

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE



Pinning Ceremony
2008: Dean Medon and
Seyoum Woldegebriel



APPE Rotation: Dr Jes-
sica Kerr and P4 Student
Amanda Schutte



Golf Scramble 2008:
Gary Ceretto, Al Pelate,
and Randy Malan

SIUE SCHOOL OF *Building Success*

The Southern Illinois University Edwardsville School of Pharmacy (SIUE SOP) continues its mission to educate students for a profession that is in high demand regionally and nationally. A few of our growing list of accomplishments are listed below:

Top 10 Finish for SIUE SOP Student – Diana Jason, a member of the SIUE SOP's class of 2009, finished among the top 10 at the March 2008 American Pharmacists Association (APhA) Patient Counseling Competition in San Diego. Jason competed against individuals representing all pharmacy schools in the nation and finished as third-runner-up – the highest placement for any school of pharmacy prior to graduating its first class.

Inaugural Pinning Ceremony Held

– On April 24, 2008, the Class of 2009 received their SIUE SOP pins, signifying their transition from didactic learning to direct patient care and emphasizing professionalism as they headed out on their Advanced Rotations.



Rho Chi Chapter Announced – The SIUE SOP has been named the Delta Beta Chapter of the Rho Chi Society, with Julie Karpinski, Assistant Director of the Drug Information Wellness Center and Assistant Professor of Pharmacy Practice, serving as the Advisor. The Rho Chi Society, established in 1922, is the Academic Honor Society in Pharmacy. The society encourages and recognizes excellence in intellectual achievement.

Faculty Member wins Vaughnie Lindsay Award – Guim Kwon, assistant professor of Pharmaceutical Sciences, received a \$12,500 grant as winner of the Vaughnie Lindsay New Investigator Award. Kwon's work examines the effects of diabetes on the pancreas. She plans to focus on the relationship between obesity and type 2 diabetes, with specific emphasis on the effects of andiponectin on pancreatic B-cell growth and proliferation.

White Coat Ceremony for SIUE School of Pharmacy's Class of 2012

– The fourth annual White Coat Ceremony for the class of 2012 was held on August 22, 2008. Dr. Marie Chisholm-Burnes, Head, Pharmacy Practice and Science at the University of Arizona, provided the keynote address. Eighty-two students received their white coats, signifying their commitment to professionalism and their transition to student pharmacists.

New Faculty Arrive – The School of Pharmacy welcomed new faculty including -

- Jing Yang Fan Hecht, as clinical associate professor of pharmacy practice. She earned a Pharm. D. at the University of Illinois in 2001. Her area of research includes cardiology, infectious disease and innovative teaching methods.
- Keith Hecht, as clinical associate professor of pharmacy practice. He received a bachelor's and a Pharm.D., both from St. Louis College of Pharmacy (2000 and 2001, respectively). His research area includes hemotoretic growth factor use and side effects, supportive care in oncology and classroom leadership.

- Cassandra Maynard as assistant clinical professor of pharmacy practice. She earned a Pharm. D. at St. Louis College of Pharmacy. Her research area includes cardiovascular services and anti-coagulation. She believes she “is responsible for preparing students intellectually and emotionally to become a part of one of the most trusted professions.”
- J. Mark Ruscin, as professor of pharmacy practice. He earned a doctorate at the University of Illinois (1993). He says he hopes to provide learners with the tools, skills and confidence to enhance critical thinking abilities, and to become leaders in their profession and community. His research area includes geriatric pharmacoepidemiology.
- Stacey Thacker as clinical assistant professor of pharmacy practice. Her research interest is family medicine. She earned a Pharm.D. at the St. Louis College of Pharmacy in 2007.
- Cynthia A. Wuller as clinical professor of pharmacy practice and capstone coordinator for the School of Pharmacy. She earned a bachelor’s at Drake University

(1976) and a master’s at St. Louis College of Pharmacy (1988). She has numerous publications and her research interests include over-the-counter medications, sterile products and self-care initiatives.

- Miranda Wilhelm as clinical assistant professor of pharmacy practice. She received a Pharm. D. from the University of Kansas (2002). Her research area includes development and implementation of clinical pharmacy services in community-based practice, as well as health and wellness such as preventive screenings and disease state education.

