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RHO^{Rx}CHI *post*

St. John's University College of Pharmacy & Health Sciences



THIS ISSUE'S FEATURED ARTICLE:

FDA APPROVES VOSTALLY
(RAMIPRIL) ORAL
SOLUTION FOR
HYPERTENSION PATIENTS
WITH SWALLOWING
DIFFICULTIES

HARMFUL EFFECTS ASSOCIATED WITH CHRONIC USE
OF POPULAR OTC SLEEP AIDS

GROWTH OF TELE-PHARMACY: EXPANDING ACCESS
TO PATIENT CARE

EFFICACY OF A NOVEL DIGITAL THERAPEUTIC
TARGETING NEGATIVE SYMPTOMS IN SCHIZOPHRENIA

About the Rho Chi Post

The Rho Chi Post was developed by the St. John's University Rho Chi Beta Delta Chapter in October 2011 as an electronic, student-operated newsletter publication with a team of three student editors and one Editor-in-Chief. Today, our newsletter boasts 12 volumes, over 90 published issues, and more than 600 unique articles to date with an editorial team of first to sixth year student pharmacists, as well as returning PharmD graduates.

The newsletter is distributed by St. John's University College of Pharmacy and Health Sciences to more than 1,500 students and faculty members. Our monthly electronic mailing list continues to extend readership far beyond campus.



Mission

The Rho Chi Post is an award-winning, electronic, student-operated, faculty-approved publication that aims to promote the pharmacy profession through creativity and effective communication. Our publication is a profound platform for integrating ideas, opinions, and innovations from students and faculty.

Vision

The Rho Chi Post aims to become the most creative and informative student-operated newsletter within St. John's University College of Pharmacy and Health Sciences. Our newsletter continues to be known for its relatable and useful content. Our editorial team continues to be known for its excellence and professionalism. The Rho Chi Post sets the stage for the development of individual writing skills, collaborative team work, and leadership.

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A Message from the Editors-in-Chief, Nivaj Haque!

It is my privilege to share the fifth issue of the 14th volume of The Rho Chi Post. Each publication reflects the hard work and dedication of our team and I am excited for you to explore the ideas and insights within these pages. In this issue, you will find articles on recent developments and evolving practices in pharmacy, along with highlights of newly approved therapies that impact patient care. None of this would be possible without the support of our Editorial Team, Executive Board, advisors, and readers. I hope you enjoy this issue, and I wish the student body a productive and rewarding fall semester!

Frequently Asked Questions

Who can write for the Rho Chi Post Newsletter?

Anyone can write for the Rho Chi Post! Our newsletter is not exclusive to St. John's University students. The Rho Chi Post accepts articles on a daily basis!

How do I submit an article?

You can submit an article by creating an account on our website! Go to www.rhochistj.org/RhoChiPost, click the login button from the upper menu bar, and click register. Upon making an account, you will be able to submit articles to our author inbox.

Who determines article topics?

You are free to choose an article topic of your choice. Take a look at our Author Guidelines for ideas.

What happens after I upload my draft article on the Rho Chi Post website?

Our Editor-In-Chief (EIC) will either edit the article directly or assign the article to a staff editor. If any revisions are needed, the editor will upload the article back to the portal, notifying the author via email. The author can then download the edited article, make the suggested revisions, and reupload the draft back to the portal. Additional drafts will be reevaluated by our copy editors and then EIC, repeating this process. Once no further revisions are needed, the article is accepted for publication.

Is there a deadline for authors to send revisions?

There is no deadline to submit revisions for an article. However, the quicker revisions are made, the quicker the article can move through our editing process. Once an article is accepted for publication, it will be moved into a queue to be placed into an upcoming issue.

Harmful Effects Associated with Chronic Use of Popular OTC Sleep Aids

By: Amanda Kastel, PharmD Candidate c/o 2027

Sleep aid medications are widely used throughout the United States and have long been viewed as a “quick fix” to treat insomnia. In a survey conducted by the American Academy of Sleep Medicine, out of 2,010 adults in the United States, 20% reported using over-the-counter (OTC) medications to help them sleep.¹ According to another report, the global OTC sleep aid market was valued at \$20.1 billion in 2025.² These numbers are alarming, given that the most popular over the counter sleep aids are first-generation antihistamines with an undesirable side effect profile, especially when used chronically or by the geriatric population.

