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Sense and Sensibility

Megan Tang
Staff Writer



Photo Credit: Steven Pham

“We may not live in a cottage, but more’s the pity,” they say. STLCOP proudly displayed its talented student actors during its performances of Jane Austen’s *Sense and Sensibility* which ran from October 20th to 22nd of 2017. This play is truly a classic and there was enough drama, scandal, and even comedy for everyone to enjoy.

The storyline follows the Dashwoods, a family who has sadly lost their father and is now left without a means of supporting themselves. More specifically, the plot focuses on Marianne (Elizabeth Nash) and Elinor (Brittan Rosch) the two elder sisters as they cope with the changes in their lives. Early in the play, the sisters are staying with their father’s half-brother and his family including Edward (Steven Kramer), Elinor’s love interest. However, due to the rude treatment they received at the hands of their relatives, Mrs. Dashwood (Mackenzie Johnson) decides to move her daughters Marianne, Elinor, and Margaret (Taylor Bock) out of the household. They move into a cousin’s cottage, located a distance away, and live peacefully there while consorting with their neighbors Mr. Jennings (Leah Noble) and

Sir John (Kyle Willie). Mrs. Jennings adores gossip, and swears to find the right suitors for Marianne and Elinor. Sir John first introduces Marianne to Colonel Brandon (Joshua Jones) but is wooed away by Sir Willoughby (Caleb Albany) when he comes to the rescue after she has sprained her ankle. However, when Marianne meets Sir Willoughby again at a ball, she is heartbroken to learn that he does not treat her or think of her in a romantic way. This painful truth leads Marianne into a depression and during a visit to Mrs. Jennings’s daughter, she grows deathly ill. However, due to a surprise set of circumstances, Marianne finds herself comforted by Colonel Brandon during her recovery.

Meanwhile, while attending the same ball, Elinor learns that Edward, her love interest, is to be married to Lucy Steele (Casey Powers), a poor girl of high standing in society. Elinor suffers for the four months Marianne is away recuperating, keeping this devastating secret to herself. The last scene of the play finds the Dashwoods’ receiving news that Edward has married, a devastating blow

for Elinor. However, in quick succession, Edward visits the Dashwood home where he clarifies that it was not he, but his brother Robert who married Miss Steele, and that he has lost his inheritance but was happy to do so. The play concludes with Edward finally proposing to Elinor and Colonel Brandon and Marianne happily in love.

Despite the small cast of 17 and a backstage crew of 2 student volunteers (along with some faculty assistance), the play was a success, drawing in over 100 people for each performance. Those who are interested in participating in a future production (either as an actor or a crew member) should contact Dr. Tim Moylan or Professor Tristan Frampton whose offices are both located on the second floor of Jones Hall. Casting for the next production, *The Drowsy Chaperone*, will take place this month and all students, regardless of experience, are welcome to join the theater family. Regardless, don’t be afraid to break a leg and come out to support the STLCOP theater by enjoying the spring musical!

A New Form of Homesick

Megan Tang
Staff Writer

Last year around this time, I remember reading an article on *The Odyssey* which discussed how college students have no place to truly call home. This is not to say that we cannot return to our home with our parents, but since we are traveling between college and home so much, we never have much time to settle. What happens instead is over short breaks, students live out of the suitcase they bring home and may unpack more during longer summer months. This idea, I believe, is emphasized through feeling home sick as well. As much as we all miss our homes and friends from our grade school days, we make new connections through college of course. But after all the term papers and finals are over, and we finally have down time to go and have fun, we go home instead of stay in our little college towns and continue our plans with said college friends. If you do have the comfort of living close to some of your classmates, that'd be a different story. However, most of us college students resort to video chatting, snap chatting, and constantly texting our besties from college. So our homesickness ends up shifting from missing home to missing college.