SIUE SOP Golf Classic Successful – The made-to-order beautiful weather was the perfect start to the 2nd Annual SIUE School of Pharmacy Golf Classic on Thursday, September 25, 2008. Participants, whether it be through playing, sponsoring or volunteering were greatly appreciated. The event was presented by Walgreens and sponsored by Enloe Drugs, Shop ‘n Save, H.D. Smith, CVS/pharmacy, Family Care Pharmacy and numerous hole and individual sponsors. A total of 26 foursomes competed, helping to raise more than \$20,000 in support of our students, faculty and staff as they pursue excellence in teaching, pharmacy practice, research, scholarship and

service. The 2009 Golf Classic will be held on Friday, September 25, 2009.

Diana Jason Awarded Alan Granat Memorial Scholarship from the IPhA Foundation - Diana Jason, a Lincolnshire resident and SIUE SOP Class of 2009 student, received the Alan Granat Memorial Scholarship from the IPhA Foundation. The award is presented annually to a pharmacy student who has exhibited a commitment to pharmacy and community as evidenced by membership and participation in pharmacy organizations and community involvement.

SIUE School of Pharmacy Students Win “Pharmacy Jeopardy” Competition – The only thing missing was Alex Trebek as Angela Chiu and Phuong Nguyen, 3rd year pharmacy students, placed first at the Illinois Pharmacists Association’s (IPhA) “Pharmacy Jeopardy” competition at the recent IPhA Annual Convention. The students teamed up with four “post graduates” including Jack Stites of Macomb, Clark Moreland of Rushville, Robert McHugh of Carthage, and Debbie Schoen of Ellisville, Missouri. The group wowed judges with answers to a variety of over-the-counter drug related questions.



APPE Photo - 2008: Alex Duyvejonck, Katie Ronald, Michela Doss, Stephen Draughan, Scott Bergman



Golf Scramble 2008: Registration Crew



Golf Scramble 2008: Student and golfers



How well do patients really know their medication regimens?

Benjamin Wunderlich, Pharm.D. Candidate and Teri McCullough, Faculty Sponsor

Background

As a service learning project, first year pharmacy students assisted community members with completion of File of Life cards, which provide emergency personnel crucial information when patients cannot. Participants place the cards on their refrigerator and in their wallets or purses.

Objective

The service learning project objective was to provide education and assistance with the File of Life program to interested community members and to collect information on patients' familiarity with their medication regimens.

Methods

The File of Life program was offered in various settings throughout Southern Illinois including:

- Independent living facilities
- Pharmacies
- Senior centers
- Apartment complexes
- Health fairs
- Patient's homes (aided by a social worker from the Southwestern Illinois Visiting Nurses Association)

Participants were asked to bring their medication bottles or a completed medication list with them to the sessions.

Students completed data collection sheets; however, only participants without complete medication lists were evaluated for familiarity of medication name, strength, frequency, and purpose.

The Pharmacy Program at SIUE

Results

For patients without a medication list

Figure 1. Was the patient able to list the names of their medications without help? N = 272

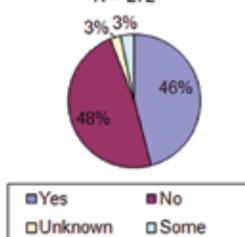
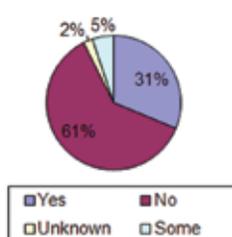


Figure 2. Was the patient able to state the strengths of their medications without help? N = 272



Of those without medication lists prepared prior to the File of Life interview:

- 64% could list medication frequencies
- 2% could list some medication frequencies
- 31% could not list any medication frequencies

Of those without medication lists prepared prior to the File of Life interview:

- 61% could provide a medication indication
- 4% could provide some medication indications
- 33% could not list any medication indications

Population Reached

More than 784 patients were assisted with a File of Life Card.

There were only 784 participants who agreed to data collection.