Diphenhydramine and doxylamine are 2 of the most popular OTC sleep aid medications. Not only are they available as stand-alone products (ZzzQuil, Benadryl, Unisom), but they are also frequently used in combination with other medications, available as products such as Tylenol PM, Advil PM, and NyQuil. Many of these medications have become household names because they are readily available, relatively inexpensive, and are effective at inducing and maintaining sleep.

Mechanism of Action & Side Effects

Diphenhydramine and doxylamine share the same mechanism of action in inducing sleep and only vary slightly in their pharmacokinetic properties.

They are both first-generation antihistamines and are lipophilic enough to cross the blood-brain barrier. They are non-selective in receptor binding, as they have affinity for not only central and peripheral H1 receptors, but also act as antagonists at muscarinic receptors. Within the CNS, they act as inverse agonists at the H1 receptor, thereby resulting in drowsiness and justifying their use as sleep aids. Their undesirable anticholinergic side effect profile results from the blockade of acetylcholine from binding to muscarinic receptors.³ Anticholinergic side effects include dry mouth, urinary retention, constipation, tachycardia, reduced saliva and tear production, and worsening of dementia and confusion, particularly in older adults.⁴

Clinical Implications

The Beers Criteria is a well-renowned set of evidence-based guidelines for potentially inappropriate medications to avoid in older adults (>65) and is intended for use by healthcare professionals. First-generation antihistamines, whether as a single agent or part of a combination product, are listed in the Beer’s Criteria with a strong recommendation to avoid use in older adults. This is justified because older patients not only have reduced clearance of these medications, but they also have a more permeable blood-brain barrier, making them more susceptible to the harmful anticholinergic effects such as confusion, falls, and worsening dementia.

OTC SLEEP AIDS

Alarming Emerging Research

In 2015, a prospective cohort study was published in JAMA, assessing the cumulative use of anticholinergics in patients 65 years and older.⁵ The primary objective was to examine the association between 10-year cumulative anticholinergic use and the risk for dementia. Though this study examined all anticholinergics and not just doxylamine and diphenhydramine, nearly 70% of the 3,434 patients studied were taking at least one first-generation antihistamine, further amplifying the concern of inappropriate use of OTC sleep aids. This study was well-designed and showed a dose-response correlation to assess the primary objective.

Participants in the highest exposure category (Total standardized daily dose >1095) had a statistically significant increased risk for dementia (adjusted HR, 1.54 [95% CI, 1.21-1.96]) and Alzheimer's Disease (adjusted HR, 1.63 [95% CI, 1.24-2.14]) compared with those with no use.

Several other studies show a statistically significant association between increased anticholinergic use and increased risk of dementia.^{6,7} However, it is important to note that since none of these studies are randomized controlled trials, they cannot prove causation and can only suggest a correlation. Still, healthcare professionals should carefully consider these findings when treating patients, as the mechanism is biologically plausible and safer alternatives are available for insomnia.

The Role of the Pharmacist

In 2023, a study was conducted in which clinical pharmacists assessed and managed fall risk in geriatric patients taking at least one anticholinergic medication.

The study found that risk of falls increased 2.5-fold in patients with high anticholinergic burden (OR (95% CI) = 2.503 (1.071–5.852); $p = 0.034$). Anticholinergic burden was significantly reduced as a result of interventions by the clinical pharmacist ($p = 0.010$).⁸

In their 2024 publication of APhA OTC, the American Pharmacist's Association strongly urged pharmacists to emphasize sleep hygiene to patients struggling with insomnia. Patients should be counseled to limit daytime naps to 20-30 minutes, avoid excess fluids before bedtime, avoid electronics at least 1-2 hours before bedtime, establish a regular sleep pattern, and ensure their bedroom is comfortable and only used for sleeping.⁹

APhA also recommends that patients older than 65 should not self-treat their insomnia and must be referred to a physician. All patients should be advised that the risks of diphenhydramine and doxylamine may outweigh the benefits. All patients with chronic insomnia that does not resolve with proper sleep hygiene should be referred to a physician, as there may be an underlying cause that needs to be addressed.

Conclusion

The widespread use of potentially harmful OTC sleep aids highlights the pivotal role of the pharmacist in patient education. First-generation antihistamines have many undesirable anticholinergic side effects, and new evidence associates chronic use with increased risk of dementia. Whether in the inpatient or community setting, pharmacists are uniquely positioned as the most accessible healthcare providers to educate patients on these risks, discourage inappropriate use, and emphasize safer alternatives for managing insomnia.