Now unless you were bored out of your mind during break, you don't miss the school work and constant stress of a college atmosphere. Instead, you miss seeing the same people you usually see every day on campus. But what we really want is some down time to see and hang out with these classmates instead of the constant shadow of deadlines and exams that are present 24/7 on campus. While at home for the holidays, it is easy to see all of your friends and family back home, but what

about all of your great friends here at school? They may live in another state or possibly a different country. This can make the holidays feeling like something is missing and make it hard to enjoy the time you have with your loved ones at home. Even with technology, figuring out times to talk and catch up can be troubling. Time zones, along with social events and family and work can then become other obstacles when just wanting to catch up to your friends from college.

After the holidays and celebrations, the lack of responsibility can then become boring and we find ourselves missing college. Again, not due to the work load or anything like that, but we miss all the social events and always being with friends. Possibly, this stems from the idea of having more freedom when staying in the dorms of college. Most of us live with our parents when we are home for breaks, meaning that we have to ask for the car or to hang out past a certain curfew. While at school, we have control of what we eat, when we do things, and what time we sleep. Although we are adults, our parents in the long run still have control over our lives when we are home.

Over break, I admit that I got "homesick" in a sense from being away from college. When I look around and talk to others, they have a similar thought process where nothing really happened leading to boredom aside from seeing childhood friends and family of course. As much as students gripe and moan and complain about coming back to school to fend for ourselves and take responsibilities for our studies, I think we all truly miss it: the friends, the social events, the constant interactions.

Dear Morty

Christina Arackal
Staff Writer

Dear Morty: Is it okay to date people from our class? Fraternity? Big/little? -Curious Student

Dear Curious Student: It is absolutely "okay" to date people from your class. As for someone in your fraternity, I couldn't tell you myself; I'm not in one. However, I conducted a survey for you with 30 people in all of our school's different frats. These are my results:

Dating someone in your fraternity: 100% yes

Dating your Big/Little: 80% No ; 20% Yes

Some of the comments I got from those responding to the later part of the survey were:

"That's between you and your Big."

"I don't think you should, because when you choose a Little, you are basically choosing someone to mentor."

"Ehh, I think it's weird."

"As long as you both have an understanding that there are no hard feelings if it doesn't work out."

"I don't think it would be the smartest thing to do."

Here's my conclusion:

It seems like it is totally okay to date someone in your fraternity, however, there seems to be a negative stigma around dating your Big/Little. Nevertheless, some believe it is purely situational.

My final advice to you:

Girl/Boy/Human, as long as you're not hurting anyone, just do what makes you happy.

Dear Morty: Why is our school morale so low?

-Confused

Dear Confused: Many students at STLCOP are too obsessive over

the fact that STCLOP is not a "normal" four year college. To them I say, you're right- we're a six/seven year pharmacy school. Coming to this school, it should have been clear that things would be a little different. It is easily discoverable that we have a small student body, we do not have a football team, and our pharmacy program is not easy. However, I understand student's wanting a "fun" college experience, at least during their first few years.

I am a firm believer in 'It's what you make of it'. I would consider my years at STLCOP to be "fun". I know I'm "supposed" to say that since I'm writing in our school's newspaper, but I mean it. I've made lifelong friends, I've had SO many new experiences, and I've grown as a person. Yes, classes are often difficult, and sure, there are days when I don't get a chance to breathe, and of course, I've contemplated dropping out of college to pursue my calling in exotic dancing (just kidding. . . maybe), but at the end of the day, I made it through. And when I did, I was able to look back at all of the good that came out of my success. That's important to look back at the good.

We chose to be in a difficult program, and we choose to make the best of it for ourselves and for everyone else. Did you catch that last part? "And for everyone else." Try to be the change that our school needs. Brighten up somebody's day. If you think our school morale is low, put it on yourself to boost it up! You'd be surprised how contagious it will be!

