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student-operated newsletter publication by the
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Health Sciences Rho Chi Beta Delta chapter**



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P E V G Y Q N U T R I E N T S	BEAT	BLOOD
F L A T T E N T H E C U R V E	COUGH	
P A H E A R T L C O Y Y C F C	SOCIALDISTANCE	
O X U X P B P L K W A S H E L	NYSTRONG	
A R T E R I E S Y J F B J V E	HEART	
S O C I A L D I S T A N C E A	ATRIUM	
C O V I D T O X Y G E N W R N	COVID	
U S P R E A D N Y S T R O N G	CONTAGIOUS	
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A X C O R O N A V I R U S N Z	SPREAD	
E H P C O N T A G I O U S Z W	FEVER	
	NUTRIENTS	

All Hearts Matter!

By: Aiša Mrkulic, PharmD. Candidate c/o 2022

APhA's Red Dress Gala continues to be their largest, not-for-profit fundraising event of the year. Welcome were members and non-members all the same. Student pharmacists from other chapters are often present—the 5th Annual Red Dress Gala being no exception! DAC Ballroom housed the festivities, as awareness was brought to the importance of cardiovascular health.

Operation Heart Chair, Adwah Yousuf, PharmD. Candidate c/o 2021, was a lively hostess that remained cool, calm, and collected throughout the duration of the night, despite recurrent technical difficulties. St. John's and non-St. John's student guests alike—most of whom were comprised of our LIU Pharmacy comrades—were reminded by the Chair of exactly where their money well-spent would journey to. Proceeds would take the form of donated funds to the American Heart Association (AHA).

Keynote Speaker, Dr. Penny Stern MD, MPH, Director, Preventive Medicine and a occupational medicine physician at Northwell Health's Department of Occupational Medicine, Epidemiology, and Prevention, and the Center for Equity of Care, stole the show with her expert-word—bringing much-needed awareness to female cardiovascular health. Where better to start than a {ball}room full of aspiring pharmacists? According to the Centers for Disease Control and Prevention (CDC), data from the United States (U.S.) clearly points to heart disease as the leading cause of death.¹ Moreover, as Dr. Stern pointed out, women are the largest sub-population, for which the 635, 260 deaths in 2016 accounted for ¹.

Heart Disease is the leading cause of mortality in American women. Why? The disease is often perceived as asymptomatic by emergency department staff who do not hear the words 'chest pain' included in the utterance of women who present reporting that they feel a little off. While men give an account of what is eventually confirmed to be a heart attack by medical professionals, they often compare the sensation to that of an elephant sitting on one's chest. Women, on the other hand, do not share this symptom of chest pain with their counterparts. Instead, they tend to experience jaw pain.

A film by Elizabeth Banks, titled 'Just a *little* heart attack', informed viewers on the subject at hand: heart attacks. The film maintained a comical and entertaining light-heartedness about it. It communicated that attacks do not present in women in the same manner in which they do in men. Most of what we know as a result of public health initiatives underemphasizes, if not blatantly disregards, the disparities in symptomology between the two groups.

The American Heart Association's *Go Red for Women* initiative broadcasts on its website— 'Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined'.² This is reason enough to seek out more information on the signs and symptoms of heart disease in women. Provided below is a head-start:

COMMON Sxs in MEN⁴
☐
☐ Chest Pain or Discomfort

☐ Shortness of Breath

☐ Pain, Discomfort or Tingling
in one or both arms, the back,
neck or stomach
Sxs in WOMEN³
☐
☐ Shortness of Breath
with or without
Chest Discomfort

☐ Nausea or Vomiting

☐ Back or Jaw Pain

☐ Cold Sweats

☐ Lightheadedness

☐ Unexplained Fatigue

Remember, there are more differences than similarities between the symptoms of a heart attack in men as compared with women. As aspiring healthcare professionals, we should all know the signs and spread awareness.

In short, the APhA's largest, non-for-profit fundraising event of the year did not disappoint. Rather, it set a high bar for the 6th annual Red Dress Gala, as well as subsequent fundraisers to come.