Of those:

559 Females
220 Males
5 Unspecified

Mean Age 73.8
Median Age 76
Mode Age 80

Conclusion

The File of Life project allowed students to recognize their roles as current and future health care professionals capable of providing valuable community services. In general, the results suggest that patients' familiarity with their medication regimen is lacking. Pharmacists should assess every patient's understanding of their medications and disease states during counseling sessions to ensure greater comprehension. The File of Life offers a great tool to help patients keep track of their medications. This list can be updated with the help of a health care professional or caregiver. With these cards, health information is readily available to patients and the health care team.

More information about the File of Life Program can be found at www.folife.org

Nurturing for Life

Ben Wunderlich, SIUE School of Pharmacy P3 student, and Dr. Teri McCullough, Faculty Sponsor, recently presented their poster entitled, "How well do patients really know their medications?" at the 2008 IPhA Annual Conference. The poster detailed the results from data collection sheets obtained when providing assistance in completion of File of Life wallet and refrigerator cards. The File of Life cards provide emergency personnel important medical information and emergency contacts when the patient is unable to do so.

Participants were instructed to bring either a medication list or their medication bottles. Those who did not bring this information were assessed for their familiarity with their medication regimen. Most of participants could list their medication frequencies and medical indications; however, close to fifty percent could not list their medication names, and sixty-one percent could not state the strengths. The File of Life is a great tool that allows patients to have a concise record of their medical history that is readily available and easily modifiable. However, the information collected suggests that pharmacists need to work harder to enhance our patients' understanding of their medication regimens through counseling.



Asthma Adventure Camp helps children ages 7 to 14 years learn to manage their illness in a supervised, educational environment. The camp integrates diverse medical personnel including respiratory therapists, physicians, pharmacists, nurses and students from each discipline. This healthcare team provides campers with optimal care from a wide scope of knowledge of asthma management.

Attending Asthma Adventure Camp allows campers time outside of the home to become self-confident and to learn more about asthma and asthma management. Asthma camp provides student pharmacists the opportunity to volunteer their services while strengthening their communication skills and knowledge of pharmacotherapy necessary to manage pediatric patients with asthma.

Pharmacy students had many roles during Asthma Adventure Camp 2007. These included attending pre-camp meetings, mentoring the campers, assisting with asthma education sessions, and many others. Pharmacy students learned that living with asthma is complicated and appropriate management requires an understanding of the disease and the treatments. Also, working among other healthcare professionals is a great way to care for a child with asthma.

Asthma Adventure Camp is beneficial for pharmacy students through application of clinical practice and collaboration with a multidisciplinary medical team.





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SCHOOL OF PHARMACY

Asthma Adventure Camp

Andrew Beard, Andy Corn, Michaela Doss, Tara Hosselton, Matt Layman, Decana Madson-Wooten, Kelly Perez, Maggie Redefin, Jana Smith, Mary Janet Stunova, Phara D. Candidate, 2009, Lisa Lubrich, Phara D., AE-C



AMERICAN LUNG ASSOCIATION
of Illinois




ABSTRACT
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INTRODUCTION

Asthma is a chronic respiratory disease that affects over 5.5 million children in the United States. Largely a pediatric disease, most patients are diagnosed by age five and usually have symptoms by age seven. Asthma is closely related to productivity loss and is a large burden to health care providers, with related costs exceeding \$19.7 billion annually. In 2003, asthma accounted for an estimated 12.8 million lost school days due to absenteeism. Over 3,800 asthma-related deaths occurred in the U.S. in 2004, more of which were preventable with proper treatment.

Participation in Asthma Adventure Camp (AAC), sponsored by the American Lung Association, helps children ages 7 to 14 years learn to manage their individual disease state in a supervised, educational environment. AAC focuses on education and control through medication adherence and asthma action plans. The camp integrates diverse medical personnel including respiratory therapists, physicians, pharmacists, nurses and students from each discipline. This healthcare team provides campers with optimal care from a wide scope of knowledge of asthma management.

The depth to which asthma impacts a child's life is a difficult concept for student pharmacists to grasp in a didactic setting, where students learn how to manage the disease state and even asthma on medication adherence and control techniques. However, students rarely have the opportunity to obtain firsthand experience with signs/symptoms, onset of exacerbations, and daily struggle of managing asthma. AAC provides student pharmacists the opportunity to volunteer their services while strengthening their communication skills and knowledge of pharmacotherapy necessary to manage pediatric patients with asthma.

