

# The Daily Dose



Harding University College of Pharmacy

April 2010

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## HUCOP Student Organizations

The students in the Harding University College of Pharmacy have been very busy in not only the classroom, but also representing HUCOP at professional meetings and serving others locally and internationally. Currently there are three student organizations: the Council of Students (COS), the American Pharmacists Association-Academy of Student Pharmacists (APhA-ASP) and the Student Society of Health-System Pharmacists (SSHP).

**COS** has sponsored several activities throughout the 2009-2010 academic year. All students are members of the COS, so the activities and events organized and sponsored are intended to increase student involvement and promote communication between classes. The first event of the fall was the REACH dinner, especially designed to enlighten students, faculty and staff to what it means to eat across the globe. A schoolwide canoe trip to Mammoth Springs, AR took place in late September. The weather was perfect and the trip down the Spring River was tons of fun. We expect this to be an annual event. As the holiday season approached, the COS organized Christmas caroling at a local nursing home. The group will not be competing in a singing competition, but the residents were very welcoming and enjoyed not only the caroling but also the interaction. In January, the Pharmacy and Physician Assistant students, faculty, and staff joined forces for Haiti Relief. The COS collected donations totaling almost \$1,200, as well as numerous items for Haiti Relief. The result was 39 family buckets assembled (valued at \$45 per bucket) and \$331 donated to Tents and Tarps, another Harding University project for Haiti. The activities and events for the remainder of the semester include a hike and picnic at Pinnacle Mountain and an end of the year party.

**APhA-ASP** provided many service and professional opportunities as summarized below. The purpose of the various activities was to advocate for the pharmacy profession and to network with other pharmacy students at both the state and national levels. Additionally, the members gained insight to the numerous avenues available to pharmacy students and pharmacists in promoting health education and preventative care. Some of the services provided include:

Operation Diabetes – 228 patients screened and

300+ educated

Legislative Day – joint project between UAMS and HUCOP at the state capitol with state legislators to perform cholesterol, hypertension and diabetes screenings, provide heartburn education, and advocate the importance and role of a pharmacist

Operation Immunization – 770+ patients immunized and educated working in conjunction with the White County Health Department

AIDS Awareness – red ribbons distributed and a guest speaker on HIV/AIDs and its impact on daily life

Mission of Mercy Dental Clinic – joint participation from UAMS and HUCOP to provide medication dispensing and counseling to patients

Students' participation at professional meetings has included: three students and a pharmacist competed and won the NASPA-NMA Student Pharmacist Self Care Championship during the annual APA convention, attendance at the APhA-ASP Mid-Year Regional Meeting in Oklahoma City, OK where P2 student, Ms. Celia Proctor, was elected as a regional delegate, and attendance at the APhA Annual Meeting in Washington, D.C. where P2 student, Ms. Mallory Garfield, competed in the National Patient Counseling competition.

**SSHP** held elections in late Spring 2009 and quickly began to establish their chapter. Several students attended the ASHP Student Leadership Conference in June in Rosemont, IL. During the AAHP Fall Seminar in October 2009, HUCOP SSHP students served as volunteers, presented posters, and had opportunity to network with pharmacists, UAMS pharmacy students, and pharmacy technicians. They held their first local Clinical Skills Competition in November 2009. During the ASHP Mid-Year Clinical meeting in Las Vegas, NV, Ms. Diana Park, a P2 student made a poster presentation and the local Clinical Skills Competition winning team, Ms. Mallory Garfield and Mrs. Janice McKean, participated in the national Clinical Skills Competition.

All the student organizations have gotten off to a good start. They are busily laying the groundwork for the student pharmacists who will come after them and continue the legacy of service to their community and to the profession.



HUCOP students shopping for items for the Haiti Relief family buckets.