Changes Coming to the Resident Hall

Abigail Quinlin
Editor Elect

While the anticipation of the new building is growing, Anne Brackett wants to remind the upperclassmen about the new changes coming to the current residence hall for next school year. Some of the new changes include being able to sign a lease for the academic year or an entire year. You even have the choice of signing for multiple years and keeping the same room. Students will have the choice of a single studio, double studio or a 4 bedroom suite. Prices will range from \$650-\$900 a month depending on what room is chosen. While the new room will have a kitchenette with a cooking surface, microwave, full sized fridge, and cabinets, students will still be required to have a meal plan. The meal plan can now be a minimum of 5 meals a week for \$172 a month. This will give you

the choice of cooking all the time or just going over to the cafe during a busy night of studying to grab something. While on the topic of food and drinks, students over the age of 21 will be allowed to have alcoholic beverages in their rooms. Some restrictions on this new privilege include that alcohol may not be kept in mass quantities like kegs or cases and that underage students should not be served. Anne and the RAs are fine with students of legal age drinking but they want everyone to be responsible and think of their student neighbors. If you have any questions about how to apply for a room or any concerns, don't hesitate to contact Anne Brackett at anne.brackett@stlcop.edu. She would be more than happy to answer your questions or set up a tour of the sample room for you!



Residencies: How is your country different from ours?

Erica Heeyeon Shin
Staff Writer

Every year, there is an increase of students going into residency after graduation. It is one of the most popular areas of pharmacy that students are very interested in. What does this look like in other countries?

In Korea, residency program is for two years. First year is known as “intern” and second year is referred as “resident.” There are only four hospitals in South Korea that have a residency program for pharmacists. Each will accept about 15 residents per year, so nearly 60 students get to participate in residency programs each year. Compared to residency options in America, there are significantly fewer options for Korean student pharmacists to choose from. Every hospital have a different curriculum. Some hospitals will focus on general area of residency for the whole year while another hospital

will rotate in different areas for 9 months and then focus on one specific part for 3 months. After first year, the residents can choose a residency to go into for the second year.

Interestingly, Korean pharmacy schools do not advertise residencies. Unlike American pharmacy schools where professors did residencies, professors in Korean pharmacy school did not. Most of Korean professors earned a PhD so they are more focused on bench research compared to clinical research. Clinical pharmacists in Korea aren't very involved in academia. Despite the low level of advertisements, students' interest are growing slowly each year. It is very competitive since only handful of hospitals look for residency students. Clinical pharmacy is still a fairly new area for students and pharmacists to discover in Korea.

In Japan, residency program is mostly for two years. Interesting, Japan has either a grad school program or hospital program as resi-

dency. Popular areas of residency are oncology and chronic disease states. Similar to Korean pharmacy schools, Japan pharmacy schools do not advertise the residency programs. Clinical pharmacists in Japan are not involved in academia. A lot of Japanese pharmacy school professors are more involved in bench research compared to clinical research. Clinical pharmacy is a still growing area for Japan and pharmacists' involvement in hospitals are increasing each year.

We wondered why there are so many differences in comparing residency programs between the US and other countries. One of the main difference was that Korea and Japan do not have pharmacy technicians or pharmacy interns. In America, pharmacy technicians and interns help the pharmacists so pharmacist can focus on more difficult tasks. Interns are student pharmacists who can experience hospital pharmacy beforehand; this is a great opportunity to take before going out on their own as a phar-

macist. In Korea and Japan, everything has to be done by a pharmacist so there are a lot of things that the pharmacist needs to take care of like dispensing medications, talking to patients, and dealing with insurance; where in America, it would be a technician's job to handle the less demanding tasks like filling medications or handling insurance problems for a patient. Because there are no pharmacy technicians in Japan or Korea, students do not get to experience hospital pharmacy until rotations. This could correlate with a lower interest in becoming a clinical pharmacist.

APhA-ASP, KNAPS, and APS-Japan are part of the International Pharmaceutical Students' Federation. Heewon Jeong and Hyunjin Kang from KNAPS and Dr. Kyohei Hashimoto from APS-Japan collaborated with Erica Shin from APhA-ASP STLCOP chapter to write this article.

What's a MACRA?

Benjamin Jolley
Editor

In November, I attended the Pharmacy Quality Alliance Leadership Summit. At this summit, I learned about metrics of quality in pharmacy practice and in healthcare generally. I also learned about a law that has just had its rule-making completed. The Medicare Access and CHIP Reauthorization Act of 2015, or MACRA, fundamentally changes the way that physicians get paid by Medicare. MACRA combines a number of previous Medicare programs into the new Quality Payment Program (QPP). The QPP divides providers into two groups, those participating in alternative payment models, like an Accountable Care Organization (ACO), and those who will instead participate in the Merit-based Incentive Payment System (MIPS).

