




**Student
Practitioner
Newsletter**

Spring 2018

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IN THIS ISSUE



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RUTGERS

Ernest Mario School
of Pharmacy




University of the Sciences Page 2

Temple University..... Page 3

Fairleigh Dickinson University..... Page 4

Rutgers University Page 7

Long Island University..... Page 8

Committee Members..... Page 9

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University of the Sciences Actively Participates in Pharmacy Leadership

By Katherine Sesuca

At the University of the Sciences, NJPhA is composed of students from varying years that come together to participate in legislation and advocacy for the progression of pharmacy. The kickoff event this year was the NJPhA Annual Convention in Atlantic City, New Jersey. This year, four of our members, as well as our advisor, trekked up to the convention to take part in the student programming, networking, and, of course, the Self-Care competition, from which USciences proudly took home 3rd place! We look forward to participating in next year's competition and hope to bring more knowledge to the table.

Other highlights included extensive student research, the panels, and faculty presentations. Overall, the convention was a blend of ambitious and eager students with the backing of supportive faculty and pharmacists that came together to continue and expand the opportunities pharmacy offers.

We strive to bring that spirit back to school where NJPhA members are part of the organization of APhA as well. We hold events such as residency panels, round tables as well as community events such as Script your Future and Operation Heart to continue the involvement of student pharmacists and build up relations as well as our knowledge and skills.



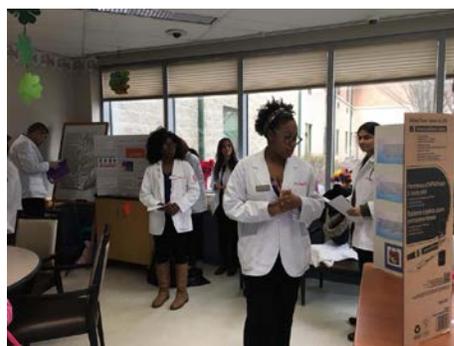
Temple Students Get Career Guidance from Pharmacists

By Adeline Cruz

NJPhA Temple University School of Pharmacy Chapter has had another enriching semester! Students were exposed to various fields of pharmacy and what the Doctor of Pharmacy degree can do for them. At our February general body meeting, Dr. Frank Breve spoke about his experiences in building a consultant pharmacy business. Dr. Larissa Woloszczuk, at our March general body meeting, shared her current experiences as a postgraduate year two (PGY2) pharmacy residency at Robert Wood Johnson University Hospital with Rutgers University and past PGY1 experience with AtlantiCare.

Temple students participated in the Medication Adherence Team Challenge (MATCh), which is a two-month-long intercollegiate competition where health profession student and faculty teams create solutions to raise awareness about medication adherence. This year, members went to the Elmwood Hills Healthcare Center. We educated the residents about medication adherence and diabetic diets through a bingo activity. The residents were excited to win prizes of pillboxes and wallet cards for their medication lists. The organization also participated in the pharmacy school's Patient Safety Week by presenting a poster at Temple University Hospital on the topic of Medication Safe Disposal.

The Chapter's executive board would like to thank all of its members for such a successful school year. We could not have accomplished all we have without your dedication. A great appreciation goes to our amazing advisor, Dr. Loretta Brickman, for your continuous support and encouragement. Your love for the profession and organization has inspired students to dream big and to always aim for success. Thank you to the pharmacists of the New Jersey Pharmacists Association for always investing your knowledge and time to us students!



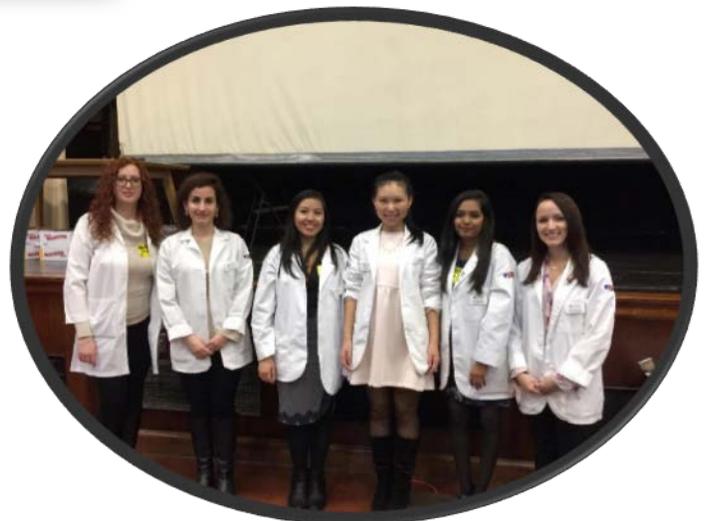
Self-care for High School Students

By Sasha Falbaum, Pharm.D., Clinical Assistant Professor



On November 17, 2017, FDU student pharmacists Samira Samarbakhsh, Natalia Swiderski, Suni Ciampi, Shivani Patel, and Jazzmine Paz and their mentor, Dr. Sasha Falbaum, educated senior high school students about over-the-counter medications at Garfield High School in Garfield, NJ. The objective of this educational presentation was to prepare young students for when they will be out on their own in college and may have the need to self-medicate for various reasons—things like common cold symptoms, pain and inflammation, first aid, allergies, insect bites, insomnia, etc. The presentation was well received and the students asked interesting questions.