APhA's Operation Heart Chair best put the night into words: "The gala was a lot of fun and while it was a lot of work to put in, I am very grateful for all the help that I got from my fellow E-board members at APhA. It was really rewarding being able to see everything come together in time. On top of that, being able to work with our fellow student pharmacists at LIU was awesome. It showed collaboration and allyship!"

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Brexanolone (Zulresso™) in the treatment of Postpartum Depression

By: Shivani Kaneria, Pharm D. Candidate c/o 2020

Postpartum depression is a mood disorder that affects 10 – 20 percent of new mothers post childbirth per year, and is caused by a combination of both physical and emotional factors.⁵ Mothers who experience this form of depression undergo common symptoms of feeling sad, crying often with no apparent reason, excessively worrying, irritability, trouble sleeping, trouble concentrating, losing interest in otherwise enjoyable activities (anhedonia), and withdrawing from social interactions. In some cases, they may be unable to establish a bond with their newborn which further adds to their emotional stress. From a chemical perspective, there is a decrease in estrogen and progesterone levels which lead to chemical changes in the brain and may trigger mood swings. In addition, constant sleep deprivation, physical exhaustion, and inability to get enough rest to recover may also be contributing risk factors.¹

Treatment for postpartum depression includes counseling with a mental health professional who may use techniques such Cognitive Behavioral Therapy (CBT) and Interpersonal Therapy. CBT helps patient recognize and change negative thoughts. Interpersonal therapy helps the patient understand and work through problematic personal relationships. Antidepressant medications are also used off-label. Older agents used include Tricyclic antidepressants like amitriptyline (Elavil®), trimipramine (Surmontil®), desipramine (Norpramin®). Newer agents of the Selective Serotonin Reuptake Inhibitor class such as escitalopram (Lexapro®), fluoxetine (Prozac®), sertraline (Zoloft®) and paroxetine (Paxil®) are also used in the off-label treatment of postpartum depression².

Brexanolone (Zulresso™) is the first Food and Drug

Administration (FDA) approved drug for the treatment of postpartum depression in adults. It is administered intravenously by a healthcare professional as a continuous infusion over 60 hours. The infusion usually begins as 30 mcg/kg/hour over the first 4 hours, increased to 60 mcg/kg/hour for hours 4-24, and finally increased to 90 mcg/kg/hour for hours 24-52. The infusion rate is then tapered down to 60 mcg/kg/hour for hours 52-56, and finally to 30 mcg/kg/hour for hours 56 to 60.⁷ This drug is part of the FDA-approved Risk Evaluation and Mitigation Strategy (REMS) program which is put forth to minimize the risk of serious harm that may result due to the excessive sedative power of brexanolone. There are no prescriber requirements, however, it is required that pharmacies are specifically certified in the Zulresso REMS program.⁶ Patients who are to receive brexanolone must review the patient information guide and be enrolled in the REMS program through completing the patient enrollment form and must receive counseling from a healthcare provider regarding the black box warnings (BBW) of the drug. The BBW associated with brexanolone include excessive sedation and loss of consciousness. Because of this risk, patients must be monitored every 2 hours during the IV administration and their oxygen saturation monitored using pulse oximetry.⁶

From a mechanistic perspective, brexanolone is a GABA-A receptor positive modulator and is an injectable form of allopregnanolone. Allopregnanolone is the predominant metabolite of progesterone that decreases in levels post childbirth, possibly leading to postpartum depression.⁴ The main reason for FDA approval was because of its rapid onset of action. The disadvantage of this drug is

that it needs to be administered in a hospital-like facility with careful monitoring.⁶

