February was a busy month for pharmacy service learning with HUCOP students and faculty participating in the national medication adherence challenge, Script Your Future (SYF). The program is designed to help people manage health problems such as diabetes, COPD, asthma, high blood pressure, or high cholesterol by increasing knowledge about the conditions and learning how to take medications properly. Script Your Future provides tools for managing medicines and sample questions to help start a conversation between individuals and their health care professionals.

This year’s campaign started in January with students being assigned into three groups — asthma/COPD, diabetes, and hypertension — followed by each group choosing leaders. The participants then began contacting local organizations, pharmacies, churches, senior centers, and nursing homes to schedule events where students could interact with community members about their disease states and provide health screenings and education. The screenings included blood pressure, blood glucose, cholesterol levels, spirometry, and BMI measurements. Throughout the campaign, interprofessional partnerships were encouraged. Additionally, student pharmacists provided an educational presentation on diabetes for EMT students at ASU-Beebe and partnered with local nurses for some of the screenings.

As part of the HUCOP SYF campaign, social media was employed to reach a large number of people. Throughout the month, an SYF Facebook (FB) page was updated with the “Medication Adherence Tip for the Day” (25 in total), while the HUCOP SYF Instagram showcased “Daily Tip” photos that were also featured on the FB page. FB and Instagram allowed HUCOP to reach diverse audiences — not only individuals who are affected by these disease states but also their families and friends nationwide. The FB page received 480 likes and the Instagram account had 34 followers. Videos providing information about diabetes, hypertension, and COPD were posted and shared. The students produced both educational material and entertaining scenarios. The committee found social media to be a simple and effective method to spread the important message of medication adherence. There was also an article published in Searcy Living and public service announcements aired on local radio stations.

HUCOP students and faculty were involved in a total of 49 different events in the month of February, during which over 500 community members were screened and educated. It was a wonderful opportunity for the students to interact with the local community as well as a benefit for those who received education or a free health screening. Planning is already underway for a bigger and better Script Your Future 2016!
Get to Know the Faculty...Dr. Gabriella Douglass

1) Where were you born? I was born in Cosenza, Italy. Cosenza is located in the region of Calabria in southern Italy.

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

3) Siblings: An older sister (Elena) and a younger brother (Salvatore)

4) Where did you attend college? Harding University for my undergraduate work. I received my Pharm.D. from the University of Tennessee Health Science Center.

5) Spouse and how long you have been married: Brian and I will celebrate our 10-year anniversary this December.

6) Children: Isabella (4) and Annabella (7 months)

7) Somewhere you would like to visit and why? Hawaii because I love the ocean and I love mountains.

8) If you could have dinner with anyone, who would it be and why? My Italian grandmother — she passed away shortly after my family moved to America and I never got a chance to say goodbye. She was an amazing woman and I miss her very much.

9) Something not many people know about you: My native language is Italian. I learned to speak English when my family moved to America in 1996.

10) Favorite color: Pink

11) Favorite movie: While You Were Sleeping

12) Favorite sport and/or team: The Italian national soccer team. Forza Italia!

13) Favorite thing about Searcy: Beautiful scenery — there are quite a few breathtaking views around Searcy.

14) Favorite book (other than the Bible): One of my childhood favorites is the Little House series by Laura Ingalls Wilder.

15) How long have you been employed with Harding? Three and a half years

16) Biggest challenge or obstacle: My biggest challenge is managing my time as a working mother.

17) Proudest moment or accomplishment: The birth of my daughters.

18) Person who had the biggest impact on your life and why? My mom has had a tremendous impact on my life. I am who I am today thanks to her love and dedication to God and to her family.

19) Favorite scripture: "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7

20) Words of wisdom for our students: I would advise students to "learn the secret of being content" as the apostle Paul put it (Philippians 4:12). Search each day for the beauty, joy, love, and blessings that it brings - even in difficult times. Do not yearn for the past because it is dead and gone. Do not put your faith in the future because it is uncertain. Love God, love others, and rejoice in today. You will not regret it.

“His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:7b
In January 2015, eight HUCOP P4 students and pharmacy practice faculty member, Dr. Todd Brackins, embarked on a medicine/pharmacy international missions trip to Montrouis, Haiti. The team consisted of Morgan Evans, Daniel Hardison, Chris Hill, Sanah Ishaq, Kristin Kellett, Yoon Lee, Dang Tran, and Stacy Vangilder. Hardison and Tran also spent the month of November in a Health and Wellness 4th-year APPE, using the time to develop drug formulary charts to be used at the facility where the group would spend 11 days providing pharmacy services.

The experience is best described by several of the students in their own words. The following excerpts from their reports include:

Yoon: “Canaan was a great place with tons of opportunities. We implemented a solar disinfection method, updated drug inventory/labeling, assessed compliance with good pharmacy practices, SKIT, and formulary development and implementation. Besides serving local patients and working with local staff, we had interactions with children from an orphanage. Teaching and playing with the children was one of my favorite parts of the trip. These children, despite not having adequate resources, always showed passion and enthusiasm for learning. They were meek, kind, showing genuine affection and love, helping each other, and worshipping God. They definitely inspired me spiritually!”

