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# RHO<sup>Rx</sup>CHI *post*

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



## THIS ISSUE'S FEATURED ARTICLE:

KIRSTY: THE FIRST  
INTERCHANGEABLE INSULIN  
ASPART BIOSIMILAR

THE EXPANDING ROLE OF PHARMACISTS IN  
EMERGENCY MEDICINE

PHARMACY PEARL: GOLD GUIDELINES FOR  
OPTIMIZING COPD TREATMENT

AMAZON PHARMACY AND MARK CUBAN'S COST PLUS  
DRUGS RESHAPE THE PHARMACEUTICAL LANDSCAPE,  
THREATENING LOCAL DRUGSTORES

## 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!**

I'm thrilled to share the sixth and final issue of the 14th volume of The Rho Chi Post. This edition brings together a variety of perspectives on pharmacy's evolving landscape, from innovative practices to the latest developments shaping patient care. Our team has worked tirelessly to create content that informs, inspires, and sparks curiosity. A big thank you to our Editorial Team, Executive Board, advisors, and readers for working diligently on this issue! I hope you enjoy exploring this issue and find ideas that enrich your journey in pharmacy this 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](http://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.

## The Expanding Role of Pharmacists in Emergency Medicine

By: Aymon Choudhury, PharmD Candidate c/o 2027

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Most people consider the emergency department (ED) a chaotic environment, where physicians and nurses scramble to efficiently treat patients under intense pressure. However, many are unaware of the significant contributions pharmacists make in this setting. In the fast-paced and unpredictable world of emergency medicine (EM), pharmacists bring specialized expertise in pharmacological therapy and logistics that are essential for providing timely, high-quality, and dependable patient care.

Each day, the ED receives a broad spectrum of patients in high volume, presenting with conditions ranging from minor injuries to life-threatening emergencies, requiring diligence, rapid decision-making, and collaboration between healthcare professionals. Over the past several decades, the practice of emergency medicine has increasingly incorporated pharmacists as vital components of the interdisciplinary team. During the 1970s, pharmacy involvement in EM was initially limited to a few urban centers and focused primarily on services such as inventory control and cost containment.<sup>1,2</sup> However, as research grew highlighting concerns about medication errors, preventable adverse events, and the economic impacts of medication-related issues, the need for pharmacists in the ED gradually became clearer.

Notably, the Joint Commission (TJC) reinforced this by updating standards to emphasize medication reconciliation and prospective order review, and the Institute of Medicine recognized the benefits of including pharmacists in care teams to improve patient safety.<sup>1,2</sup> As pharmacists became more established in EDs, their roles expanded beyond logistics, and their pharmacological perspectives were quickly deemed valuable. Pharmacists began providing real-time therapeutic recommendations, assisting with resuscitation, optimizing antimicrobial stewardship and medication selection, and serving as clinical consultants. The synergy between pharmacists and other ED care providers has solidified the value of EM pharmacy in providing high-quality care.

The vast range of clinical presentations in the ED demands a unique set of responsibilities from EM professionals. For example, while TJC emphasizes prospective order review for all medication orders to reduce errors, this may pose challenges in time-sensitive cases where a delay in care can result in patient harm. When such exceptions exist in the ED, pharmacists may employ a triage system to prioritize and assess high-risk or urgent cases.<sup>2,3</sup> Thus, pharmacists can apply their expertise in disease states, pharmacology, and toxicology to help balance patient safety with the need for timely care during periods of high intensity and patient volume.