The approval was based on the findings of two placebo-controlled trials: one in patients with moderate depression and the other in patients with severe depression. Brexanolone showed better clinical outcomes in comparison to placebo in both trials. The primary clinical endpoint was improvement in depressive symptoms post infusion and 30 days post-infusion. The efficacy of brexanolone IV over 60 minutes was tested in 246 women with postpartum depression. The Hamilton Depression Rating Scale (HAM-D) score in the patient population was >20 (19-22 indicated severe depression and >23 indicates very severe depression); onset of depression was during the third trimester of pregnancy or within 6 months postpartum. In trial 1, brexanolone doses of **60** µg/kg/hour and **90** µg/kg/hour were compared with the placebo. In trial 2, the **90**-µg/kg/hour dose was evaluated relative to placebo. After the 60-hour infusion in both studies, the HAM-D scores differed greatly from placebo for both doses and the effect was maintained for 30 days (differences were -5.2 [60-µg] and -2.5 to -3.7 [90-µg]). At 60 hours, higher proportions of patients achieved remission (HAM-D ≤7) with brexanolone compared to placebo (51% vs. 16% [60-µg] and 61% vs. 38% [90-µg]), indicative of a significant difference.³

Furthermore, in a combined analysis of both studies plus a third previous study, 94% of patients who responded to the 90-µg dose maintained a response at 30 days. Efficacy was similar regardless of whether other antidepressants were used. The most common side effects experienced by patients were headache, dizziness, and somnolence however, two patients experienced serious side effects of syncope which were re-

solved with infusion cessation.

In conclusion, although more studies with larger patient populations may need to be carried out to further solidify the efficacy of brexanolone, this novel drug seems to portray promising results and efficacy in decreasing the rates of postpartum depression. Since this is a relatively new drug, it is important to note the BBW and monitoring parameters during patient administration to avoid any possible adverse events. With further trials, brexanolone may become a novel drug in the treatment of the otherwise undervalued disorder of postpartum depression.

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Suffering from migraines? Eptinezumab-jjmr (Vyepti™) might be the answer

By: Alisha Kuriakose, PharmD Candidate c/o 2022

Every ten seconds, someone in the United States (U.S.) goes to the emergency room with complaints of head pain, many of which can be attributed to migraines. A migraine is a neurological condition characterized by intense and debilitating headaches. Those suffering from migraines may have experiences including nausea, vomiting, difficulty speaking, numbness or tingling and sensitivity to light (photophobia) and sound (phonophobia).¹ In nearly one in four homes in the U.S., someone suffering from this condition. Women are three times more likely to experience it than men. Migraines can be hereditary and affect all ages, although they are most experienced in those between the ages of 18 and 44. Attacks can last for hours to days, and are oftentimes so severe that they interfere with activities of daily living. Hormonal changes in women such as the fluctuations in estrogen before or during pregnancy, menstrual periods and menopause or medications affecting hormones like oral contraceptives and hormone replacement therapy can worsen migraines. Other triggers for migraines include alcohol, caffeine, stress, weather and pressure changes, lack of sleep, bright lights, loud noises, and strong smells.¹

On February 21st, 2020, the Food and Drug Administration (FDA) approved Lundbeck's eptinezumab-jjmr (Vyepti™) for prophylactic treatment of migraine in adults. Eptinezumab-jjmr is the first and only intravenous infusion for preventative treatment of migraines. The humanized monoclonal antibody blocks the calcitonin gene-related peptide receptor by binding to its ligand.² The

Denmark based manufacturer recommends taking eptinezumab-jjmr in doses of 100 mg every three months, although some patients find that taking doses of 300 mg is also efficacious. Eptinezumab-jjmr is now marketed as its approved 100mg and 300 mg doses. The safety and efficacy of this drug was proven in randomized controlled clinical trials named Promise-1, which tested episodic migraine, and Promise-2, which tested chronic migraine. Trials took place at 212 sites in the U.S., Georgia, Russia, Ukraine, and the European Union. Studies were phase 3 clinical trials and compared the drug in question to a placebo with the primary endpoint of finding a decrease in mean monthly migraine days (MMD) over months 1-3.³ Positive effects were observed as early as one day after patients received the infusion. Participants could use concurrent acute migraine/headache medication during the trials, which may have contributed to some of the positive effects that were observed. Promise-1 defined episodic migraines as having between 4 and 14 headaches a month, of which at least 4 were migraine days. Promise-2 defined chronic migraine as having headaches for at least 15 to 26 days a month, 8 of which were considered migraine days. In both studies, patients were randomly given 100 mg, 300 mg, or the placebo. Changes from baseline in MMD were measured. Six hundred and sixty-five patients participated in Promise-1, 222 of whom received placebo, 221 patients received 100 mg eptinezumab-jjmr and the remaining were put into the 300 mg eptinezumab-jjmr group. The infusion was given to the patients 4 times over the course