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Growth of Tele-Pharmacy: Expanding Access to Patient Care

By: Alba Dona, PharmD Candidate c/o 2027

Over the past few years, technology has transformed almost every aspect of medicine. Tools such as electronic health records, artificial intelligence, e-prescribing, and telehealth platforms have changed the way patients interact with providers and access treatment. Patients can communicate with providers over the phone or by video call, increasing accessibility and convenience, a trend referred to as telemedicine. Within this shift, pharmacy has also embraced the use of telecommunication technology, giving rise to telepharmacy. According to the American Society of Health-System Pharmacists (ASHP), telepharmacy is “a method used in pharmacy practice in which a pharmacist utilizes telecommunication technology to oversee aspects of pharmacy operations or provide patient care services.”¹ This includes pharmacists verifying prescriptions and dispensing medicine remotely, counseling patients over video calls, order-entry review, and more. Telepharmacy is being adopted at a growing rate as patients and providers become more adept with digital health.

During the COVID-19 pandemic, telepharmacy expanded globally to provide pharmaceutical services remotely, which minimized potential exposure to the virus for patients and pharmacists. Community pharmacists became highly accessible healthcare practitioners and helped test patients for COVID-19, counsel patients with chronic and minor illnesses, and dispense medications.⁴

Even after the pandemic, many argue that allowing remote pharmacists to work will help underserved and rural communities gain access to pharmacy services. In some rural communities with fewer hospitals and pharmacies, patients may have to drive to their nearest pharmacy or use mail order or online pharmacies. This may be an issue for patients with limited physical mobility or with a lack of access to or understanding of technology needed for online services.³

A real-world example is the Ohio Senate Bill 95, which took effect in April 2025. This bill expanded pharmacy access across the state, especially in rural areas that faced pharmacy shortages. The State of Ohio Board of Pharmacy now allows remote-dispensing pharmacies to operate without a pharmacist on site. Instead, a licensed pharmacist will be connected to the pharmacy through a telecommunications system. Under this law, a single remote pharmacist can oversee several telepharmacy locations.² According to Global Market Insights Inc. the telepharmacy market is projected to be worth \$23.6 billion USD by 2032, driven by increasing investment in healthcare information technology and the demand for convenient and accessible healthcare.

The integration of telepharmacy into healthcare is changing how care is delivered to patients. What started as an alternative to in-person care has grown into a convenient way to access pharmacists at any time. As healthcare systems continue to embrace telepharmacy and patients grow more comfortable with virtual care, telepharmacy is poised to become a major component of pharmacy practice in the years to come.

GROWTH OF TELE-PHARMACY

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Efficacy of a Novel Digital Therapeutic Targeting Negative Symptoms in Schizophrenia

By: Michelle Flores, PharmD Candidate c/o 2027

Schizophrenia impacts an estimated 24 million individuals globally, with roughly 60% of those affected experiencing negative symptoms. These symptoms, which are a cornerstone of the condition alongside positive symptoms and cognitive impairment, are divided into two categories: experiential and expressive. Experiential symptoms manifest as a lack of motivation (avolition), social withdrawal (asociality), and a reduced capacity for experiencing pleasure (anhedonia). In contrast, expressive symptoms are characterized by a decrease in emotional expression (blunted affect) and a reduction in speech (alogia). While medications are widely used to manage the broader symptoms of schizophrenia, no single treatment has yet been specifically approved by the U.S. regulatory authority for the exclusive indication of negative symptoms.¹

Prescription digital therapeutics (PDTs) are increasingly being integrated into schizophrenia care, with clinicians prescribing them for use on smartphones to support patients in managing the behavioral challenges of their illness. Built to be intuitive and widely accessible, these technologies help overcome common barriers to mental health treatment, such as limited provider availability and financial constraints.³

Because they can be tailored to individual needs, PDTs offer flexibility in how patients engage with them to maximize benefit. One such example, CT-155, is an investigational digital therapeutic designed to target the negative symptoms of schizophrenia when used alongside conventional pharmacological treatment.³

The CONVOKE trial (NCT05838625) was a phase III, multicenter, randomized, double-blind study conducted over 16 weeks. The trial evaluated the safety and efficacy of CT-155 against a digital control application, with both administered alongside standard antipsychotic treatment in patients with negative symptoms of schizophrenia.⁴ The trial enrolled adults and older adolescents who were stable on their current antipsychotic regimen.

