

# The Daily Dose



Harding University College of Pharmacy

July 2010

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## Pharmacy Camp Gives Students a Pharmacist's Experience



Twenty-two high school students from seven states attended Pharmacy Camp at Harding University College of Pharmacy June 20-25. Students from Arkansas, Mississippi, Missouri, Ohio, Oklahoma, Tennessee, and Texas arrived on campus and began their journey into the profession of pharmacy. This program was funded in part by the Walgreens Diversity Foundation.

The classes were taught by College of Pharmacy faculty, students in the College as well as other pharmacy professionals outside of the College. Students began the week by learning about the many career opportunities available to pharmacists. Camp sessions included prevention and treatment of diabetes and hypertension, training for the pharmacy technician license, pharmaceuticals and compounding, professional shadowing, many pharmaceutical laboratory experiences including a simulated epidemic and DNA fingerprinting. These hands-on learning experiences taught by faculty from the College of Pharmacy and assisted by pharmacy students gave the campers an opportunity to envision themselves in this important health care role.

Throughout the week, campers worked in teams as they researched an over the

counter drug and then presented their findings to faculty judges on the last day of the camp. The OTC project was included in the camp curriculum to improve the student's ability to research drugs using pharmacy databases such as LexiComp, improve patient counseling skills, and to help develop leadership and effective team participation skills.

The week concluded with a banquet where certificates of recognition were given to all students who participated. Awards were also given to outstanding campers and the winners of the OTC Presentation Project.

Loni from Missouri said, "All of the labs were great. This camp was a great way to learn more about how to become a pharmacist!"

Pharmacy Camp 2011 is tentatively set for June 19-24. Applications will be available on the College of Pharmacy website after January 1, 2011, and the enrollment will be limited to 30.

Campers "compounding" lollipops.



Pharmacy Campers involved in a hands-on forensics lab.

## Dean's List

**Congratulations to students who excelled during the Spring 2010 semester. Dean's List standing is reserved for full-time students with a 3.80 grade point average or higher.**

**Class of 2012**  
Terra Fagala  
Mallory Garfield  
Lindsey Holloway  
SeRyoung Kim  
Janice McKean  
Blake Miller  
Pamela Obah  
Diana Park

Thomas "Lee" Reed  
Sarah Shelton  
David Wright

**Class of 2013**  
William Doles  
Tiffany Karch  
Emily Roberts  
Ashley Sowers

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## Get to Know the Faculty. . . Dr. Catherine Willmore



Dr. Catherine Willmore

*"I would love to have dinner with Albert Einstein, because neuroscientists determined when his body was exhumed that he had more synaptic connections than other human beings. It would be awesome to talk to him."*

1) Where were you born? I was born in Bentwaters, England (UK).

2) When you were a child, what did you want to be when you grew up? I was conflicted and wanted to be either a lawyer, a journalist or a psychiatrist.

3) Siblings: I have four sisters: Mary, Loretta, Susan and Janet.

4) Where did you attend college? I did my undergraduate work at the University of Connecticut. I received my 2nd degree from the Medical College of Virginia.

5) Spouse and how long you have been married: Although I was married for more than 20 years, I am single now.

6) Children: I have five children. Jonathon is 27 years old and a policeman in Clearwater, FL. Brandon is 24 years old and will graduate from Harding next year with an English/Literature Education degree. Darla is 24 years old and completed her marketing degree. She now lives in Florida. Daryl is 22 years old and a senior in pharmacy school. Danielle is 3 years old and proudly attends pre-school.

7) Somewhere you would like to visit and why? I want to visit the Holy Lands. I want to experience this from a perspective of spiritual history.

8) If you could have dinner with anyone, who would it be and why? I would love to have dinner with Albert Einstein, because neuroscientists determined when his body was exhumed that he had more synaptic connections than other human beings. It would be awesome to talk to him.

9) Something not many people know about you: I was a marathon runner in my 30s.