EM pharmacists are essential to ensuring optimal medication use in complex, time-sensitive situations. Pharmacists may assist with medication selection, dose adjustments, and routes of administration based on clinical knowledge, common practice, and literature review. These skills are especially significant in the case of vulnerable populations such as pediatric, pregnant, or geriatric patients.<sup>2</sup> Pharmacists can review home medications and comorbidities, consider weight-based dosing, and provide alternate therapies for such cases. Additionally, pharmacists who are actively present in patient care activities in the ED demonstrate their value in therapeutic decision-making within a care team to optimize therapy. Pharmacists can interpret guidelines and institutional antimicrobial resistance data, review therapy regimens, and address complex issues like IV compatibility, hepatic/renal dosing, medication adherence, and monitoring requirements.<sup>4</sup> Therefore, they can help identify key characteristics of a patient case that require adjustments to provide individualized therapy. Pharmacists have been seen as reliable sources of medication information by other EM clinicians, and their contributions improve therapeutic outcomes and reduce the risk of adverse drug events.<sup>2,3</sup>

EM pharmacists also play a significant role in both toxicology and resuscitation efforts. Resuscitation scenarios may include trauma, stroke, myocardial infarction, cardiac and respiratory arrest, airway compromise requiring intubation, sepsis, and other clinical emergencies.<sup>3</sup>

Pharmacists present during these events can prevent potential adverse events, reduce treatment delays, and improve various outcomes by ensuring appropriate medication selection, dosing, and administration, recommending alternatives, preparing medications at the bedside, and assisting with diagnostic efforts. In toxicologic emergencies, EM pharmacists can also recognize critical signs, obtain thorough patient histories, identify causative agents, select and prepare antidotes or therapies, and provide monitoring recommendations in collaboration with toxicologists. Studies have shown that response teams including a pharmacist achieve improvements in patient outcomes associated with severe sepsis and septic shock.<sup>5</sup> In particular, having a pharmacist on the team has been shown to significantly improve time to antibiotic administration due to appropriate drug selection, medication delivery, and administration efficiency. Pharmacists streamline activities like coordinating rapid medication delivery, reviewing patient cases and cultures, and resolving concerns like intravenous compatibility. In time-sensitive conditions like sepsis, where mortality rises with each hour of delayed therapy, pharmacists can apply their pharmacological expertise in collaboration with medical staff to mitigate delays in treatment and disease recognition.<sup>5</sup> In general, other medical staff tend to perceive ED pharmacists as helpful with medication verification, trauma/resuscitation support, and staff/patient education due to improvements in quality of care and patient safety.<sup>6</sup>

Medication errors and adverse drug events (ADEs) caused by inappropriate medication use are among the top safety concerns in the ED, where patient care requires accurate but rapid attention.

Pharmacy-led medication reconciliation has been widely studied and implemented to intercept errors and reduce discrepancies during transitions of care. One meta-analysis demonstrated the benefit of pharmacist involvement in medication reconciliation in the ED, revealing an 88% decrease in discrepancies and a 68% decrease in the proportion of patients with one or more discrepancies.<sup>7</sup> Other studies have demonstrated the contributions of pharmacists in detecting ADEs. One study found that 23.1% of ADEs required pharmacist intervention to be caught since the medical team had not caught them, and 28.2% of ADEs were detected more effectively due to the pharmacy team's guidance on dosing and frequency. The clinical pharmacy team was directly involved in collecting the best possible medication histories and produced more accurate and comprehensive medication lists than the medical team. Notably, 93.1% of patient medication lists collected by ED physicians had at least one error. Most of the errors on the physician-made medication lists compared with the pharmacist-made lists were omissions.<sup>8</sup> Additional evidence expresses similar support regarding ED pharmacists catching medication errors, suggesting that approximately 25 potentially harmful medication errors are caught weekly by a single full-time ED pharmacist working a 40-hour week.<sup>9</sup> Common errors that are frequently intercepted by pharmacists in the ED include omissions, underdose, overdose, and wrong frequency.<sup>8,9</sup> Pharmacists provide additional medical perspectives that allow them to prevent errors and enhance the overall safety and efficiency of patient care.

