Bzowycykj said he would have liked this number to have been 100 percent, but he realizes that some pharmacists may have already been practicing similar techniques to the ones he and Scholle had suggested.

All of Bzowycykj and Scholle's hard work did not go unrecognized. They presented their research results at numerous forums including National Primary Care Week and the American Pharmacists Association 2008 National Convention. They were also awarded the University of Connecticut Provost's Award for Excellence in Outreach and Public Engagement in 2008.

The next step for the campaign for improved patient health literacy is to bring awareness to the patient level. “That will be the job of whoever takes over next,” said Bzowycykj. ■

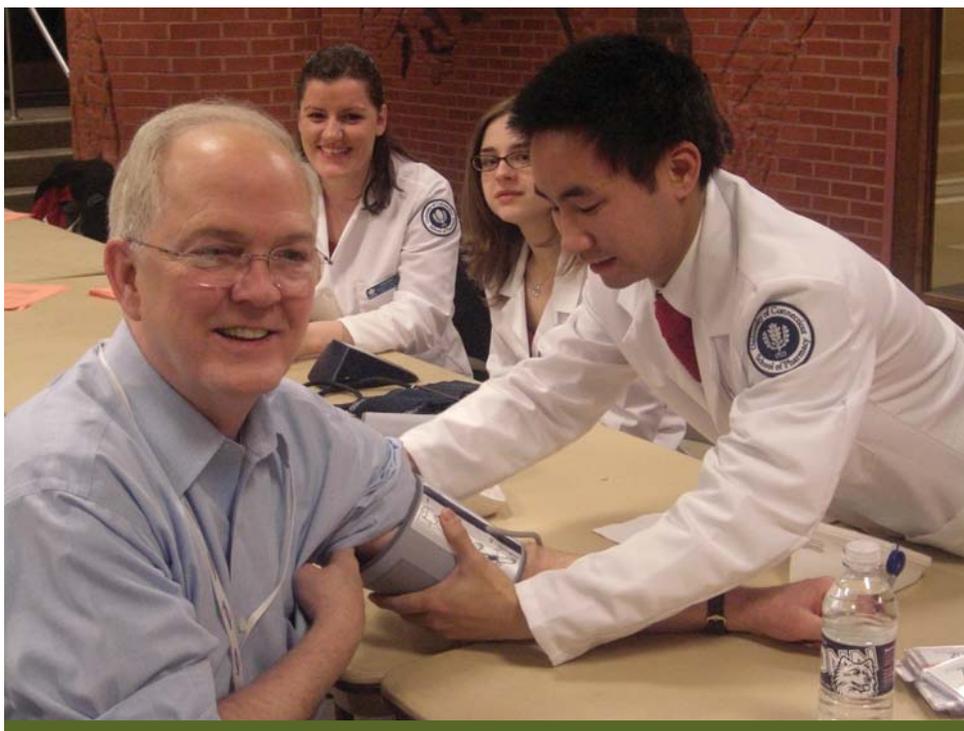
Student News Briefs

Doctor of Pharmacy Students

While still a P4 student, **Jennifer Young '09** had an article published entitled, "Case Report: Lidocaine Mucoadhesive Buccal Tablets for Local Relief of Mouth Ulcers" in the May/June 2009 *International Journal of Pharmaceutical Compounding*.

Graduate Students

David Butler '09 was chosen as a recipient of an ADDF Outstanding Young Investigator Award. He received this honor at the 2009 Drug Discovery for Neurodegeneration Conference in February 2009 in Washington, DC. ■



University of Connecticut President Michael Hogan has his blood pressure checked by pharmacy student Michael Li during APHA's annual Red Dress Campaign. This year the students checked over 85 blood pressures at a spring men's basketball game against Syracuse.

Urban Service Track Scholars Attend National Meeting

Twelve Urban Health Scholars, known as the Urban Service Track in the School of Pharmacy, attended the National Association of Community Health Centers' (NACHC) 2009 Policy and Issues Forum in Washington, DC, March 25th-27th.

Our students were articulate and eager learners. Over the course of the three days they participated in a variety of educational sessions at the conference, accompanied members of the Community Health Center Association of Connecticut (CHCACT) to visits on Capitol Hill, and met privately with NACHC and HRSA leadership.

When students were asked to describe their NACHC experience using one word, they said it was "exhilarating, empowering, positive, fun, energizing, progressive, inspiring, satisfying, hopeful, and confidence-boosting." ■



Urban Health Scholars with Richard J. (Rick) Smith, associate administrator for clinician recruitment and service, Health Resources and Services Administration, U.S. Department of Health and Human Services.



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Congratulations to Charles Jones
 our contest winner!

Pain Management

6. What was the topic of the 32nd
 Arthur E. Schwarting Pharmacy
 Practice Symposium?

2003

5. In which year was Margherita Cutiliano
 named a Distinguished Alumna?

Worford College

4. From which college did Dr. M. Kyle
 Hadden earn his BS in chemistry?

Hartford Hospital

3. Name Dr. Fei Wang's practice site.

Dean Robert L. McCarthy

2. Who is on the cover of the School of
 Pharmacy 2002-2003 Annual Report?

Dr. Diane Burgess

1. Who was named Board of Trustees
 Distinguished Professor in April 2009?

Website Scavenger Hunt Answers

For those providing an e-mail address,
 your next issue of Prescriptives will arrive
 via e-mail unless you indicate in the body
 of the e-mail that you prefer to continue
 to receive a paper copy. All entries must
 be received by December 31, 2009.

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Name, Address, City, State, Zip Code,
 Telephone Number, E-mail Address,
 Degree(s), and Year of Graduation.
 For those without e-mail, send your
 information to:

To enter e-mail us at:
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 subject line CONTEST. Be sure to
 include the following information:

To entaah...

**Win Alumna Erica
 Peitler's Book
 OPEN UP AND SAY
 aaah!**