of 12 months. It was found that the, “mean migraine frequency at baseline was approximately 8.6 migraine days per month and was similar across treatment groups. Mean change from baseline in MMD with eptinezumab-jjmr compared with placebo months 1-3: -3.9 days for 100 mg ($p=0.018$), -4.3 days for 300 mg ($p<0.001$), and -3.2 days for placebo”.⁴ The decrease in mean migraine frequency from baseline demonstrates that this group experienced less migraines after being introduced to eptinezumab-jjmr.

Practice-2 had 1,072 participants who were randomly divided into a placebo group of 366, 100 mg Vyepi receiving group of 356 patients and the remaining 350 were placed in the 300 mg receiving eptinezumab-jjmr group. Treatment was given every 3 months for 6 months. This trial had a baseline mean migraine frequency of approximately 16.1 migraine days per month. From the trial, it was concluded that, the mean change in frequency of migraines from baseline in these patients in comparison to placebo were 1.3 -7.7 days for those taking 100 mg ($p<0.001$), -8.2 days for patients receiving 300 mg ($p<0.001$), and -5.6 days for the group taking placebo. Those who had a 50 percent reduction or greater during months 1 and 3 compared to placebo were observed as follows for each cohort—57.6 percent for the 100 mg group ($p<0.001$), 61.4 percent for patients receiving 300 mg ($p<0.001$), and 39.3 percent for those receiving placebo. Data for those who showed a 75 percent or more reduction in monthly migraine days between months 1 and 3 was as follows—26.7 percent for patients receiving 100 mg ($p<0.001$), 33.1 percent for patients receiving 300 mg ($p<0.001$), and 15 percent for patients receiving placebo.⁵

From both trials it can be concluded that epti-

nezumab-jjmr works similarly regardless of sex. Differences in how eptinezumab-jjmr worked among races could not be determined as most of the participants were white (1471 out of 1539 participants). The effects of eptinezumab-jjmr were similar in all tested age groups (patients ranged from 18-71). The number of patients older than 65 years was insufficient to determine if the medication worked differently in geriatric populations.⁴ Although no tests were explicitly performed to assess eptinezumab-jjmr's effects on hepatic and renal function, pharmacokinetic impairment is not expected.

Two thousand and seventy-six patients were used to assess safety parameters, all patients received at least one dose of eptinezumab-jjmr. In these studies, common side effects were adverse effects that were observed in 2 percent or more of participants taking eptinezumab-jjmr or placebo. Side effects of eptinezumab-jjmr include serious allergic reactions such as swelling of face, tongue or throat, hives, trouble breathing, facial redness and rash.⁶ One point nine percent of participants discontinued the trial due to adverse effects, the most common being nasopharyngitis and hypersensitivity.

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#MentalHealthMatters

By: Aiša Mrkulic, PharmD. Candidate c/o 2022

Thrive NYC's Adult Mental Health First Aid Training Program has taken Johnnies by storm! Three sign-ups and a wait-list later, I managed to secure my spot as an attendee. Students of various majors, who belonged to any one of a wide range of student-led organizations, flooded into Marillac Auditorium with a shared goal. Fortunate to have learned about the wellness event from the American Pharmacist Association's social media postings, I would be one of the three attendees representing the College of Pharmacy and Health Sciences (CPHS). Not much will get a college student out of bed around sunrise, especially one belonging to the CPHS, but for those fortunate enough to face the certification opportunity, this accomplished exactly that.

Psychotherapists Gregory Payne and Rex Jones—of the NYC Department of Health and Mental Hygiene—served as our instructors for the eight hours of attentiveness and participation it would take to earn an official document, attesting to the achievement of proficiency in “Mental Health First Aid”. Most rewardingly so, the certification is valid for a generous three years! Bearers of the certificate have been trained to provide initial help to people experiencing problems related to mental health due to depression, anxiety, psychosis, and substance use disorders. Some of the specific skills practiced include non-judgemental listening, guided breathing-exercises, and resourcefulness.