There are several ways pharmacy practice can be implemented effectively into emergency medicine. First, proposals should clearly justify the need for increasing pharmacy involvement in the ED by highlighting potential benefits. This justification can include the potential for cost-effectiveness, improved clinical outcomes, reduced treatment delays, and enhanced interdisciplinary communication, tailored to the institution's specific needs.<sup>2</sup> These proposals should also outline requirements for specialized training, additional certifications, and the development of standardized protocols and workflows for pharmacists. In addition, educational resources, such as newsletters and lectures, should inform staff about the additional support pharmacy services can provide in the ED.<sup>10</sup> One study compared various patient outcomes during a "control period," which lacked pharmacist involvement, with those during an "intervention period" where clinical pharmacy services were implemented.<sup>11</sup> To prepare for the intervention period, researchers distributed informational flyers and held meetings for physicians, nurses, and pharmacists, while also providing pharmacists with targeted training, observations, seminars, and ED workflow orientations. Implementing pharmacists also requires practical considerations, such as scheduling their presence based on ED intensity and having them perform less intensive responsibilities during slower periods, such as follow-up activities. Furthermore, pharmacy services in the ED should be continually reassessed and adjusted to match the evolving needs and capabilities of both departments and the available resources.

Finally, institutions may use certain communication aids to encourage contact with pharmacy services, such as displaying contact information or using devices/platforms for easy access to pharmacists, such as pagers or on-call services.<sup>2</sup> Ultimately, ED pharmacy services require careful planning, training, and communication to ensure seamless integration and value to patient care.

The inclusion of pharmacists in the practice of emergency medicine is becoming an emerging standard of care in healthcare, with benefits demonstrated in both research and current practice. As medicine continues to evolve, pharmacists in an interdisciplinary ED team can serve to further enhance safety, efficiency, and quality of care. However, logistical challenges such as limited education on the pharmacist's role, cost constraints, and staffing concerns can pose barriers to implementation.<sup>10</sup> Addressing these obstacles will require continuous advocacy, education, and communication, but expanding pharmacy presence holds strong potential to optimize patient care in today's emergency care.

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## Pharmacy Pearl: GOLD Guidelines for Optimizing COPD Treatment

By: Alba Dona, PharmD Candidate c/o 2027

Chronic obstructive pulmonary disease (COPD) is a disease caused by damage to the airways or other parts of the lung. The most common forms are emphysema and chronic bronchitis. The damage can lead to inflammation and make it harder to breathe.<sup>1</sup> The most common symptoms of COPD are difficulty breathing, chronic cough, wheezing, shortness of breath, and excess phlegm. COPD is a progressive disease that is often caused by a combination of factors, such as tobacco exposure from active smoking or secondhand smoke, childhood asthma, occupational exposure to chemicals, and family history of COPD, etc.<sup>2</sup> About 16 million adults in the U.S. have COPD. It is one of the top 10 causes of death in the U.S. People with COPD are also more likely to have other chronic diseases such as asthma, heart disease, and diabetes. To lower the risk of COPD, the CDC recommends stopping smoking, avoiding inhaling cigarette smoke, and avoiding places with poor air quality. In addition to symptoms, spirometry is used to diagnose the disease by measuring airflow obstruction and assessing how much air a patient can breathe in and out. Lung infections are a major complication for people with COPD which is why it is recommended to get vaccinated against COVID-19, the flu, and pneumococcal disease to protect the lungs.<sup>3</sup> There is currently no cure for COPD, but it is treated with a combination of medications.

For treating COPD, patients must be classified into three groups: A, B, or E based on symptom burden, severity of breathlessness, and previous exacerbations, according to the GOLD guidelines. The mMRC and CAT assessments are tools used in determining which group patients belong to. The mMRC measures the severity of breathlessness in patients with COPD, and the CAT is a questionnaire that measures the effects COPD has on the patient's quality of life.