10) Favorite color: Green

11) Favorite movie: Pursuit of Happyness with Will Smith

12) Favorite sport and/or team: I really don't follow sports as much as I should. Perhaps the politically correct answer is the Arkansas Razorbacks.

13) Favorite thing about Searcy: Berryhill Park

14) Favorite book (other than the Bible): "People of the Lie" by M. Scott Peck

15) How long have you been employed at Harding? Two and a half years

16) Biggest challenge or obstacle: Getting organized

17) Proudest moment or accomplishment: Earning my Ph.D.

18) Person who had the

biggest impact on your life and why? My mother—for reasons too numerous to mention. I strive to imitate her mothering style.

19) Favorite scripture: "Trust in the Lord with all thy heart, and lean not on your own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:5-6

20) Words of wisdom for our students: Know this truth and act accordingly: "No Pain, No Gain". Study your materials vigorously and thoroughly—even if this appears to be a more difficult path. It will pay off in the end.

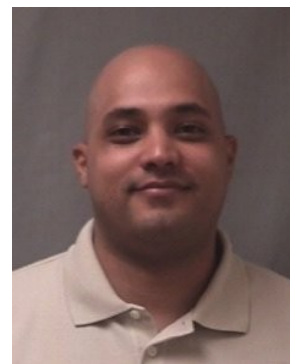
## What's happening in Pharmaceutical Sciences?

### CHM-Diabetes

Rami Beiram, a second-year student at Harding University College of Pharmacy (HUCOP) is a pioneer. He was the first HUCOP student to conduct multidisciplinary research involving HUCOP and Harding's College of Nursing, and the first person at HUCOP to achieve Institutional Research Board (IRB) approval for research involving human subjects. Both of these accomplishments resulted from an early introductory pharmacy practice experience Rami had at the all-volunteer Christian Health Ministry medical clinic in Searcy, Arkansas. While volunteering at the clinic, Rami encountered numerous patients with diabetes mellitus. Rami was troubled by the fact that many of these patients suffered from microvascular and macrovascular diabetes-related complications, causing him to wonder if the health of these patients was improving. To answer this question, Harding University's College of Pharmacy and College of Nursing teamed up to conduct a pilot research project examining how well patients with diabetes are managing their disease. The research team was led by

Dan Atchley, Ph.D. (HUCOP) and Karen Kelley, M.S.N.(Nursing), and conducted by students Rami Beiram (HUCOP), Eva Willingham and Betsy Dell (Nursing). The project's purpose was to provide a snapshot of how well patients are controlling their diabetes, using a laboratory blood test (hemoglobin A1C) that reflects blood sugar values over the past several months. After receiving IRB approval to conduct the research, the data was gathered from patients being treated for diabetes at Christian Health Ministry medical clinic. The data collected included hemoglobin A1C values in addition to blood pressure and blood lipid panels, following the guidelines of the American Diabetes Association. The results of this pilot research study showed that patients' diabetes is generally not being well controlled. If this observation is valid, the next step is to create intervention strategies to help educate patients. Plans are underway to expand the scope of this study to include more clinics to validate these preliminary findings. Also, various educational interventions are being developed

and employed to increase a commitment to better health in patients with diabetes. Rami is a central player in these activities and plans to mentor at least two new, second-year HUCOP students in the upcoming academic year.



Rami Beiram



Eva Willingham



Betsy Dell

*The results of this pilot research study showed that patients' diabetes is generally not being well controlled.*



from left to right – Rami Beiram (P3 student), and David Wright (P3 student) working together on a project in the student compounding lab.

## What's happening in Pharmacy Practice?

### Serving the Community

Harding University has been a long-standing pillar of faith and service in Searcy, White County, and across the globe. The ever expanding Health Sciences, with colleges of Nursing and Pharmacy, and the Physician Assistant (PA) program, continue to build upon that reputation.