I, for one, appreciate St. John's University's commitment to increasing awareness regarding the importance of mental health. The collaboration with Thrive

NYC was initiated by not one, but numerous student-led organizations. One statement of Gregory's which resonated with me was the following— “be resourceful”. Indeed, even those who might have attended for mere resume fodder were under no circumstances going to leave without tools to show for it.

How to lend a helping hand:



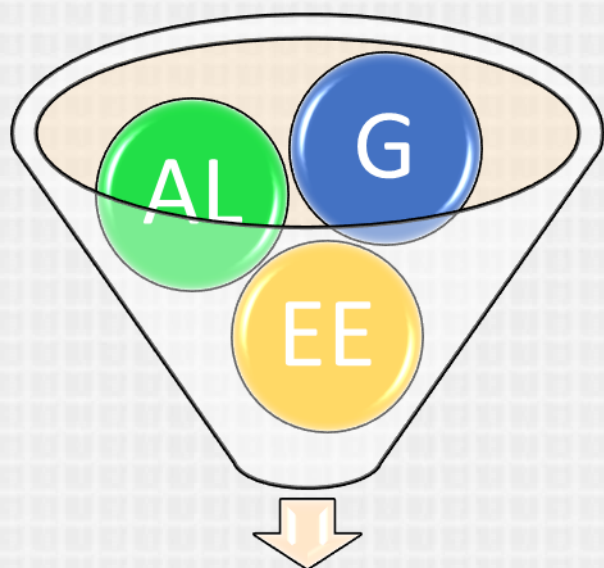
- ♥ *I'm Not Sick, I Don't Need Help* by Xavier Amador
- ♥ *The Drama of a Gifted Child* by Alice Miller
- ♥ *The Power of Habit* by Charles Duhigg
- ♥ *It Didn't Start with You* by Mark Wolynn
- ♥ *Three Generations of Imbeciles Are Enough* by Paul A. Lombardo



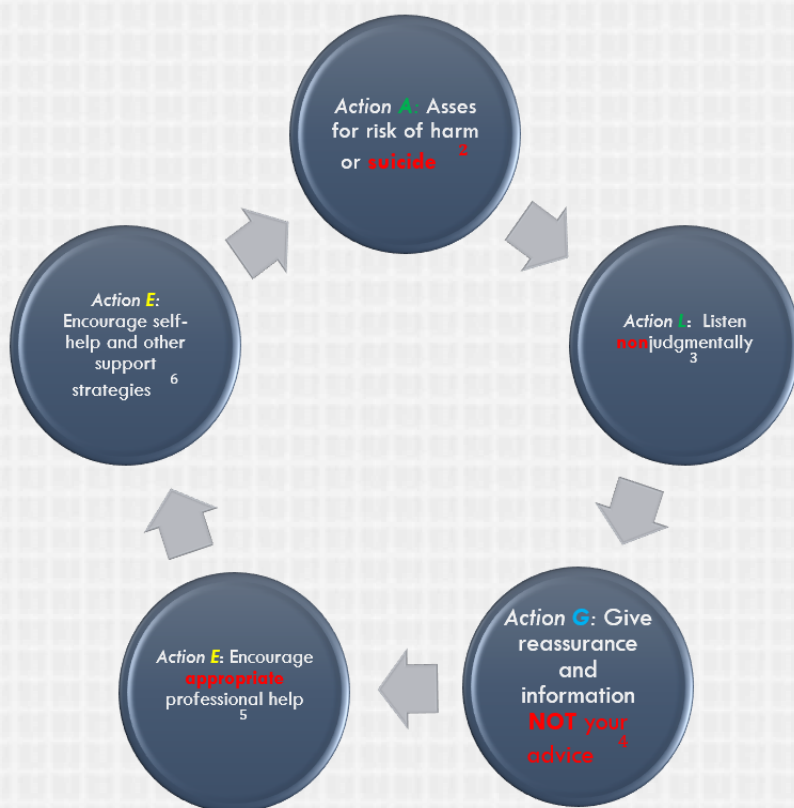
- ♥ *Lars and the Real Girl*; 2007
- ♥ *Helen*; 2009
- ♥ *Mississippi Grind*; 2015
- ♥ *Mr. Church*; 2016
- ♥ *America's War on Drugs*; 2017
- ♥ *Alpha*; 2018



