

# The Capsule

University of Arkansas for Medical Sciences APhA-



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MARK YOUR  
CALENDARS!

## Every Tuesday

### Surviving Our School Meetings

Every Tuesday at noon in B106. Please see an exec member or Clint Ross if you want to know more.

## February 11

Chapter Meeting

## February 18

Legislative Health Fair

## April 2-7

Annual Meeting  
San Antonio, TX

## Thinking about warmer weather in April



**By Clint Boone**  
VP Logistics and Operations

**A**s I'm huddling inside away from sub-freezing temperatures and staring down the barrel of my last semester of classes, I can't help but dream of the warmer times and better days of spring break. This year the APhA Annual Meeting & Exposition will be held during spring break in San Antonio, Texas. The four-day meeting will kick-off with the Friday night APhA-ASP Welcoming Social for student pharmacists from across the nation. This is a great opportunity to get to know students from other colleges and even expand relationships with students from UAMS.

On Saturday and Sunday, you will have the opportunity to meet the candidates for national office, participate in the policy process, and attend educational sessions that interest you. For those who attended the Midyear Regional Meeting, you will be familiar with this continuation of the policy process.

Attending these meetings is a valuable part of the trip, but you will still have a great amount of free time. From the River Walk District to the Alamo, San Antonio has much to offer and you will have time to get out and enjoy it all.

The meeting will come to a close on Monday evening with the APhA-ASP Awards Ceremony, where chapters are awarded for their hard work over the past years. As a

chapter we have won many awards in the past including National Chapter of the Year. Last year we won first place in our division, and our very own Clint Ross was the National Patient Counseling Competition winner. This is an exciting evening, and everyone attending from

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Arkansas customarily goes out to dinner after the event to celebrate.

Another advantage of attending APhA2009 is that once Monday night has ended, you will still have the rest of the week to enjoy being out of school. So if a spring break trip with a group of your friends interests you, go to our website and sign-up by March 1st for the early bird registration. Hopefully this will give you something to look forward to over the next ten weeks of the semester, but until then I guess I will have to settle for a Snuggie and a pot of coffee to get me through the cold.

**Interested in contributing to the Capsule?**

**Contact Rachel Stafford at  
rachelannstafford@gmail.com  
Next deadline is February 6!**



## Time to get ready for Annual Meeting

The speaker for the Opening General Session at the APhA-ASP Annual Meeting in San Antonio is Joey Cheek – Olympic gold medalist and Darfur activist.

If you are going with us to San Antonio, please **reserve your hotel room now** before all the rooms are full. The early bird meeting registration (i.e. cheaper) deadline is March 4. You can find more information and a link to register on our website, [www.arstudentpharmacist.com](http://www.arstudentpharmacist.com).

## Legislative Health Fair

If you are interested in helping with the Legislative Health Fair, please contact Victoria Seaton at [vsseaton@uams.edu](mailto:vsseaton@uams.edu).

# Chapter Champion of Change

The November Chapter Champion of Change was Sara Benfer. Sara is a P-1 student who has been very active in her first year. She competed in this year's patient counseling competition, helped organize the Amboy Food Drive, and attended MRM in St. Louis. She is a regular attendee to our monthly meetings, and her active role in our college is very valuable and greatly appreciated. Congratulations Sara!



**Know someone who you think deserves to be recognized as a Chapter Champion of Change?**

Let us know! Contact a member of exec in your class or send us an email by clicking our names on the officer's page of the website. We want to know who you think makes a difference in our chapter.

## Helping our patients by changing their perception



**By Rachel Stafford**  
VP Communication

**A**s a student pharmacist, I have been able to learn about the heartbeat of pharmacy—

taking care of patients. I have truly developed a passion for using my skills and knowledge as a pharmacist to help patients to have the best care that the healthcare system has to offer.

In order to provide patients with this type of care, they need to know how much we as pharmacists can add to their healthcare. One of my goals is to increase the public's awareness and view of pharmacists and the profession. Unfortunately, many people see pharmacists as having a technical degree that allows them to handle medicine. Others might even know that we have the knowledge to help them save money, check for interactions, and recommend OTC products. However, very few realize that we know the best way to treat many of their chronic diseases. Few people know that we are medications experts and in many cases, know the ins and outs of their medications better than their physicians.

One way to change the perception of pharmacy is to be involved in our national

pharmacy associations and participate in their campaigns to promote the image of pharmacy. You have a great opportunity as a student pharmacist to participate in these efforts through APhA-ASP's American Pharmacist Month campaigns at our local chapter every October.

Another important aspect is to become educated. Take specialized electives, enter a residency, or simply learn from those pharmacists around you that already provide excellent patient care.

If we only *tell* people what pharmacists can do and only *learn* all the best practices, that will not be enough. The best way for us to change their perception is to *show* them. We can do this where we work by giving more than basic counseling. You can also show them by participating in flu clinics and health screenings. You can provide lifestyle modification counseling. You can enter collaborative practice agreements with physicians. Offer programs that allow patients to take control of their health. Patients need to know that pharmacists can help them be healthier.

I truly do believe that as a pharmacist I can help patients in a very unique way. The best way to help them is to make sure that they know that I can.