The primary endpoint measured changes in experiential negative symptoms from baseline to week 16, using the Motivation and Pleasure subscale of the Clinical Assessment Interview for Negative Symptoms (CAINS-MAP). Secondary outcomes included changes in CAINS-MAP scores at week 8, emotional expressivity assessed by the CAINS-EXP at weeks 8 and 16, and positive symptom severity measured with the Positive and Negative Syndrome Scale (PANSS) at both time points.⁴

Additional assessments examined social functioning through the Personal and Social Performance Scale (PSP) and overall patient-reported improvement using the Patient Global Impression of Improvement (PGI-I) scale at weeks 8 and 16.

According to Shaheen Lakhan, MD, PhD, FAAN, chief medical and scientific officer at Click Therapeutics, the CONVOKE trial delivers the first phase 3 evidence that a prescription digital therapeutic can enhance standard antipsychotic treatment by targeting one of schizophrenia's most challenging core features. He emphasized that the improvements in experiential negative symptoms- achieved without introducing new safety concerns- represent an important step forward in addressing a long-standing gap in care for patients living with schizophrenia.²

Pharmacists occupy a pivotal position in the integration of prescription digital therapeutics (PDTs) into the management of schizophrenia and other psychiatric disorders. Their responsibilities extend beyond facilitating patient access to these technologies; pharmacists play a critical role in monitoring adherence to both PDTs and concomitant antipsychotic therapy. In addition, pharmacists are well suited to evaluate potential safety concerns, including the possibility that digital interventions may exacerbate existing symptoms, thereby ensuring that PDT use remains clinically appropriate.

As novel agents such as CT-155 progress through clinical development, it is essential that pharmacists and mental health professionals remain informed regarding their therapeutic potential and limitations.

Notably, CT-155 was granted breakthrough device designation by the U.S. Food and Drug Administration in 2024, reflecting its potential to address a significant unmet need in schizophrenia care. Pending regulatory approval supported by the phase 3 CONVOKE trial, CT-155 could represent a meaningful advancement in adjunctive treatment, highlighting the expanding role of pharmacists in optimizing outcomes with emerging digital health technologies.³

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FDA Approves VOSTALLY (ramipril) Oral Solution for Hypertension Patients with Swallowing Difficulties

By: Maimuna Maula, PharmD Candidate c/o 2026

On July 23rd, 2025, the FDA approved VOSTALLY (ramipril) Oral Solution by Rosemont Pharmaceuticals Inc. This is an angiotensin converting enzyme (ACE) inhibitor that offers patients a once-daily dosing in an oral liquid form – a viable alternative for individuals who have difficulty swallowing pill formulations.¹

Hypertension is the leading preventable risk factor for cardiovascular disease worldwide. The prevalence has increased over the past four decades, especially in low and middle-income countries.² Almost one-half of the U.S. adult population has hypertension, with 47.7% reporting having the condition from August 2021 – August 2023 alone.³ Among these individuals, 51.2% were taking antihypertensive medication. In the general population, up to 40% of U.S. adults experience difficulties in swallowing pills.⁴ This can lead to nonadherence to their medication regimen, potentially creating significant health issues down the line. The absolute risk increase per mmHg is greater at higher blood pressures, thus even the slightest reductions of severe hypertension can be greatly beneficial.⁵

VOSTALLY is indicated for patients 55 years or older at high risk of developing a major cardiovascular event because of a coronary artery disease, stroke, peripheral vascular² disease, or diabetes that is accompanied by at least one other cardiovascular risk factor, such as hypertension, cholesterol issues, smoking, or microalbuminuria. This is to reduce the risk of myocardial infarctions, stroke, or death from cardiovascular causes.⁵

Ramipril's safety has been studied in over 4,000 patients with hypertension, including 1,230 participants in U.S. controlled trials and 1,107 in international trials. Nearly 700 patients received treatment for at least one year. The overall rate of side effects was similar between ramipril and placebo groups. The most frequent reasons for stopping ramipril were cough (1.0%), dizziness (0.5%), and impotence (0.4%). In a later year-long study, cough occurred in about 12% of ramipril users, leading to treatment discontinuation in roughly 4% of cases.