- ♥ Not Okay



ALGEE: The Mental Health First Aid Action Plan¹



Although these resources started with CPHS, they do not need to confine themselves to familiar circles. The above tools come from the repertoire of some of Thrive NYC's best and it is my hope that they will serve as steppingstones for growing awareness, understanding, and compassion.

As the most accessible health care providers,

as well as the one of the most trusted, pharmacists can play a key role in mental health disorder detection and intervention. These defenders of public health are in constant contact with members of the community, who they proudly serve. Fortunately, for those enduring psychological struggles, pharmacists are no strangers to the signs and symptoms of mental health disorders such as changes in mood and decline in hygiene, to name just a few. Often, pharmacists are undeservingly pigeon-holed to their dispensing role. Educate, advocate, vaccinate, and counsel are just some of the many verbs which rightfully define what comes with the title.

Though we are drug information experts professionally, "human" is how we ought to be seen primarily, for it is what we are. With the capacity to deliver compassionate care, pharmacists attempting to equip patients who are suffering with coping are unlikely to be ill-received. The encouragement to seek appropriate assistance from trained professionals cannot be overemphasized. At the very least, pharmacists should make sufferers aware of the fact that the National Hotline for Suicide Prevention is in fact armed with such individuals!¹ Indeed, "qualified" need not take the form of an M.D. or Ph.D., something much of the public falls short of understanding.

Improvement in overall care is contingent upon a well-informed, communicative pharmacist. Therefore, aim for patient education and the provision of valuable resources! Being that patients visit their pharmacies frequently; pharmacists may be the first healthcare providers who recognize mental illness through simple observation. Greater familiarity and comfort with available mental-health resources may help alleviate some of the barriers that community pharmacists experience concerning mental health pharmacy practice.

Remember that you need not be certified in "Mental Health First Aid", nor a pharmacist to give the gifts of support and kindness. As Dr. Carmela Avena-Woods, BS Pharm, PharmD, BCGP, Associate Clinical Professor, St. John's University College of Pharmacy and Health Sciences once said, "No matter how strong a person is, there come times in life where you need to stop, regroup, or need the supporting hand, ear, mind, or heart of another."

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RHO CHI POST: TEAM MEMBERS



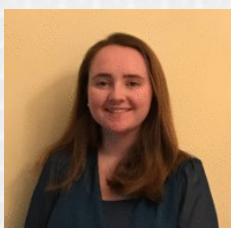
@ Katharine Russo
6th Year, STJ; Editor-in-Chief

The profession of pharmacy is one of the most diverse medical fields. The RCP has been a cornerstone for students to learn about all the opportunities and advancements in the profession since the publication began in 2011. As an ever changing profession, I am looking forward to producing more content for the students of the College of Pharmacy and Health Sciences to raise awareness and provide students with the most current clinical information and updates in the world of pharmacy.



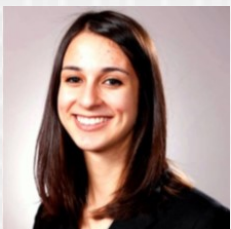
@ Shireen Farzadeh, PharmD
Graduate Copy Editor [Content-Focused]

I am excited to join Rho Chi Post and contribute to the award-winning newsletter for students to share ideas, opinions, and pertinent topics! Writing for the Rho Chi Post is an opportunity to express our appreciation for pharmacy and educate ourselves and our peers. I hope to inspire students to discover their passion for writing and to stay up to date on our evolving profession!