A patient who has 0 or 1 moderate exacerbations that do not lead to hospitalization and an mMRC between 0-1 with a CAT <10, falls into group A, meaning they will receive a bronchodilator alone, such as albuterol. If a patient has 0 or 1 moderate exacerbations that do not lead to hospitalization, but an mMRC  $\geq 2$  and a CAT  $\geq 10$ , they fall within group B, meaning they will receive a Long-acting beta agonist (LABA) combined with a long-acting muscarinic-antagonist (LAMA).<sup>4</sup>

An example of a LABA + LAMA combination is Anoro Ellipta, which contains vilanterol (LABA) and umeclidinium (LAMA) into a single inhaler. Single-inhaler therapy is often more convenient for patients than multiple inhalers and improves patient adherence. Patients who have 2 or more moderate exacerbations or at least 1 that leads to hospitalization are classified into group E, which means they will also receive a LABA + LAMA combination therapy. An inhaled corticosteroid can be added to this therapy if the patient's blood eosinophil levels are greater than or equal to 300, indicating inflammation. Inhaler technique should always be reviewed with patients to ensure they are correctly taking their medications.<sup>4</sup>

# PHARMACY PEARL: COPD

For COPD exacerbations, symptoms and severity must be assessed before considering treatment. According to the 2025 Gold Report, for managing severe but not life-threatening exacerbations, supplemental oxygen therapy is administered if levels are low. Short-acting bronchodilator dose or frequency of dosing is increased. Short acting beta 2-agonists and anticholinergics are combined. Once the patient is stabilized, long-acting bronchodilators can be considered. Based on the severity of the symptoms, oral corticosteroids and noninvasive mechanical ventilation may also be used. If signs of a bacterial infection are present, then oral antibiotics may be prescribed.<sup>4</sup>

COPD remains a challenging disease for patients to live with, but proper diagnosis and adherence to evidence-based treatment guidelines can help minimize exacerbations and improve patient outcomes. The GOLD guidelines recommend an individualized approach to treatment based on each patient's quality of life, symptom severity, and exacerbation risk. Early treatment, smoking cessation, and lifestyle changes can help slow further lung damage and improve quality of life.

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## Amazon Pharmacy and Mark Cuban's Cost Plus Drugs Reshape the Pharmaceutical Landscape, Threatening Local Drugstores

By: Ansha Hamid, PharmD Candidate c/o 2027

The pharmaceutical industry has been shaken to its core and now faces significant changes with the rise of Amazon Pharmacy and Mark Cuban's Cost Plus Drug Company (CPDC). Both entities have entered the market with a mission to provide more affordable prescription medications to consumers by increasing price transparency and streamlining distribution. Their growing influence is disrupting the traditional pharmacy ecosystem, particularly impacting local drugstores that have historically served as the core of community healthcare.

Amazon Pharmacy officially launched in November 2020 following Amazon's acquisition of PillPack and marked the entry of a tech giant into the prescription drug market. Amazon Pharmacy offers home delivery of prescriptions, price comparisons, the convenience of managing medications online, and competitive pricing on many generic medications with the potential to negotiate favorable deals.<sup>1</sup> Its service is built on the familiar Amazon e-commerce experience, complete with features like automatic refills, 24/7 pharmacist support, and discreet packaging, all designed to appeal to the modern, convenience-seeking consumer.<sup>1,2</sup>

Mark Cuban's Cost Plus Drugs, launched in January 2022, has gained significant attention for its unique approach to drug pricing. The company operates on a transparent model, disclosing the exact cost of manufacturing and adding a flat 15% markup, along with a \$3 pharmacy benefit manager (PBM) fee and shipping.<sup>3</sup> This is a direct contrast to the unclear pricing models used by traditional pharmacies and PBMs, where hidden rebates and complicated formularies can hide the real cost of medicine. CPDC's business model is a direct challenge to the traditional drug industry, which is often criticized for its lack of transparency and for the multiple layers of middlemen that drive up costs.<sup>3,4</sup> By removing these extra steps, the company can offer a growing list of generic medications at a much lower price than what is typically found at other pharmacies. This commitment to transparent pricing empowers consumers with more information about the true cost of their medications, potentially leading to greater trust and confidence of the pharmaceutical supply chain.<sup>4</sup>

The rise of CPDC and Amazon Pharmacy presents a multifaceted challenge for traditional drugstores, especially independent pharmacies, which have long been the backbone of local healthcare.

