

Brought to you by the StuNet Advisory Committee
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Pharmacy Advocacy Made Simple for Students

By Ryan Birk, Southern Illinois University – Edwardsville

The practice of pharmacy is often shaped by law and policy. Political advocacy is not just for politicians and lobbyists. It is critical for all pharmacists and pharmacy students to take an active role to advocate the profession of pharmacy. Advocacy efforts help underscore the value of clinical pharmacy services in optimizing patient outcomes.

The 2011 Congressional calendar is well under way. Health care reform initiatives established by the Patient Protection and Affordable Care Act passed in 2010, include a medication therapy management (MTM) grant program, integrated care models, transitions of care activities, and incentives to include pharmacists as members of team-based patient care delivery models. The ways in which these programs are designed and implemented will likely have a greater impact on the profession of pharmacy than the passing of the original legislation that created them.

This is one key reason ACCP became a member of the Patient-Centered Primary Care Collaborative (PCPCC) beginning in 2009. The PCPCC is a coalition of more than 700 patient-centered advocacy groups that has developed a broad range of policy statements, implementation resources, and advocacy initiatives to promote patient-centered primary care and enhanced coordination between health care professionals in addressing the health and wellness needs of patients. As a member of this coalition, ACCP is helping to implement comprehensive medication management into many programs and services that help to advance a more patient-centered health care system model.

Advocacy efforts can be made by every student. Voting in national and local elections, conducting letter-writing campaigns, planning a health fair for legislators at a state capitol legislative day, or calling and/or meeting legislators face-to-face are just some examples of advocacy initiatives in which students can engage. Be sure to contact your State Board of Pharmacy to gain more information on practice issues relevant in your state.

ACCP has consolidated materials that students should consult when contacting their legislators at the [ACCP Legislative Action Center](#). Here, you will find Legislative Alerts on pending pharmacy-related legislation, a search engine to obtain your legislator's contact information and pre-formed letters that can be sent to your legislators after entering your basic information (name, address, and e-mail address). Save the legislator's telephone number in your cell phone; then, whenever time is available, call your legislator's office and state your name, the bill's name and the House or Senate bill number, and whether you are for or against a certain bill. This may seem like a small task, but every phone call to a legislator's office is recorded to influence how the representative votes on a particular bill.

One current bill that students should contact their senators about supporting is the Pharmacist Student Loan Repayment Eligibility Act of 2011 (Senate bill number 48 [S.48]). This bill would allow pharmacists in the National Health Service Corps (NHSC) to be eligible, like many other health care professionals, for a loan repayment program. This legislation would increase access to health care services for underserved populations and provide incentives for clinical pharmacists to be part of the NHSC health care team.

As future pharmacists, we must take an active role in the direction of our future profession. The best way to guide the profession is to be an advocate for our patients and to communicate with legislators about what will and will not assist them. If the current 40,000 pharmacy students become leaders in guiding the profession of pharmacy, many legislators and policy-makers will notice our suggestions, and we will achieve our highest priority of always doing what is best for our patients. Help be a part of our profession's future!

For more information and tips on how to get involved with ACCP advocacy initiatives, visit <http://capwiz.com/accp/home/> and http://www.accp.com/docs/govt/advocacy/ga_build.pdf.



Pictured: Fourteen students from Southern Illinois University – Edwardsville School of Pharmacy met with Congressman Costello's health spokesperson in Washington, DC, to discuss the role of pharmacists and advocate for expanded access to pharmacists' services and

Q & A:

Q: Are you looking to get more involved within ACCP?

A: ACCP offers leadership opportunities to work with students across the country through the National StuNet Advisory Committee. Apply for StuNet by Friday, June 17.

Positions available:

- Chair (1-year term)
- Vice Chair (2-year term; assumes chair position)
- Secretary (1-year term)
- Member-at-Large (1-year term)

For application materials information, visit:

<http://www.accp.com/stunet/advisorycommittee.aspx>

This Committee is composed of 8–12 other students from across the country. StuNet meets during the ACCP Annual Meeting and communicates frequently by e-mail and conference calls to complete the assigned Charges for the year.

Have questions/comments?

E-mail stunews@accp.com

Did You Know?

Team registration is now open for the 2011 Clinical Pharmacy Challenge! Teams of three students will compete with other teams from schools and colleges of pharmacy across the country.