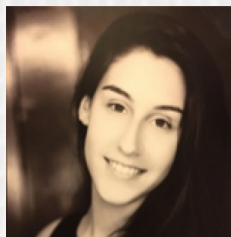
@ Kathleen Horan, PharmD
Graduate Copy Editor [Content-Focused]

I have always loved writing, and I hope to couple my passion for writing with my interest in clinical pharmacy by becoming a writer and staff editor for the Rho Chi Post. As a writer and staff editor for the Rho Chi Post, I hope to write and edit informative and interesting articles that relate to the world of healthcare and pharmacy. I am so excited to join this team of student pharmacists and writers.



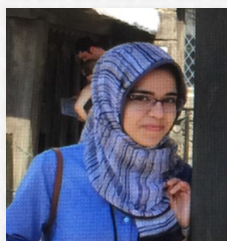
@ Nicollette Pacheco, PharmD
Graduate Editor [Graphics-Focused]

As a member of the Rho Chi Post team, I have a vast appreciation of what it means to be a pharmacist in the rapidly evolving world of healthcare. As a graduate editor, I will continue to bring my passion for science and creativity to the Rho Chi Post.



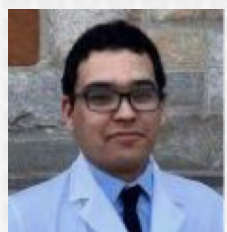
@ Anna Diyamandoglu, PharmD
Graduate Copy Editor [Content-Focused]

Throughout my time in the PharmD program, my understanding of the pharmacy profession has evolved and deepened, as has my desire to raise awareness about the diverse role pharmacy plays in various healthcare and non-healthcare settings. I have always had an affinity for writing and look forward to combining my interests in composition, editing and health care to produce relevant issues which all students find relatable and take an interest in.



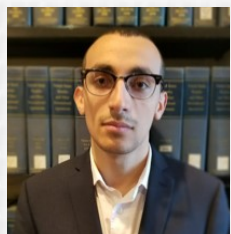
@ Sarah Hewady, PharmD
Graduate Copy Editor [Content-Focused]

The importance of staying updated on relevant healthcare matters cannot be overstated. I appreciate the mission of Rho Chi Post in that it successfully compiles clinically relevant and up-to-date information for its audience. Wanting to contribute to this cause is what sparked my interest to become a staff editor. I hope to broaden the scope of knowledge of the public as well as aid healthcare practitioners in the clinical decision-making process.



@ Jonathan Mercado, PharmD
Graduate Copy Editor [Content-Focused]

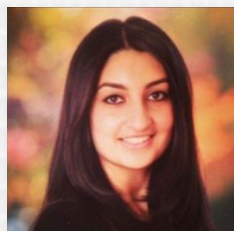
The Rho Chi Post breaks barriers for students that want a glimpse of their future and acts as an inspiration to work harder to achieve their goals. It is an embodiment of the motivation and intelligence that drives pharmacy students to be the most informed and capable professionals they can be. I am glad to a part of that mission and to channel my passion and interests through this newsletter.



@ Joseph Eskandrous, PharmD
Graduate Staff Writer

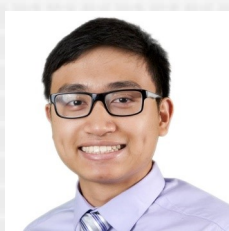
In the world of pharmacy, knowledge becomes outdated within hours of when you learned it. The miracle drug that used to be considered the standard of therapy is replaced by the latest and greatest. My role as a Staff Writer for the Rho Chi Post is to bring these changes to the forefront in order to empower future pharmacists and to improve the quality of patient care.

RHO CHI POST: TEAM MEMBERS



@ Daniela Farzadfar, PharmD
Graduate Staff Writer

Pharmacy is a constantly evolving profession. Writing for the Rho Chi Post gives me the opportunity to enlighten my peers and myself on changes occurring in the field that we are often not taught in the classroom. The Rho Chi Post serves as a creative outlet where students can express their opinions and share new information by combining their passion for writing and the pharmacy profession. I hope that my contribution to this newsletter inspires others to improve patient outcomes by staying up to date on recent changes.