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## Get to Know the Faculty. . . Dr. Richard Ward



Dr. Richard Ward

*“And whatsoever ye do, do (it) heartily, as to the Lord, and not unto men;” Col 3:23*

- 1) Where were you born? I was born in Little Rock, AR.
- 2) When you were a child, what did you want to be when you grew up? I wanted to fly jets or be a radio disc jockey.
- 3) Siblings: I have one brother.
- 4) Where did you attend college? University of Central Arkansas/University of Arkansas for Medical Sciences
- 5) Spouse and how long you have been married: Lori, 15 years
- 6) Children: 3 boys; Jon, Jake, Josh
- 7) Somewhere you would like to visit & why? I want to visit any and all of the great roller coasters of the world.
- 8) If you could have dinner with anyone, who would it be and why? I would love to have dinner with the founding fathers of the United States such as John Adams and George Washington. History is fascinating but I would like to meet the men.
- 9) Something not many people know about you: My life is an open book but I have an awful fear of pickle juice.
- 10) Favorite color: Green
- 11) Favorite movie: Tombstone (the western)
- 12) Favorite sport and/or team: Anything Arkansas Razorbacks and the Dallas Cowboys
- 13) Favorite thing about Searcy: I do not live here but most everywhere you go in this town the people are friendly and everything is easy to get to (except on Race St.).
- 14) Favorite Book (other than the Bible): The 5 book series by Joel Rosenberg. All 5 are very good.
- 15) How long have you been employed at Harding? Almost one year.
- 16) Biggest challenge or obstacle: One of the biggest challenges I face is balancing what needs to be done for work and seeing everything there is to see and be with with my wife and kids as much as I can.
- 17) Proudest moment or accomplishment: Everyday that I see my happy, healthy, and blessed family is my proudest moment and a great accomplishment.
- 18) Person who had the biggest impact on your life & why? There is not just one person who has had the greatest impact on my life. I have several people who have showed me what were the right things to do and what are the wrong things to do in all aspects of life. I am a mixture of all of these. I cannot give just one person credit.
- 19) Favorite scripture: “And whatsoever ye do, do (it) heartily, as to the Lord, and not unto men;” Col 3:23
- 20) Words of wisdom for our students: I encourage you to grasp any knowledge or experiences you can during your years of school, especially if it is off the beaten path because it will serve you well in your practice in later years or you may find something you love that you had never thought existed.

## What's happening in Pharmaceutical Sciences?



### **Development of medication for prophylactic treatment of Buruli Ulcer**

Buruli ulcer disease is caused by *Mycobacterium ulcerans* and has been reported to be endemic in 30 countries in Africa, the Americas, Asia and the Western Pacific. Infection with the disease leads to extensive destruction of skin and soft tissue with formation of large ulcers, usually on the legs or arms. Patients who are not treated early often suffer long-term functional disability such as restriction of joint movement as well as cosmetic problems.

Until recently there was no effective pharmacological treatment available for Buruli ulcer disease. Surgical resection involving radical excision of the nodule and all infected tissue was the mainstay of clinical management. This procedure, besides causing disfigurement and disability, is impractical in many endemic areas with underprivileged populations having lim-

ited resources.

Current recommended treatment is a combination of rifampicin and streptomycin/amikacin as a first-line treatment for all forms of the active disease. This regimen lasts for at least eight weeks and imposes a serious economic burden on affected households and on healthcare systems that are involved in treating patients. For example, in Ghana in 2001–2003, the median annual total costs of treatment to a household by stage of disease ranged from US\$76 (16% of a work-year salary) per patient with a nodule to US\$428 (89% of a work-year salary) per patient who had undergone amputation (WHO 2007).

In the absence of an effective vaccine, a prophylactic treatment that aims at penetrating the nodule to kill the causative agent and prevent the establishment of the disease has been suggested to be ideal for controlling the condition. Research underway at Harding University College of Pharmacy is aimed at developing a topical antimicrobial medication that will do just that. A new non-toxic, silver-based antimicrobial topical medication capable of penetrating through the layers of the skin into the center of the nodule is in advanced stage of development in our laboratory. Preliminary investigations on eight bacteria, in-

cluding one in the Buruli family of bacteria have found the antimicrobial to be highly effective. During the past year, Drs. Kwame Yeboah, Dan Atchley and Bill Yates have mentored two P2 student pharmacists, Chirag Javia and Celia Proctor, in the development of topical antimicrobial formulations for the prophylactic treatment of the disease. Near future plans include testing of the formulations on the causative agent of Buruli at the nodule stage. The investigators have submitted a grant that is currently pending to fund the formulation and testing of the novel topical antimicrobial.