Daniel: “Canaan was a very special place, so full of love, laughter, and fun. Christ was so evident there. The stories we heard and the people we came in contact with just showed how much they relied on God and in return God provided. They don’t have much physically but they are overflowing with God’s love and grace spiritually. It was so inspiring to see how much Pasteur Henry relies on God for everything and he would even admit that everything they have is because of God and the work He is doing there. Haiti will forever have a special place in my heart and it was an experience of a lifetime being able to help. I loved it!”

Dang: “The place has given so much love, more than I deserved and taught me a great lesson about giving. Sophie, a little girl at Canaan, came over and handed me her only bracelet. Also, I saw Jesus through the Canaan Christian Community. All the letters that I received from the kids reminded me that I need to make God the center of my life. They also shared with me their favorite Bible verse, Jeremiah 29:11, which I read daily to remind me of them and especially of Him. As Mima has written in a letter to me, “there is always something to be thankful for.” I am greatly thankful for all the blessings they have given me. The memories and all their gifts will always be remembered and appreciated in every step of my life.”

Sanah: “Doing an international rotation was something I knew I wanted to do since orientation week P1 year. I feel very blessed to have had the opportunity to serve the underserved people in Montrouis, Haiti. It was really interesting to see how different the pharmacy world is in a third-world country. Our team was able to work with the pharmacy staff at the Canaan Christian Community Clinic to help make their workflow better and we spent some time educating the pharmacy staff on all the drugs they have in their pharmacy. We were also able to spend time playing with the kids that live at Canaan as well as helping them with their homework after dinner. Seeing the conditions Haitians have to live in really made me appreciate everything we have in the States. This experience is something I will always remember!”

The insights from the students sum up nicely the entire experience in Haiti. Dr. Brackins’ plans are to hopefully continue to take willing students. Students who are interested in going should be prepared to come home changed people. The people of Haiti are sweet and are so appreciative of anything they receive or things done for them. The experience is medicine/pharmacy-focused but so much more.
Student Spotlight...Caleigh Woodruff (P3)

I was born and raised in Searcy, AR. I have a younger brother, Camdon, who attends the University of Arkansas in Fayetteville and is a pre-pharmacy major. I have an older sister, Courtney, who is a pharmacist at White County Medical Center. My dad, Aden, owns Coleman’s Office and School products here in Searcy and my mom, Rhonda, works with him. I am a new aunt to the sweetest nephew, Jax, and I could not be more excited.

I have been blessed with many influences in my life. My family and my small group leaders that I had growing up have made the biggest impact on me. My hobbies and interests include being active (running, piyo, hiking, etc.). I also enjoy traveling and watching movies with friends.

One of my proudest moments was when I was accepted into pharmacy school. There have been several influences in my life that sparked my interest in pharmacy. My sister was one but a trip I took to Haiti one summer opened my eyes to how I could help others if I entered the healthcare profession. My experience at HUCOP so far has been great. Do not get me wrong — it has been very challenging, but the teachers and staff have shown they really care.

Student Spotlight...Kejal Patel (P4)

I was born and raised in Pune, India. In 2007, I moved to Florida. I grew up with five cousins and being the only son in our family, I was pampered to the core. My parents wanted me to have the opportunity to pursue a higher education than they were able to attain.

The biggest obstacle of my life has been dealing with my mother’s cancer, seeing her battle with it, recover from it, and then coping with losing her a few years later. I was in my teens when it all happened and as I look back, I see the experience taught me a lot. One of the most important lessons was the wonders the medications performed; it amazed me how medicine kept her going. This sparked my interest in learning how a small pill can do wonders once inside the body. My biggest inspiration is my family, especially my dad. He came from a small town to a big city to provide a better life and he is my pillar, my strength, and my idol. My wife has been a special companion during my years of college, and I am truly blessed to have such a caring wife.

There are no words that can describe my experience at Harding University. It has taught me the power of medicine in conjunction with the power of the Lord. It is a unique place where scientific and spiritual teachings are brought together and used to serve others. I would like to take this opportunity to give a shout-out to all the professors and staff at HUCOP, especially Mr. Rodney Richmond and Dr. Ashley Earley, for guiding me to not only be a better pharmacist but also a better servant for the Lord.
This semester marks the beginning of a new research project aimed at evaluating student stress levels and areas contributing to stress across the three-year didactic curriculum. Stress levels and areas contributing to stress are determined through the use of The Stress Profiler Student Version that students complete via a confidential, online survey. The Stress Profiler Student Version will be administered annually at the beginning of the spring semester. At the conclusion of the research project, data obtained through the online survey will be analyzed statistically.