ACOs are a topic unto themselves, so I will discuss the MIPS. Starting January 1, 2017, physicians, physician assistants and nurse practitioners will be graded on four categories, “Advancing Care Information”, Quality, “Resource Use”, and “Clinical Practice Improvement.” The grades on these categories will be used to determine payment adjustments of negative 9% to positive 22% for the total Medicare disbursed to the practice. The program is “Budget Neutral”, so all of the adjustments come from providers. Medicare estimates that \$321 million will be redistributed from low performers to high performers in

the program.

So what are these categories that Medicare will use to redistribute that chunk of cash? “Advancing Care Information” replaces the “Meaningful Use” program that came with the stimulus package that doctors used to buy Electronic Health Record (EHR) systems. In essence, physicians have to show that they are using their EHRs effectively to promote patient wellbeing. For example, physicians have to have a patient portal where patients can communicate with their physician electronically. Advancing Care Information accounts for 25% of the overall score. The Quality segment accounts for 60% of the overall score in 2017, and 50% in 2018 and beyond. Physicians choose a mix of six National Quality Forum (NQF) endorsed quality measures to report to Medicare using their EHR. There are THOUSANDS of NOF measures to choose from, so the choice of which six measures to report could dramatically affect a provider's overall score.

For example, “Resource Use”, also known as cost, takes the overall cost of care for a given patient, and assigns that cost to the provider with the most visits with that patient. Providers whose patients cost more than others in their specialty will lose points on this score. It accounts for 0% in 2017, and 10% in 2018 and beyond. “Clinical Practice Improvement” accounts for the remaining 15% of the score. For this component, the provider has to par-

ticipate in some form of quality improvement in their practice. There are hundreds of activities to choose from, and several of them could involve pharmacists. For example, one of these activities is “Manage medications to maximize efficacy, effectiveness, and safety.” Other projects include implementation of an antibiotic stewardship program and a systematic anticoagulation program. All of these are fantastic opportunities for pharmacists to present their services to other healthcare providers. Remember, we're talking about a program that puts \$321 million at risk for all providers, so your services could result in a significant change in a clinic's reimbursements.

Having read this article, you now know more about MACRA than over 50% of physicians. Earlier this year, Deloitte surveyed physicians and found that 50% had never even heard of MACRA, and another 32% had heard of it, but didn't know any specifics. Only 18% of physicians said they knew what MACRA was and were familiar with its requirements.

Reading through the final rule on MACRA, it will disproportionately affect small practices negatively, with about \$259 million of the \$321 million in negative adjustments coming from practices with less than 25 providers. Consider that as you evaluate who to talk to about your clinical services to impact MACRA payment adjustments.

For more information and to browse the various measures, visit qpp.cms.gov.

How Did You Spend Winter Break?

While many students spent Winter Break catching up on sleep or working lots of hours, a few students told our Editor Elect, Abigail Quinlin, about what they did during their time away from STLCOP.

Leslie “Daniel” Griffin:

“This was the first time since I’ve been at STLCOP that I spent Winter Break in St. Louis. Initially, I was a little down given the stark contrast to where I’m from, but my sister flew in from Seattle and my family flew in from Hawaii, which ended up being the first time the family had been together in 2 ½ years. After they left, my roommates went on various trips while I cleaned house both physically and digitally. I organized files on my computer, renamed files in my cloud accounts, and I even managed to get a little reading in. With much needed time to finally sit back and reflect, I noted what worked and what didn’t work for me academically this past semester. In the midst of all of that I watched Netflix, or should I say it was watching me? I ran through season 2 of the Flash, shot through season 4 of Arrow, smashed through the first season of Luke Cage, and I trotted through the first season of West World. I managed to get a few good calls in with friends, I spent time with some cousins, and I was blessed to have been productive. And yet in spite of all of that, there’s still things on my list of things to do before the semester begins, and I wish I could’ve done more.”