*During the past year, Drs. Kwame Yeboah, Dan Atchley and Bill Yates have mentored two P2 student pharmacists, Chirag Javia and Celia Proctor, in the development of topical antimicrobial formulations for the prophylactic treatment of the disease.*



from left to right – Cynthia Coughlin (lab assistant), Chirag Javia (P2 student), and Dr. Kwame Yeboah (assistant professor) work on formulating a topical antimicrobial product

## What's happening in Pharmacy Practice?

### Patient Counseling/ Communication: Teaching a Right Brained Course to Left Brained Students

Dr. Jim Nesbit, assistant professor retooled the Patient Counseling/Communication course for 2009-2010. "This year's Patient Counseling/Communication class was a total joy to teach," says Dr. Nesbit. Many changes were made from last's year's course and, though some of those changes seemed overwhelming and intimidating, the class became a place where much laughter was heard and much learning took place. By changing the course from a primarily didactic encounter, to one of more experiential and reflective learning, an environment was created where students were actually taught less but they learned more.

In fact, quizzes were cut in half, lecture was cut in half, but what was added was a Communication Lab which was conducted in the Patient Skills Laboratory and was generally student-propelled. Students were assigned to teams of six where they would partner with each other to create and then role-play their own scenario in front of the other team members in the lab. Afterward, the six-person team would discuss the "good, the bad and the ugly" that took place in a non-intimidating

environment. Still, the labs took most of the students out of their comfort zone... which was a good thing.

After each lab the students would regroup into the classroom and have a time of debriefing where Dr. Nesbit would interject salient points that he had observed that day. In the labs, Dr. Nesbit served more as a coach, giving students tips on ways to improve their skills as well as alternative ways to deal with a situation. Also, during the debriefing, students would share about what they observed, surprises, mistakes and successes, as well as how they saw various communication concepts played out practically. Ultimately what the lab did was reveal to students the importance of communication. As one student put it, "The truth is, communication is really what differentiates a good pharmacist and a great pharmacist. I know I will refer back to this [class] throughout my career as a pharmacist."

According to Dr. Nesbit, "Change can be scary...but if we are to grow, we will be changing professionally and spiritually for God is constantly reminding me through my role as teacher, that to walk with the Holy Spirit means I will be constantly walking in change."



Students give feedback to each other during debriefing sessions.

*"The truth is, communication is really what differentiates a good pharmacist and a great pharmacist."*



Dr. Jim Nesbit and P1 students work through a medication counseling scenario.

## Student Spotlight-Ankita Desai (P1)



**Ankita Desai**

My name is Ankita Desai. I was in Gujarat, India and moved to the United States along with my family when I was eleven. My family and I settled in Savannah, Georgia and then moved to Atlanta, Georgia prior to my junior year in high school. I have an older sister and a younger brother. I have an amazing fiancée, Aakash Patel, who is a P2 student at Harding University College of Pharmacy. He has been my strength and support throughout my undergraduate and graduate school years. The proudest moment in my life so far has been to see the smile on my family's face during my white coat ceremony. My biggest obstacle in my life is by far getting into pharmacy school. The biggest influence for my achievements and building me as the person I am are my parents. They have set an example that gave me such morals.

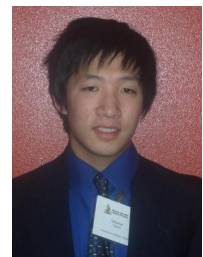
The first time I was interested in pharmacy is when I started working at Solvay Pharmaceuticals. I learned a lot about the process of drug development and the research it takes. I have always been interested in research but also wanted to be involved with helping people, so I decided to pursue pharmacy. My experience at HUCOP has been incredible; I am blessed with all the help and care I receive from my classmates and faculty members. I have been able to do what gives me peace of mind and that is to help people in the community.



## Student Spotlight-Sebastian Nguyen (P1)

My name is Sebastian Nguyen. I am from San Jose, California (45 minutes south of San Francisco), also known as the Silicon Valley. I have one brother, Dennis, who is two years younger than I. He is currently pursuing a medical degree. The greatest influence in my life is my mother. She supports me in every endeavor that I pursue. During my undergrad I went to school at the University of California-Riverside in southern California, so I have spent much of my life in both parts of the state. I enjoy cycling and rock climbing, though I haven't been able to do it much these days due to school! I also love music. I play drums, guitar, alto sax, piano and have sang in a choir for four years. I also sang in an a capella group for two years as well.

The biggest obstacle in my life thus far was getting into pharmacy school. When I was a child, I was rather sickly. This greatly influenced my career path. I knew I wanted to do something in the healthcare profession to help others struggling with their health. My experience at HUCOP has been great. Though classes are rigorous and the workload is much, I feel like I can ask any one of my peers for help. We all look out for each other. This sense of camaraderie makes me glad that I chose this school and I'm looking forward to reflect this sentiment to the next class as well.