On March 27<sup>th</sup>, 9 students from the College of Pharmacy, accompanied by Dean Julie Hixson-Wallace, Dr. Jeff Mercer, Dr. Katherine Anderson and Dr. Tim Howard, traveled to Batesville, Arkansas along with 7 students from the College of Nursing and 14 from the PA program. There they cooperated with the North Central Area Health Education Center (AHEC) and White River Health System (WRHS) to provide the first "Healthy Congregations" community health screening.

Students Celia Proctor, Celia Nguyen, Linda Lee, SeRyoung Kim, Merry Nguyen, Kisito Kikam, Steve Sparks, B.K. Mthongana and Sebastian Nguyen worked side by side with fellow students from the other programs to provide counseling services that included:

- exercise, nutrition and weight control
- blood Pressure, cholesterol, and heart disease
- depression and stress prevention and treat-

ment

- smoking and alcohol cessation
- proper medication storage and disposal
- medication use and side effects

Much appreciation goes to Dr. Dennis Moore, director of the North Central AHEC, for helping to coordinate this multi-organization endeavor with Ronald Richardson and his Wellness staff from WRHS. We also deeply appreciate the fine members of the North Heights church of Christ who not only hosted the event, but provided volunteers to help guide the more than 60 participants to the various stations as they received hypertension, diabetes, high cholesterol and many other preventive screenings. They even fed all the volunteers and participants a good, Southern breakfast, complete with biscuits and gravy!

Thanks to Dr. and Mrs. Murphy for accompanying the PA students and Ms. Karen Kelley from the College of Nursing.

The health screening was considered a complete success by all who participated. We look forward to promoting "Healthy Congregations" all across our state.

Each year the Arkansas Dental Association conducts the Mission of Mercy Dental Free Clinic. The clinic rotates sites around the state and this year was

held in southeast Arkansas on the campus of University of Arkansas at Monticello. On May 21<sup>st</sup> and 22<sup>nd</sup>, 750 volunteers, including dentists, dental specialists, hygienists, and others converged on Monticello to man 70 dental chairs and provide FREE dental care to 1,254 patients. The value of services rendered was estimated to be \$705,000.

Five HUCOP students (Abby Staton, Sunyoung Yi, Nikki Yao, Charles Choi and Kwame Kusi), accompanied by Dr. Tim Howard, made the almost 3-hour trek to man the pharmacy dispensary from 7am to 4pm on Friday. Over 600 patients were served that day. The students filled orders for antibiotics and anti-inflammatories, counseled patients on how to properly take their medications to avoid possible side effects, and answered any medication related questions.

The highlight of the day was a visit from Governor Beebe. He paused by our work station to give each student a "fist-bump" and have his picture made with four of our students and a UAMS pharmacy student who was also helping out.

All the patients were very appreciative of the dental care and medications. Several representatives from the Arkansas Dental Association stopped by to express their appreciation for our participation. It was good to be a part of this great outreach as well.



Four Harding College of Pharmacy students and one UAMS student with Governor Mike Beebe at the Mission of Mercy free dental clinic

*"The health screening was considered a complete success by all who participated."*

## Student Spotlight-Harut Bagdatyan (P1)



**Harut Bagdatyan**

In 1984, Harut was born in Ervan, Armenia. In 1989, his family moved to southern California. Not only was the weather appealing, there were other family members in the area. The first town Harut lived in was Hollywood, but the family ended up in Van Nuys. His family is comprised of his parents, a younger brother and himself. Harut graduated from Bravo Medical Magnet High School. The next stage of his education was at the University of Southern California (USC) where he graduated with a Bachelor of Arts in biology. Harut considers graduating from USC and his acceptance into pharmacy school as his greatest accomplishments. When asked who had the biggest influence on his life, Harut acknowledges his mother. While being a good wife and raising two sons, she continued her education and became a lab tech. It is apparent that many of his mother's qualities are also seen in him.