The most immediate and significant impact is the intense price competition. The transparent and often lower prices offered by Amazon Pharmacy and CPDC are putting immense pressure on traditional pharmacies to justify their pricing. Consumers, now increasingly aware of the cost discrepancies, are becoming more drawn to online pharmacies for their routine medications, particularly generics. This shift could lead to a significant decline in prescription volume for local pharmacies, directly impacting their primary source of revenue. While a traditional pharmacy might net a small profit on a generic prescription after dealing with PBMs, online pharmacies can offer that same medication at a lower price and still maintain a healthy margin.<sup>6</sup>

Beyond pricing, the convenience and accessibility offered by these companies are a key advantage. Allowing customers order prescriptions from their phones and have them delivered right to their doorstep is especially appealing for patients with mobility issues, those living in rural areas, or individuals simply seeking to save time. This bypasses the need to visit a local pharmacy, which hurts both prescription and front-end sales.<sup>5</sup> Traditional pharmacies often rely on selling over-the-counter medications, personal care items, and other retail goods to supplement their prescription revenue. If consumers are primarily getting their prescriptions online, they are less likely to visit local stores for these additional purchases, which further impacts the pharmacy's profits.<sup>6</sup> Furthermore, the decline of local pharmacies could have broader implications for communities, potentially leading to job losses and the loss of a vital healthcare resource, particularly in underserved areas where a local pharmacy might be the only accessible healthcare hub.<sup>6</sup>

Despite these disadvantages, traditional pharmacies continue to have the unique ability to create and maintain personal relationships with patients. Pharmacists often serve as trusted healthcare advisors, providing face-to-face counseling in a way that an online chat or phone call cannot. This could be a serious concern for patients with complex medical conditions, multiple medications, or those who require detailed medication management and adherence support. The shift towards online pharmacies, while convenient, could potentially destroy these personal connections, which are highly valued by many patients, particularly the elderly.<sup>7</sup> This demonstrates that the issue is not only about pricing and convenience but also about patient trust and the role of the pharmacist in the community.

Local drugstores are being put in difficult positions as they now need to adapt to remain competitive. Many are already doing so by focusing on services that cannot be easily replicated online. This includes expanding into medication therapy management, offering specialized compounding services, and enhancing patient counseling. Some independent pharmacies have even partnered with CPDC to become part of its network, allowing them to offer the transparent pricing model while retaining the in-person patient experience.<sup>7</sup>

The long-term impact of Amazon Pharmacy and CPDC on the pharmaceutical landscape remains uncertain. Their rise has introduced a new level of price transparency and convenience into the market, forcing traditional pharmacies to re-evaluate their business models and find new ways to stay relevant. The challenge for local drugstores will be to find their niche in this evolving environment and continue to serve as essential and trusted members of their communities.

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## Kirsty: The First Interchangeable Insulin Aspart Biosimilar

By: Rebecca Sabzanov, PharmD Candidate c/o 2026

On July 15<sup>th</sup>, 2025, the FDA approved Kirsty, or insulin aspart-xjhz, as the first interchangeable biosimilar to insulin aspart.<sup>1, 2</sup> A biosimilar is a biologic that is very similar to the approved reference product and has no meaningful differences in safety, purity and potency. All insulin products were reclassified from drugs to biologics in 2020 because of the complexity of the products, specifically because insulin is a large-molecule, protein-based medication, and unlike most small-molecule drugs, biologics are more complex and cannot be replicated exactly, therefore it cannot have generic products, only biosimilars.

An interchangeable biosimilar must demonstrate that switching between it and the reference biologic does not lead to decreased efficacy or any increased safety concerns. An interchangeable biosimilar allows pharmacists to substitute the product without contacting the prescriber, where permitted by state law.

The approval was based on results from a 24-week open-label phase 3 trial, which included 478 participants that received insulin glargine once daily along with either insulin aspart-xjhz or the reference product, insulin aspart, at mealtimes.