**Sebastian Nguyen**

## Get to know the staff...Mrs. Debbie Ritchie



Mrs. Debbie Ritchie

1) Where were you born?  
Washington, DC

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

3) Siblings: I am the oldest. I have a brother, Larry, and a sister, Trudy. They both live in Virginia.

4) Spouse: My husband's name is Tom. He teaches in the Kinesiology Department.

5) Children: I have four children. Thomas is married. He and his wife Sara have 2 children Leah (2 years old) and Mary Ann (7 months old). They live in Searcy but will probably be going to Rwanda in the next couple of years. My second son, Jamie, lives in Leesburg, VA. He is a Real Estate Assessor for Loudoun County. My daughter, Melissa, is a senior at Harding majoring in Early Childhood Education. She plans to graduate in December. My daughter, Christy, is a sophomore at Harding majoring in Middle Level Math and Science Education and Early Childhood Education. She will be going to Australia in the fall to study for a semester.

6) Somewhere you would like to visit & why? I would love to go to Europe someday. My chil-

dren have been able to study abroad and I have seen all of the pictures and it all looks so beautiful. Tom lived in Belgium for a year and he would love to go back and see it again. I also would eventually like to visit Africa since it looks like my son's family will be living there.

7) Favorite color: Blue

8) Favorite movie: I love all of the old Disney movies.

9) Favorite sport and/or team: The Washington Redskins and the Harding Bisons

10) What did you do before you joined the college of pharmacy staff? I was an elementary school secretary in Virginia for 16 years.

11) Proudest moment or accomplishment: I don't think I have one proud moment. My family is very special to me and so every accomplishment that they have had has made me very proud.

12) Favorite scripture: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philipians 4:6-7

## Spring 2010 Photos...





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### 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 \_\_\_\_\_

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## Medical Missions Seminar

by: Mallory Garfield

"Healing the Body, Opening the Heart"



On January 22-23, 2010, Harding University College of Pharmacy students had the opportunity to travel to Dallas, TX to attend the International Health Care Foundation (IHCF) African Christian Hospital's 28<sup>th</sup> annual Medical Missions Conference. We joined many physicians, nurses, physician assistants, pharmacists, and fellow students to learn more about missions and to be inspired by stories from the mission field. Each session that we attended offered sound advice while inspiring us to be more active in missions. Sessions included "Social Entrepreneurship," "A Review of Nutritional Problems in Pediatrics," "The Psychology of Surviv-

ing a Disaster," and "The Problem with Drug Counterfeits." The chance to speak with missionaries who are out in the field was both challenging and eye-opening. We feel that the concepts learned at the conference will help us to deepen our commitment to the mission field. Our skills as pharmacists are useful and needed on the mission field, and the Medical Missions Conference helped us to place into perspective how each one of us can use our talents and our lives in service to God. Next year's conference will be held in Dallas on January 21-22, 2011, and we hope that even more students will plan on attending to learn more about these amazing mission opportunities.

## Summer Internships

P2 students Celia Proctor and Rami Beiram from HUCOP have been selected to participate in the Johns Hopkins Hospital Department of Pharmacy Internship Program in Baltimore, MD. Approximately 18 student pharmacists from around the nation are selected to participate in the summer internship program. The internship is a 10-12 week program involving several activities including, journal clubs, teaching opportunities, pharmacotherapy rounds, independent projects, and attending various professional meetings. In addition, each intern will focus on a specialized area. Celia will be involved with pharmacy educators providing in-service and other hands-on training for new policies, drug therapies, and other pharmacy-related activities. Rami will be focused on outpatient pharmacy operations, oversight of staffing, managers' meetings, program development, and policy and procedure issues.

P2 student Diana Park will be completing an internship with the American Society of Health-System Pharmacists in Bethesda, MD this summer. The internship offers a competitive 10-week training program in national association management. It is designed to provide experience in such areas as: association activities and operations, professional and public affairs, publications and drug information, student affairs, membership, marketing, governmental affairs, and product Development. We know these students well represent HUCOP well!

## Summer 2010 Calendar

Graduation.....	May 8
ASHP Summer Meeting.....	June 6-9
Pharmacy Camp.....	June 20- 25
Orientation for Class of 2014.....	August 16-20
White Coat Ceremony .....	August 20
Classes Begin.....	August 23