This novel national pharmacy challenge has been expanded, with more online rounds for teams to compete in. Each round consists of three distinct segments:

- Trivia/Lightning
- Clinical Case
- Jeopardy-style

The top eight teams will advance for live quarterfinal competition at the 2011 ACCP Annual Meeting held in Pittsburgh, PA, October 15–17.

Visit for more information and for team registration form link:

<http://www.accp.com/stunet/compete/overview.aspx>

Calendar Dates:

April 2011:

- **4:** ACCP Clinical Challenge registration opens
- **8-12:** ACCP Updates in Therapeutics Meeting in Columbus, OH

May 2011:

- **1:** ASHP Summer Meeting early-bird registration ends
- **15:** ASHP Summer Meeting poster abstract due

June 2011:

- **12-15:** ASHP Summer Meeting and Exhibition in Denver, CO
- **17:** ACCP StuNet Applications due

July 2011:

- **9-12:** AACCP Annual Meeting

Clinical Pearl: Professional Conduct is Key

By Tiffany Pon, Purdue University

The practice of professionalism does not begin at graduation. Embrace these key concepts now to move your career forward.

Do:

1. Dress the part.
 - a. If a guest speaker is lecturing in school, wear business casual that day.
 - b. If you are interviewing, your business professional outfit should be conservative.
2. Remember your P's and Q's.

Send personalized thank you notes to interviewers – handwritten notes are best.
3. Learn from the pros.
 - a. Identify a mentor who will help you figure out what you want from your pharmacy career and how to get there.
 - b. Do not be afraid to approach professors or preceptors for guidance and advice.
4. Make connections.
 - a. Building a network is crucial to any professional career.
 - b. The more you become involved with extracurricular activities such as professional organizations, the more opportunities you will have to meet other students and clinicians.
5. Accept the challenge.

If you are presented with an opportunity that makes you feel outside your comfort zone, take advantage of it! You'll end up surprising yourself and others.

Don't:

1. Be late for a very important date.

First impressions are essential, so always strive to be 10–15 minutes early to any important event.
2. Text or Tweet on the job.
 - a. Networking is important, but being a professional entails being fully dedicated to your professional responsibilities when you are on the clock.
 - b. Also, be sure not to play with your phone when you are waiting for an interview; it might give the impression that you will always be on your phone while at work.
3. Burn bridges.

Pharmacy is a very small world, so always treat others with respect, and refrain from gossiping.
4. Expect royal treatment.
 - a. As a student, you must lose any sense of self-entitlement.
 - b. Respect is earned; the more you can prove yourself, the more respect and responsibility you will gain.
5. Forget the fundamentals.

Your interest in pharmacy probably stems from your desire to care for those who need your help, so always remember that everything you do as a student prepares you for direct patient care.

Professional Tidbit: Managing Stress

By Kayley Lyons, South Dakota State University

Stress is inevitable. Stress is our body's natural ability to rise to a challenge. It is how we manage stress that determines whether we will be able to successfully cope with what our body is going through.



1. **It's All in Your Head:** Stress can decrease with a proper attitude adjustment. The key is to accept the things you cannot change, and try your best at the things you can.
2. **Concentrate on the Moment:** Stress is a result of negative thoughts for the future. Stay focused with "in the moment" events, taking into consideration the future, but not dwelling on it.
3. **What Is Important?** Pharmacy is only a portion of your life. Tests and other stressors are an even smaller portion. Think, "In a million years, a million miles away, will this matter?" Chances are, most of the time, it will not matter in the bigger scheme of things.
4. **Making the Right Choice:** When it comes to picking rotations, residencies, or jobs, we get caught up in trying to pick the right one. In reality, there is not a "true" right choice. It is subjective. As long as you are happy and willing to learn and work hard, your career path will be shaped more by your attitude and professionalism.
5. **Prioritize and Organize:** A wise person once said that you get back 4 minutes for every minute you spend planning. Keep an updated calendar and remember to fill it with things you enjoy. The most beneficial thing you can do is keep updated task lists. It is important to look at the big picture and prioritize while you write your lists. What is going to get you the most results? Do those tasks first! Also, keep them visible either on your computer homepage or at your desk to remind you of them.
6. **Exercise, Good Diet, and Sleep:** All of you are intelligent and do not need me to quote studies proving the benefits of these three things on your stress levels. You know they are good for you, but you think you don't have the time. However, these three essentials will save you time in the long run in the form of increased energy and mindset.

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Questions/Comments?
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