When asked about an interesting fact or something that would surprise others, Harut revealed that he has met some actors. For seven years, he worked at an upscale toy store in Sherman Oaks, which provided him that opportunity. Harut dropped a few names such as Anna Nicole Smith, Marlon Wayans, Wayne Brady, Warren Beatty, Regina King, and Jenny McCarthy. Harut wants to be a pharmacist so he can help people and have the opportunity to be a part of the health care community. His pharmacy background is as a pharmacy tech for Walgreens.

When Harut is not in class or studying you can find him participating in a variety of activities. They range from remodeling the house he purchased to watching House Hunters or the Sopranos on television, bowling, and playing PSP or basketball. In fact, it has been said Harut is the best shooter on the P1 intramural basketball team. Since moving to Arkansas, Harut says he is "getting used to country music."



## Student Spotlight-Janice McKean (P2)

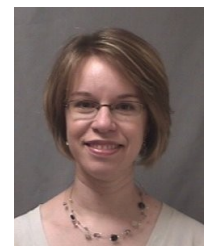
It is no surprise that Janice's motto is "Always do your best, whatever you do." Not only does she say it, she lives it. When talking about the biggest influence in her life, she affectionately speaks of her best friend while she was growing up and her family.

Janice is the youngest of three children and a twin. Janice's parents were celebrating the birth of their son, but were surprised by a daughter, Janice, five minutes later. They were born in Tulsa, OK and lived in Houston, TX from the third grade until her senior year, which she completed in Livermore, California. After high school graduation, she headed to Harding University where she graduated with a Bachelor of Arts degree in biology with a chemistry minor. She worked as an environmental chemist for several years. Later, she began working as a pharmacy tech and her interest in becoming a pharmacist was piqued, consequently leading her back to Harding.

Janice and her husband, Byron, have been married almost 19 years and have three children ages 15, 12, and 10. Janice enjoys her family, especially vacation time. When asked about her memorable moments, she noted the birth of her children and being asked to speak at the building dedication for the Center for Health Sciences. Another one of her joys is exploring junk stores and garage sales looking for antiques. Janice readily described herself as a collector. Her most recent treasured discovery and acquisition was an old tin containing Band-Aids.

Janice wants to be a pharmacist for many reasons. "I think pharmacy is so interesting with all the drugs and learning about how our body works-I hear a lot of people say they wanted to do something medically-related but not be a doctor and that's how I feel. I also like that with pharmacy I am always learning and being challenged. I want my life to have an impact on people. Pharmacy is something I feel that I can do well, and at the same time, serve God by serving people."

When she has some free time, you might find her reading Patricia Cornwell, Beth Moore or referring to her favorite Bible passage, Psalm 121. She refers to this passage for the hope that guides her life.



**Janice McKean**

## Get to know the staff...Mrs. Angela English



Mrs. Angela English

1) Where were you born?  
Searcy, AR

2) When you were a child, what did you want to be when you grew up? I wanted to be a teacher.

3) Siblings: I am the youngest of three. I have one brother, Frankie, and one sister, Sherry. I was closest in age to my brother, so I grew up playing with him, usually catching crawdads in the ditch, riding horses, and going fishing. Sometimes I would get him to play Barbies with me, by using them for GI Joes outside. :-)

4) Spouse: I have been married to my wonderful husband, Keith, for over 19 years.

5) Children: We have two children. Ariel is 18 and will be a freshman at Harding in the fall. Isaiah is 15 and will be a sophomore at Harding Academy. We recently became foster parents and have two sweet little boys- two year-old, Michael, and sixteen month-old, Marcus.

6) Somewhere you would like to visit and why? I would love to go to Capetown, South Africa and visit our friends who are missionaries there. I would also like to go to Scotland. When I worked in Campus Ministries, we organized the summer campaigns. I had a lot of contact with the missionaries in Peterhead, Scotland and would love to see that beautiful part of the world with it's lighthouses and castles.