Benjamin Jolley, Editor:

“Winter break was pretty nuts for me. I worked full time all break long, earning some good cash, and learning a ton about adherence and synchronization. My medication synchronization research project was approved by the IRB and I started enrolling patients. I read *The Attention Merchants*, by Tim Wu. My wife gave birth to our second son. I played a lot with my two year old son. I went to the zoo and science center with him, and probably read him over 200 books.”

John Bui, Staff Writer:

“As soon as I had turned in that final Calculus exam paper and walked out the door, four weeks ago. I felt all the pent up stress and anxiety from the previous week of studying flood out. “Now, time to relax.” I thought to myself as I raced home to my comfortable room and cozy chair, booting up my favorite video game console and playing away the entire day. I reconnected with old friends online and we played video games, chatted, listened to music and shared videos and experiences of dorm life. It was a pleasant experience, but as winter break crept closer to an end, I came to realize that much of my time was spent online, and hardly any offline.

Much of my family contact involves greeting them when they come back home from work around nine or ten in the evening and a quick dinner before returning to our devices. Although brash and somewhat disconnected, this is how we lived. An occasional movie on Netflix would bring us all together on the couch, but it was only temporary as our interest dwindled quickly. It wasn’t until our hastily planned family vacation to Orlando, Florida that we really spent an entire weekend together, without the distraction of an LED screen. Although the four days passed before I realized, I enjoyed the quality time that I spent with my family. We went sightseeing to warm beaches, visited artisan markets, and awed at the vast and wide houses that we weren’t used to seeing. We experienced everything as a family, something no online match could replicated, and even though our routine lifestyle slowly assimilated back upon our return, I enjoyed the brief days of sharing my offline moments with my family.”

STLCOP doesn’t always have to be serious, enjoy these puzzles during a study break!

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Urushiol Induced Atopic Dermatitis: Friendly Fruit or Foe?

Alexandria (Alyssa) Falck, P4
Staff Writer

As a previous Resident Assistant, I feel confident saying to new students that, with a lot of hard work and determination coupled with some late nights and sacrifices, you can make it to rotations. Earlier this year, I had made it to that point; An overwhelming sense of joy occurred when I could call myself a 6th year.

The day before the start of my second rotation block, however, I was exhausted. After working a 40 to 50 hour week with rotations and then working approximately 18 to 24 hours at my second job, I was burnt out. When I sat down to eat dinner around 8:00p.m. on Sunday night, I had leftovers and a fresh mango. It was the middle of summer and I had never eaten a whole mango. The delicious nectar dripped down my face. About 20 minutes later, my lips were burning.

Poison Ivy is a common condition for many children and young adults during the summer seasons as many go camping and spent ample time outside. The intense itching, burning pain, and rupturing vesicles eventually dry out and crust over, but only after several weeks of discomfort. As pharmacists, we commonly recommend combinations of over the counter products to treat the symptoms, including Calamine lotion or Hydrocortisone cream depending on the whether it is in a wet or dry stage, with an occasional patient needing a pre-

scription for a Medrol dose pack.

After the burning sensation persisted the next day, I knew that I was probably allergic to the mango. Due to the severity of the developing bullae around my mouth and lips, creams weren’t an appropriate treatment and I was started on a Medrol dose pack.

As you can probably imagine, an allergic reaction to something as benign as a mango is pretty rare. After extensive research, I found that, indeed, mangos have trace amounts of urushiol in the skin which can induce atopic dermatitis. The only published study I could find was in the case of approximately a dozen mango pickers who developed the reaction after picking mangos for twelve hours a day for several weeks. By Monday morning, the first day of my second rotation, I felt like I had eaten spicy chicken wings and made a mess surrounding my lips. The condition fondly termed “Mango Mouth” by the general public was brutal.

Several days later while at my ambulatory care rotation, I met my equal in an octogenarian who shared a similar reaction to the tangy fruit. We laughed. We both learned important lessons as I counseled her on the allergic reaction: Mangos, although delicious, are our fruity foes.