The primary endpoint was the treatment-emergent antibody response (TEAR) rate, which was defined as patients who were anti-insulin antibody negative at baseline and became positive post-baseline, or patients who were AIA positive at baseline and demonstrated a 4-fold increase in titer values post-baseline. Secondary endpoints compared efficacy and included changes from baseline to week 24 in HbA1c values, fasting plasma glucose, prandial, basal and total daily insulin per unit body weight and 7-point self-monitored blood glucose (SMBG) profiles. Additionally, immunogenicity and adverse effects were compared. The results showed that the mean changes from baseline of HbA1c, fasting plasma glucose and insulin dosages were similar in both treatment groups at week 24. Safety profiles, like hypoglycemia, immune-related events and other adverse effects were similar between treatment groups at 24 weeks as well.<sup>3</sup> Because of the demonstrated similar immunogenicity, efficacy and safety profiles, the FDA approved insulin aspart-xjhz as an interchangeable biosimilar to insulin aspart.

Biosimilars to insulin are crucial because they expand access to life-sustaining therapy by having reduced costs. Insulin prices can be a significant barrier for many patients, which can lead patients to skip doses or “ration” their insulin, which can cause many serious complications.<sup>4,5</sup> By approving the first biosimilar to insulin aspart, the FDA has helped ensure more patients can access medications they need. Kirsty is available as a 3 mL single-patient-use prefilled pen or a 10 mL multiple-dose vial. It is administered subcutaneously before meals like insulin aspart. Dosing must be individualized based on the patient’s blood glucose levels and other needs and may need to be modified for altered renal or hepatic function.

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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**

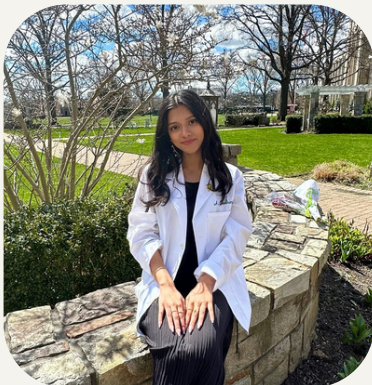
As a pharmacy student, I see strong communication as an essential part of our profession. In my role as a Content-Focused Copy Editor, I'm looking forward to helping ensure the Rho Chi Post delivers clear, accurate, and engaging content that reflects the voices and experiences of our community.



**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**  
**Senior Staff Editor**

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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.



**Gabriella Beharry**  
**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.



**Kharissa Seepersaud**  
**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.

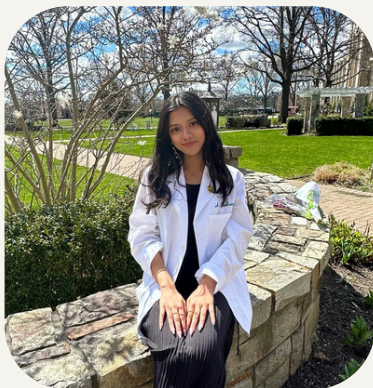
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# MEET THE TEAM



**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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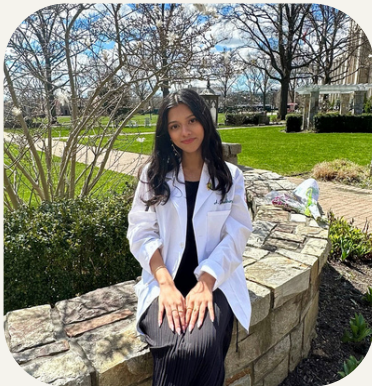
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# MEET THE TEAM

## Social Media & Outreach



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**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.

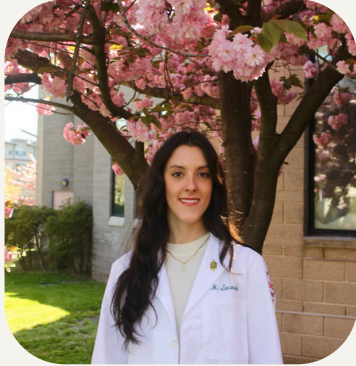
**Dr. Mohammad Rattu**  
**PharmD, BCOP, BCPS, BCGP**

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

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## 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.