7) Favorite color: Red

8) Favorite movie: I love movies, so I have mul-

iple favorites: Batman: The Dark Knight, The Bourne Movies, Remember the Titans, Radio, Blind Side, Sweet Home Alabama, Arlington Road, While You Were Sleeping, Runaway Bride, Princess Bride, You Can't Take It With You, Mary Poppins, The Philadelphia Story, Dumb & Dumber, Dirty Rotten Scoundrels, It's a Mad, Mad, Mad, Mad World, My Fair Lady, The Wizard of Oz, and Elf—to name a few.

9) Favorite sport and/or team: Razorback football, Indianapolis Colts, Dallas Cowboys, and anything my kids are playing.

10) What did you do before you joined the college of pharmacy staff? I worked in Campus Ministry for four years with the outreach programs and international summer campaigns.

11) Proudest moment or accomplishment: The birth of my children and the re-birth of my children.

12) Favorite scripture: 1 Timothy 4:8-12  
"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance (and for this we labor and strive), that we have put our hope in the living God, who is the Savior of all men, and especially of those who believe. Command and teach these things. Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity."

## Spring & Summer 2010 Photos...





HU Box 12230  
 Searcy, AR 72149-2230  
 Phone: 501-279-5528  
 E-mail: [pharmacy@harding.edu](mailto:pharmacy@harding.edu)

## “Alliance for Health”

by: Mallory Garfield



On March 20<sup>th</sup>, Harding University College of Pharmacy (HUCOP) students hosted a Health Fair for the high school students in the Upward Bound program. The purpose of the Upward Bound program is to improve high school performance and graduation rates as well as college enrollment, specifically by reinforcing the students' academic skills and personal motivation. Funded by the U.S. Department of Education, the Upward Bound program consists of high school students who desire to attend college yet are

either the first generation to be college-bound in their family or come from a family with lower income. The Upward Bound program assists these students with college applications, tutoring, practicing for the ACT and SAT tests, and other lifestyle skills. The students meet on the Harding University campus two Saturdays a month, and also meet for an extended Summer Academy during the summer. With help from the wonderful directors of Upward Bound, Katrina Smeltzer, Lynn Smeltzer and Lanelle Stamps, the Upward Bound students completed a survey and indicated which health education topics they would like to learn about. Fourteen pharmacy students paired up to research and present information about the selected topics. The pharmacy students created posters and pamphlets to present to the students at the Health Fair. Topics included healthy weight loss, acne, ADD, diabetes, effects of caffeine, types and effects of fat in food, and information about pharmacy. This is the second year that HUCOP has been able to work with the Upward Bound program to put on a Health Fair. This experience benefits all who are involved, and plans are already underway for next year's great event!



### Keep in Touch

#### Have You:

- Married?
- Moved?
- Added to your family?
- Received an award?
- Got an idea for a story?

#### Tell Us!

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Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

## Summer Internships

P2 student Merry Nguyen has been selected to participate in the CVS summer internship program in Houston, Texas. CVS/pharmacy offers 12-week internships in both Retail Pharmacy and Mail Service Pharmacy which are designed to develop professional and clinical skills. In addition, the programs focus on team building, interpersonal, and pharmacy management skills in an environment that will expose students to all aspects of community pharmacy. Merry will be participating in the Retail Pharmacy Internship Program, which is designed to provide experiences including antibiotic follow-up, community outreach, disease state topics, drug classifications, OTC product selection and counseling, and vitamin/herbal review. Congratulations!

## Fall 2010 Calendar

White Coat Ceremony .....	August 20
Classes Begin.....	August 23
Fall Break.....	October 22
Thanksgiving Break.....	November 22-26
Final Exams.....	December 13-17
Graduation.....	December 18



David B. Burks, Ph.D.  
 President, Harding University

Julie Hixson-Wallace, Pharm.D., BCPS  
 Dean, College of Pharmacy

Angela English  
 Newsletter Editor/Designer



We're on the Web!

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