ACAMPER'S PERSPECTIVE

Attending AAC allows campers time outside of the home to become self-confident and to learn more about asthma and asthma management. Being in the company of other kids like me was the same age and was living their daily lives with asthma allowed each child to be themselves and be very free about what other people think about them.

Asthma education sessions at asthma camp also were very beneficial for campers. Campers became more familiar with identifying their asthma triggers and what to do when exacerbations occur. They also learned more about their asthma medications and tools, such as holding chambers, which are important for every person with asthma. The medical staff taught each camper what the medications they were taking was doing to help their asthma.

The campers were very helpful to others and were able to teach their peers about asthma. Kids' learning from kids is definitely a highlight of the learning process that campers can take home from camp. Strong relationships were definitely built among the campers attending asthma camp. Having the same struggle with asthma allowed the campers to open up more easily about themselves since everyone was the same.

OUR ROLE

While at camp, our role was to be a counselor and an educator for 2 to 8 campers. The duties of the staff varied from group to group but as a whole we would have staff meetings where we reflected on how things were going and what was to be expected for the upcoming days.

As counselors we were involved with assisting the campers during the various education sessions. Most of the sessions included educating campers on how to properly control their asthma as well as how to properly use their medications and devices. We also helped the nurses and respiratory therapists in the infirmary when the medications were administered, along with tracking peak flow measurements.

We also played the role of being mentors to the campers. As counselors, we were with the campers in our group at all times. We aimed at making the camp very enjoyable to them but also help them to learn how to control their asthma. By the end of the camp, it seemed that the interaction between us and the campers grew to the point where campers felt comfortable asking if they had any questions or concerns.

PHARMACY STUDENT'S PERSPECTIVE

Before camp it was each student's responsibility to have a full understanding of asthma and asthma medication management. Expectations of student pharmacists included the following:

- On the basis of patient presentation, symptoms and peak flow data, determine if a patient has intermittent, mild persistent, moderate persistent or severe persistent asthma.
- Be able to recognize and educate a patient with asthma regarding identification and management of asthma triggers.
- Differentiate between "rescue" and "controller" therapy and educate a patient accordingly.
- Educate a patient regarding the use of a metered dose inhaler (MDI) with a holding chamber, a dry powder inhaler (DPI), and a peak flow meter.
- Be able to design an action plan for an acute exacerbation based on asthma severity.

Some campers may have also had other childhood health problems such as attention deficit hyperactivity disorder, allergic rhinitis, and autistic disorder. The students were able to gain great understanding of asthma during camp as well as these other diseases.

The students also prepared a presentation on asthma devices for the campers. From this experience we learned how to design a presentation that was aimed at an audience consisting of children ages 7 to 14 years. During the education sessions we asked the campers a lot of questions about asthma and we were surprised to find out that many of the teaching points we hoped to accomplish were known by some if not all already.

Being a counselor at camp meant spending nearly all hours of the day and night with the campers. From this experience we really got an understanding of how life is living with asthma. This is a disease that requires a lot of responsibility for the parents and for the children who have it. The vulnerability of the campers that have poor control can be difficult to comprehend especially when education is lacking within the family as a whole.

One of the most important lessons we learned is that living with asthma is complicated and appropriate management requires an understanding of the disease and the treatments. Also, working among other healthcare professionals is an optimal way to care for a child with asthma.

CONCLUSIONS

Asthma camp offers a unique opportunity for student pharmacists to learn and practice asthma management, as well as management of other childhood health problems. AAC allows students to connect the material learned in didactic lessons to hands-on clinical practice. Direct patient interaction is the forefront as students improve their counseling skills, gain confidence, and develop greater empathy for patients with asthma. The camp also provides a setting which allows students to learn and practice with a multidisciplinary medical team. Student pharmacists can greatly impact the campers through education on asthma medications, management of triggers, and use of an action plan. Therefore, student pharmacist participation in asthma camp is beneficial for all involved.