Additional assessments examined social functioning through the Personal and Social Performance Scale (PSP) and overall patient-reported improvement using the Patient Global Impression of Improvement (PGI-I) scale at weeks 8 and 16.

According to Shaheen Lakhan, MD, PhD, FAAN, chief medical and scientific officer at Click Therapeutics, the CONVOKE trial delivers the first phase 3 evidence that a prescription digital therapeutic can enhance standard antipsychotic treatment by targeting one of schizophrenia's most challenging core features. He emphasized that the improvements in experiential negative symptoms- achieved without introducing new safety concerns- represent an important step forward in addressing a long-standing gap in care for patients living with schizophrenia.²

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Among U.S. study participants, 11% were aged 65 or older, and 0.2% were 75 or older. No meaningful differences in safety or effectiveness were noted between older and younger patients, and other clinical data support similar responses across age groups. Dose adjustments are recommended for patients with reduced creatinine clearance.⁵

While VOSTALLY appears to have substantial benefits, it still holds several contraindications. It should not be used in patients with a history of angioedema or hypersensitivity to ACE inhibitors. Additionally, a full 36-hour washout period is required when transitioning to or from sacubitril/valsartan. VOSTALLY should also not be used in combination with aliskiren in diabetic patients due to the risk of severe adverse reactions. Further adverse effects include a boxed warning of fetal toxicity, hypotension, and cough as mentioned earlier.⁵

VOSTALLY is a clear, colorless, solution that contains 150 mL of ramipril 1 mg/mL. It is to be stored in a refrigerator, before opening, then at room temperature after opening, and must be used within 60 days. Initial dosing for hypertension is 2.5mg to 20mg orally once daily as a single dose or equally divided doses. This is to be adjusted according to monitored blood pressure readings after 2-4 weeks of treatment. For reduction in the risk of myocardial infarctions, the dose starts as 2.5mg orally once daily per week, then increased to 5mg once daily for three weeks, and increased as tolerated to a maximum maintenance dose of 10mg orally once daily.⁵

With the FDA's approval, VOSTALLY is expected to become a beneficial new option for managing hypertension and cardiovascular risk in older adults, especially for patient populations that have trouble swallowing pills. This simpler liquid form helps bridge gaps between medication inaccessibility and nonadherence, potentially leading to a contribution in decreasing cardiovascular disease prevalence. It is expected to be available on the market later this year in 2025.

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MEET THE TEAM

Meet the 2025-2026 Team Members



Editorial Team & Production



Nivaj Haque
Editor-in-Chief

The Rho Chi Post stands as a reflection of our community's dedication to learning, growth, and leadership in pharmacy. Each issue is a chance to not only highlight important developments in healthcare, but also to showcase the voices and perspectives of our students and faculty. By engaging in research, writing, and discussion, we strengthen the skills that will carry us beyond the classroom and into our future roles as professionals. I am honored to be a part of the Rho Chi Post's Editorial Team and look forward to serving as this year's Editor-in-Chief!

Muskan Basra
Managing Editor

The Rho Chi Post holds a special place for me as it's a platform where students and faculty can collaborate to share their knowledge with the pharmacy community. It provides a unique opportunity to translate academic knowledge into practical, well-written content that benefits the broader healthcare community, all while building the critical communication skills needed to influence professional discourse and contribute to the evolution of pharmacy practice. I am honored to serve as this year's Managing Editor.



Reyaz Mussaleen
Content-Focused Copy Editor



As an Editor for the Rho Chi Post, I see this role as an opportunity to further elevate the voices and perspectives within our profession. By drawing on my experiences in pharmacy, regulatory affairs, and medical communications, I aim to highlight the evolving impact pharmacists have on patient care and healthcare innovation. I am passionate about making complex scientific and policy topics accessible while sparking meaningful dialogue among students and professionals alike. Through this platform, I hope to encourage curiosity, showcase the breadth of our field, and contribute to advancing pharmacy's role in society.

MEET THE TEAM



Alba Dona

Content-Focused Copy Editor

Joining the Rho Chi Post offers me the opportunity to participate in meaningful discussions within the field of pharmacy, follow current events and news, and continue evolving my skills as a future pharmacist. I view the Rho Chi Post as a creative outlet that produces factual and intriguing content. I am excited to bring my voice to the newsletter this year as a Staff Writer and Content-Focused Copy Editor!