PICTURED ARE DR. FALBAUM WITH FDU STUDENT PHARMACISTS AT GARFIELD HIGH SCHOOL



NJPhA Leadership Teaches About Celiac Disease & Gluten

By Maria Leibfried, PharmD, Clinical Assistant Professor

FDU holds monthly “Breakfast Chats” that include speakers and patients discussing disease states, with the goal of increasing exposure, awareness, and empathy for patients living with medical conditions. In honor of Nutrition Month in March, the topic was Celiac Disease and Gluten. Pictured are (front, left to right): Celiac patient [Jack Tronccone](#), NJPhA Task Force member [Aakash Ghandi](#), (back, left to right) NJPhA Member and Panel Moderator [Maria Leibfried](#), NJPhA President and Task Force Lead [Carmela Silvestri](#), NJPhA CEO [Elise Barry](#).

Dr. Silvestri notes that “food manufacturers must disclose wheat as it is one of the eight major allergens..... The problem we have with medications stems from the fact that we can’t measure down to the 1 part per million (ppm) that would need to be detected” to prevent reactions in this patient population. She goes on to explain that “At least one study that we have seen showed several tested medications (which according to the manufacturers contained-no gluten containing ingredients) to have a final gluten content over 20 ppm.... The comments NJPhA submitted to FDA called for the labeling to be mandatory and that gluten content be assayed and reported for all plant based ingredients-basically anything that has a risk of contamination based on its processing. If gluten is detected that should be disclosed.”

The event was eye opening to students and faculty, as it highlighted the daily impact of this condition on patients and families, and the roles that pharmacists have in caring for this population. We applaud and thank NJPhA for advocating for our patients and profession.





Winner of FDU APhA Patient Counseling Preliminary Round Heads to Nashville!

By Margaret Slugocki, PharmD, Assistant Professor

On November 29th 2017, the FDU School of Pharmacy & Health Sciences celebrated the winners and participants of the Patient Counseling Competition preliminary round, which took place on October 27th. The winner of the in-house preliminary round was [Cristina Graziosi](#), who represented the school at the national competition during APhA Annual Meeting in Nashville, TN in March 2018. The runner-ups included [Andro Youseff](#), [Marie Diane David](#), and [Hiketsha Patel](#). The ceremony featured a keynote address by [Mei Chang](#), a pharmacist at VA Medical Center in Bronx, NY.



Pictured is Cristina Graziosi

Nutrition for Prevention

By Avni Shah

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As health care providers, professionals of the medical and pharmaceutical field have contributed to pioneering treatments for a wide variety of patients. Chronic disorders may be preventable with lifestyle changes, including diet modification. Understanding the components of a nutrition label can aid in implementing dietary factors that may improve one's overall wellbeing and potentially decrease the risk of some chronic illnesses.

In 1990, The Nutrition Labeling and Education Act granted the FDA oversight on nutrition labels of all food products. The nutrition panel may initially seem overwhelming because it details a wide variety of dietary components and recommendations. It is noteworthy that recommended amounts are for the "average" person, which is open to interpretation. Important elements of the label include serving size, calories, total Fat, total carbohydrates, and protein.

Maybe you had a few Oreos for lunch thinking, "this only has 240 calories", but neglecting the serving size for that caloric amount can lead to overconsumption of fats and sugar. The serving size represents the amount of food in the package reflecting the nutrition facts displayed. "Servings per container" indicates how many people can be served with that package. For example, a label on a package of PopTarts, as shown above, shows the serving size is one pastry. Yet, the package itself comes with two pastries. Who really stops to eat just one? By neglecting to take a look at the serving size, we put ourselves in jeopardy of overconsumption and eventually health complications.

Nutrition plays a significant role in our routine lives, making it one of the most important aspects of self-treatment.

Nutrition Facts		1 Pastry (50g)	
Amount Per Serving			
Calories	180	Calories from Fat 25	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Polyunsaturated Fat	1g		
Monounsaturated Fat	0.5g		
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	37g		12%
Dietary Fiber	3g		11%
Sugars	15g		
Protein	2g		
Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 10%			
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B ₆ 10%			
Folic Acid 10%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000
			2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

https://www.kelloggs.com/en_US/brands/pop-tarts-consumer-brand.html#num=12

Chapter Update

By Dr. Timothy Nguyen—Chapter Adviser

This academic year, the LIU-NJPhA Student Chapter participated in the Club Fair activity. The officers held various meetings, discussed initiatives and activities. The Chapter submitted funding requested to the University for the year. Members are encouraged to participate in promoting volunteer events and collaborate with other students within the profession. Members also participated in the University's Stress Management Event before exam time, and set up table and distributed information leaflet to students. Overall, members are enjoying various activities, experiencing, and exploring leadership skills and other co-curricular programs. Students are appreciated for being part of an organization such as NJPhA!

NJPhA Student Practitioner Committee Faculty Members

University of the Sciences
Grace Earl, PharmD, BCACP

Temple University
Harold Bobrow, RPh
Loretta Brickman, RPh

Rutgers University
Donna Feudo, RPh

Long Island University
Timothy Nguyen, PharmD, BCPS

Fairleigh Dickson University
Maria Leibfried, PharmD, BCNSP