Although no statistical analyses have been completed thus far, the data from this year’s participants has been reviewed. The majority of HUCOP students fall into the “Easygoing” or “A Little on Edge” stress categories. Those that are “Easygoing” generally handle stressors well but may have an area or two of weakness, while those that are “A Little on Edge” are not as consistently in control of their stress and are likely to have several areas of weakness. Overall, the top three contributing areas of stress are: 1) time pressure, 2) student stress, and 3) outlets; however, stress area rankings differ by class.

The Stress Profiler encourages students to read about their problem areas and make one or two small changes at a time to lessen overall stress. Suggested readings are provided at the end of each section in The Stress Profiler, and a list of readings that may be more applicable to an adult population is available to students through the mentor-mentee program. Students who are struggling to manage stress are encouraged to contact a faculty mentor. Additionally, counseling resources and services are available at no cost to HUCOP students through the Harding University Counseling Center (501-279-4347).

Innovative biological and chemical entities are constantly being researched and developed by the pharmaceutical industry. On an ongoing basis, the FDA applies a rigorous evaluation process before approving these drugs for use in patients. As pharmacists, it is essential that we remain up-to-date on new drugs that are being introduced to the market, as well as be aware of other regulatory actions that affect the drugs we dispense.

Recognizing this need, the Arkansas Pharmacists Association (APA) introduced a “New Drugs” column to their quarterly journal, AR-Rx The Arkansas Pharmacist, and they asked Mr. Rodney Richmond, RPh, MS, CGP, FASCP, Associate Professor of Pharmacy Practice, to serve as author of the column. This new column first appeared in the journal in the Winter 2014 issue and since that time has quickly become one of the most popular features of the journal. In recent annual surveys the APA asked their readers, “Of the regular features currently found in the journal, which features are of IMPORTANCE TO YOU.” The 2014 survey revealed that the “New Drugs” column was rated as ‘important’ or ‘very important’ to 86% of the readers, second only to the “Rx and the Law” column at 90%. When that survey was recently repeated in 2015, the “New Drugs” column had increased in importance (91%), again second only to the law column (94%).

As students, although we may not be a typical consumer of the AR-Rx journal, the “New Drugs” column has nonetheless come to represent a different type of importance. Aside from the value of the information contained in the column, writing an article for the state pharmacy association journal has become an opportunity for student scholarship. Mr. Richmond offers an APPE elective in drug information and he has incorporated writing for this column into curriculum for the experience. Except for the very first article, students have been involved as guest authors for five of the six columns.

While only about 650 words in length, authoring an article requires a great deal of research. From my perspective having authored one article, researching information on newly approved drugs helped me to hone my drug reference search strategies and also improved my literature evaluation skills. Tim Cheum (P4) who guest authored three articles, had this to say, “While the process of writing an article starts as a daunting task of collecting information from various sources, it helped to improve my professional writing skills. Seeing the finished product in the journal gave me a sense of accomplishment.” Samantha Gauthier (P2) who authored one article last summer while serving as Mr. Richmond’s medication safety intern said, “Writing an article for the state journal is a great opportunity to build your CV.”

While the pharmacists in Arkansas benefit from the information in the “New Drugs” column, it also provides HUCOP student pharmacists the opportunity to develop and improve their writing skills.
Spring 2015 Photos
Help a student afford a Harding education. **Make a gift to HUCOP scholarships** at the Center for Health Sciences College of Pharmacy-Donate Online link on: [http://www.harding.edu/Advancement/giving.html](http://www.harding.edu/Advancement/giving.html).

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**HUCOP Kudos Korner**

*Congratulations to **Kelsey Maloch** (P3), winner of the 2015 HUCOP APHA-ASP Patient Counseling Competition. In March, she represented HUCOP at the national competition in San Diego, CA.*

*Accolades to **Hannah Fox** (P2) for her commitment and support of the St. Baldrick’s Foundation that raises money for children’s cancer research by getting people to shave their heads. Hannah shaved hers on March 17th after surpassing her $1,000 goal. “My experience with alopecia (hair loss) and my visits to St. Louis Children’s Hospital is why I chose to help these children suffering from cancer. No child wants to be bald but being bald isn’t so bad! I don’t have to fix my hair, it takes me 20 minutes to get ready in the morning, and the little hair I do have is super soft. Shaving my head and raising $1,600 for the foundation has been one of the best experiences of my life. I am very glad I did it!”*

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**Keep in Touch**—Please email pharmacy@harding.edu if you...

- Married * Moved * Added to your family *
- Received an award * Have a story idea

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**2015 Calendar of Events**

- Graduation Luncheon & Evening Banquet.................................May 8
- Commencement........................................................................May 9 at 3pm
- Arkansas Pharmacists Assoc. Annual Convention..........................June 11-13
- Pharmacy Camp.................................................................June 14-19
- Orientation for Class of 2019.........................................................August 17-21
- White Coat Ceremony...............................................................August 21 at 2pm
- Fall Classes Begin.....................................................................August 24

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