Vicki Kanelopoulos

Content-Focused Copy Editor

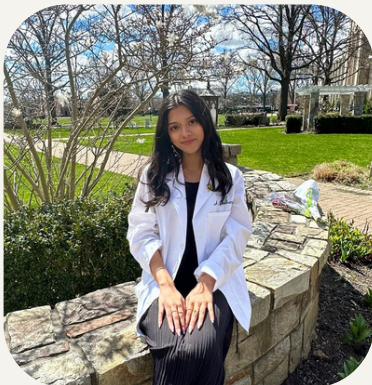
As a pharmacy student, I see strong communication as an essential part of our profession. In my role as a Content-Focused Copy Editor, I'm looking forward to helping ensure the Rho Chi Post delivers clear, accurate, and engaging content that reflects the voices and experiences of our community.



Aymon Choudhury

Graphics-Focused Copy Editor

Being a part of the Rho Chi Post means having the opportunity, as a student, to contribute to the pharmacy profession with creativity, professionalism, and meaningful communication. I am excited to help develop content that informs and inspires our community! I look forward to collaborating with a team and using my skills to support the Rho Chi mission.



Amanda Kastel

Graphics-Focused Copy Editor

In recent years, there has been growing distrust in the field of medicine, extending from the general public and even to political leadership. As a P3 pharmacy student, I feel a strong responsibility to counteract this widespread medical misinformation.

Contributing to the Rho Chi Post- a team rooted in clinical knowledge and dedicated to unbiased research- is the ideal opportunity to support this mission.



MEET THE TEAM



Muskan Basra
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Sean Persane
Senior Staff Editor

Being part of Rho Chi Post is an honor and responsibility that reflects my dedication for and growth in the field of pharmacy. It's a chance to grow alongside like-minded peers, to lead with integrity, and to give back through knowledge and collaboration to the public. Being a member reminds me to always push myself to do better, to stay curious, and to use what I've learned to help others in meaningful ways.



Kharissa Seepersaud
Staff Editor

Being part of the Rho Chi Post is an exciting opportunity to collaborate with a team committed to educating others and highlighting meaningful developments in pharmacy. It allows me to engage with content that informs and inspires, while also connecting my passion for reading and writing with my professional interests. I look forward to supporting the Post's mission through thoughtful editorial work and continued learning.



Gabriella Beharry
Staff Editor

Being a part of the Rho Chi Post gives me the opportunity to combine my passion for healthcare with my interest in writing and communication. I value having a platform where I can help share knowledge, highlight important issues in pharmacy, and contribute to meaningful discussions within our community.



MEET THE TEAM



Jeannette Pauline Ho

Staff Editor

The Rho Chi Post is the esteemed publication of the Rho Chi Society at St. John's University, dedicated to showcasing the scholarship and professional achievements of our student pharmacists and faculty. It serves as a platform to share knowledge, foster dialogue, and inspire leadership within the pharmacy community. Through its pages, we honor the pursuit of excellence and the collective advancement of our profession.

Ansha Hamid

Staff Editor

Being a part of the Rho Chi Post allows for a great opportunity to engage with the ever-evolving world of pharmacy. It is a platform where I can dive deep into issues that directly impact our profession, from groundbreaking research on new drug therapies to the implications of political changes on the pharmaceutical industry. This role allows me to contribute to a well-informed community, connecting with students and faculty, by providing valuable insights and promoting a deeper understanding of the science and art of pharmacy.



Maimuna Maula

Staff Editor

When I entered pharmacy school, I have heard the name "Rho Chi Post" pop up a few times. I opened it once and I saw there were so many articles written by the same students that were walking amongst us all, both above and below my year.

I wrote for a magazine club in high school, so a part of me wanted to join this newsletter as well. But I didn't feel like I was worthy enough, because my level of pharmacy knowledge wasn't expansive enough at the time. I had no idea what to write about, and all the articles written by those students felt intimidating to me. I just was not ready. Now in my sixth year, of course I am still not an absolute pro in pharmacy - but I have learned SO much over the years, and even just in these short few months during my APPEs. I want to give back to the profession while I am still a student in any way I can.

MEET THE TEAM



Rebecca Sabzanov
Senior Staff Writer

Being part of Rho Chi Post is an exciting opportunity for me to merge my passions for writing and pharmacy in a prestigious organization. I'm enthusiastic to contribute to such a respectful organization and collaborate with other members of the Rho Chi Post to produce meaningful content that will impact others.

Sariah Grant
Senior Staff Writer

Being part of the Rho Chi Post is a meaningful opportunity to enhance my writing skills and apply the medical knowledge I'm learning to educate my peers. I'm passionate about empowering others through information, and I aspire to continue sharing medical insights that help the public make more informed health decisions.



Ameena Qadri
Senior Staff Writer

Being a member of the Rho Chi post means a great deal to me because it is the perfect outlet for me to write about pharmacy related topics that interest me the most. I feel that the Ro Chi post will also allow me to develop my writing skills both professionally and creatively.



Michelle Flores
Senior Staff Writer

My name is Michelle Flores, and I am an incoming fifth-year pharmacy student. Being a Staff Writer for the Rho Chi Post is an exciting opportunity to contribute to the dissemination of relevant and evolving pharmacy news. In a field that is constantly advancing, staying informed is essential—not only for providing the best possible care to our patients, but also for growing as future healthcare professionals. I'm grateful for the chance to be part of a community that values knowledge, collaboration, and continuous learning.



MEET THE TEAM



Amanda Nakhul
Staff Writer

My name is Amanda Nakhul and I'm a junior biomedical sciences major on the pre-med track. I've been writing for Rho Chi Post for about a year, and it is an honor to be a part of a high-quality collaborative organization such as this. As a Staff Writer I am able to incorporate my passion for writing with my appreciation for Pharmacy and medicine. I can't wait for a successful and educational year.

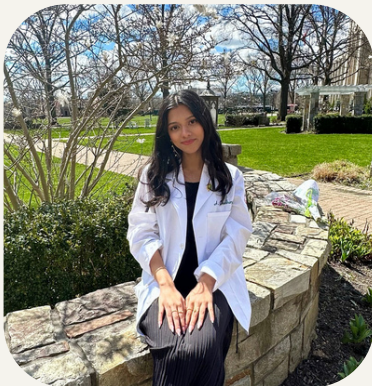
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MEET THE TEAM



Armanda Dervishi

Staff Writer

To me, being part of the Rho Chi Post is about more than just writing articles; it's about connecting with others, sharing ideas, and celebrating the amazing things happening in our community. As a Staff Writer, I'm excited to explore topics that matter to us as students and future pharmacists. And as Engagement & Outreach Coordinator, I'm really looking forward to helping more people feel included and involved in what we do. I'm grateful to be part of a team that values creativity, collaboration, and meaningful communication.

Rabtah Jinan

Staff Writer

Being a part of the Rho Chi Post offers an invaluable opportunity to connect with peers while advancing my skills as a writer and communicator. I look forward to enhancing my proficiency in scientific writing, navigating research databases, and staying informed on updates in pharmacy. In my roles as Staff Writer and Outreach Director, I am eager to foster networks with fellow students and contribute meaningfully to the pharmacy community.



Ansha Hamid

Staff Writer

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Maimuna Maula

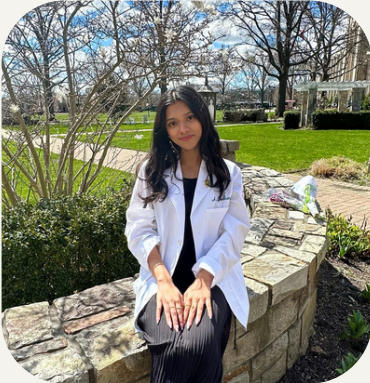
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MEET THE TEAM

Social Media & Outreach



Aymon Choudhury
Engagement & Outreach Manager

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MEET THE TEAM

Advisors



Dr. Ketan Patel
MPharm, PhD

It is an honor to serve as a faculty advisor of Beta Delta Chapter of a 100-year-old prestigious society of pharmaceutical professionals – The Rho Chi Society. With great enthusiasm, I am committed to assist the Rho Chi member's endeavors in: (1) disseminating the latest information/technology in healthcare system; (2) promoting pharmaceutical field & career propulsive networking of current students, alumni, and faculties; and (3) facilitating the scholastic activities and recognizing the scholars.

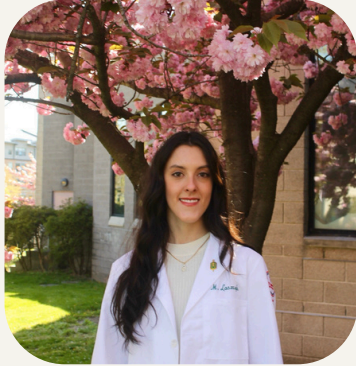
Dr. Mohammad Rattu
PharmD, BCOP, BCPS, BCGP

I am thankful to have been the 2012 editor-in-chief of the Rho ChiPost newsletter, as well as on the 2019 alumni honor roll of the national Rho Chi organization. This is one of the most successful longitudinal projects at my alma mater, as evidenced by its decade-long persistence and teams of highly-motivated students. I remain available for professional support and assistance with the new year's initiatives.



The Rho Chi Society

Executive Board



Michelle Laszczych

President

The Rho Chi Pharmacy Honor Society recognizes and celebrates academic excellence, leadership, and service in the pharmaceutical sciences. The mission of the Rho Chi Beta Delta Chapter is to provide students with opportunities to connect with faculty, alumni, and peers through programs that foster scholarship, professionalism, and lifelong learning. Through academic committees, mentorship initiatives, networking, and service events, Rho Chi empowers students to expand their knowledge, cultivate leadership skills, and prepare for successful careers in pharmacy. Membership in Rho Chi is not only an honor but also a commitment to advancing the profession and supporting the growth and success of fellow students.

Reyaz Mussaleen

Vice President

The Rho Chi Society encourages a lifelong passion for learning while empowering students to grow as leaders and advocates in pharmacy. Throughout my journey, the opportunities and experiences provided by Rho Chi have strengthened my professionalism and fueled my determination to achieve my highest potential. Membership in Rho Chi represents more than academic recognition—it reflects a dedication to excellence and integrity in every facet of pharmacy practice. As Vice President, my goal is to motivate fellow members and future students to challenge themselves both academically and personally, while upholding the values of scholarship, leadership, and service that define our organization.



Ida Lu

Secretary

The Rho Chi Society cultivates a community where students can learn from one another and grow together on their professional journeys. It serves as a platform to strengthen leadership, communication, and collaboration while inspiring members to strive for excellence in pharmacy. Beyond academics, it provides a supportive and inclusive space where every member can find their voice, explore their passions, and make a meaningful contribution to the field.



Gjoana Gjoni

Treasurer

The Rho Chi Society represents a commitment to academic excellence, integrity, and leadership within the field of pharmacy. It's about using the knowledge and experiences we've gained to uplift others and pass that knowledge down to other pharmacy students.

As members, we lead by example and strive to make a meaningful impact within our school and profession. We are dedicated to fostering a supportive academic environment where collaboration and mentorship are valued. Rho Chi encourages us to continue growing not just as students, but as future pharmacists.



The Rho Chi Society

Executive Board



Noor-ul-ain Buksh

Historian

Rho Chi's society honors the accomplishments of outstanding pharmacy students and gives them opportunities to branch out and connect with others. Through community-building events, such as the review sessions and coffee chats, students can learn from peers and professionals while developing a sense of belonging. There is a feeling of gratitude that comes with being in Rho Chi, whether it be when a student appreciates your guidance or genuinely benefits from the resources we offer. Rho Chi is more than just celebrating the "GPA", it is a meaningful way to give back and grow alongside others within the pharmacy community.

Sarah El-Rowmeim

Academic Committee Chair

The Rho Chi Society recognizes academic excellence while providing a space to grow as leaders, mentors, and future pharmacists. Membership creates opportunities to extend our impact beyond the classroom—through community service, peer support, and academic initiatives that strengthen our community. Rho Chi also emphasizes bridging the knowledge we gain in pharmacy school toward post-graduate goals and real-world application. It serves as both an honor and a responsibility to advance the profession, support one another, and shape the future of pharmacy.



Paulina Maczko

Leads Mentorship Chair

The Rho Chi Society stands for academic excellence, professionalism, and leadership in pharmacy. It's about using what we've learned to support and guide others, while continuing to challenge ourselves to grow. As members, we work to create an environment where collaboration, mentorship, and curiosity are valued, helping prepare us not just for success as students, but for our future roles as pharmacists.

Basmalla Hussein

Academic Committee Chair

The Rho Chi Society fosters an environment where students uplift one another and advance collectively in their pursuit of professionalism. It offers opportunities to build leadership, networking, and problem-solving skills while motivating members to pursue the highest standards in pharmacy. More than an academic honor, it represents a welcoming community that values inclusivity, encourages exploration, and empowers each member to leave a lasting impact on the profession.