@ Michael Lim, PharmD
Graduate Staff Writer

In the spirit of advancing the pharmacy profession, the Rho Chi Post never ceases to produce valuable content showcasing the innovation and diversity of the career. As a Staff Writer for the Post, I am honored to have the opportunity to use writing to both educate and push readers to strive for excellence in their professional pursuits. I hope that my contributions to the newsletter are able to foster growth in an informative and accessible manner.



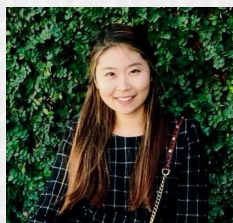
@ Maryam Sekhery, PharmD
Graduate Staff Writer

I have always looked forward to reading Rho Chi Post's newsletters and can now proudly say that I am a member of the Rho Chi Post team! The field of pharmacy is always changing, and Rho Chi Post is one-way students can stay up to date regarding current events in the profession and express their views on the dynamic aspects of pharmacy. I look forward to contributing to Rho Chi Post as a staff writer and am grateful for the opportunity to create original content for the newsletter.



@ Evanthia Siozios, PharmD
Graduate Staff Writer

Rho Chi Post is a newsletter that gives students the opportunity to learn and write about novel topics and broaden their knowledge while demonstrating their writing skills. For me, being involved with this newsletter is not just about learning something new but also sharing relevant topics which have an impact on patients' lives. I have learned so much from writing for the Rho Chi Post and hope to inspire others with my words. As a future pharmacist I want to learn to teach and get to give.



@ Judy Koag
6th Year, STJ; Copy Editor [Graphics-Focused]

I am so excited to join the Rho Chi Post, a newsletter which strives to create high quality and creative content. I look forward to working with the team to promote the profession of pharmacy and communicate ideas that inspire and attract readers through the use of graphic design. Graphic design has always been my passion and I hope my contributions continue the Rho Chi Post's mission.



@ Alisha Kuriakose
5th Year, STJ; Finance & Outreach Manager

I wanted to be part of Rho Chi Post as it provides a platform for students to express their ideas and educate others on global healthcare issues. As a future pharmacist, this is my way of contributing to the change I want to see in our growing profession and make my voice heard. I am very excited for the privilege to work alongside the editorial board to produce a newsletter and serve as the 2020-2021 Finance and Outreach Manager!

RHO CHI POST: TEAM MEMBERS



@ Jason Ifeanyi

5th Year, STJ; Social Media Manager

The Rho Chi Post has a clear mission: to advance the profession of pharmacy by instilling the desire in others to pursue intellectual excellence and critical inquiry. I could not be more excited to join the Rho Chi Post. This an interactive platform that affords me a unique opportunity to contribute to the process of educating readers on advances made in drug discovery and development, modifications in treatment guidelines, and the implications these changes have on the practice of Pharmacy. I am eager to work on this team of equally motivated students, and I look forward to utilizing my skills, past work and volunteer experiences to assist the Rho Chi Post in achieving their goals.



@ Carolina Guerreiro

6th Year, STJ; Staff Editor

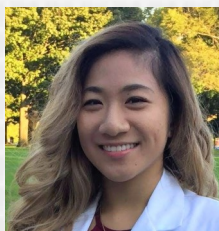
As a student of the arts and sciences all my life, I have always been interested in the intersection between the two. The most exciting part about being a Staff Editor for the Rho Chi Post is not only the ability to share the most exciting and clinically relevant healthcare news with our audience, but also having the opportunity to tap into my creative side while relying on my clinical knowledge and previous scientific writing experience. When I'm not busy editing, I am working to capture stories that raise awareness about the diverse roles pharmacists can play in healthcare settings worldwide. I strive to share my vision of untamed areas of pharmacy practice and hope to inspire you as readers to explore them for yourselves.



@Rubab Hassan

5th Year, STJ; Staff Writer

The Rho Chi Post gives pharmacy students the opportunity to explore their interests, whether it be editing, writing, or graphics, while also enhancing their skills and knowledge as student pharmacists. I am excited to be a part of the Rho Chi Post because it is a great way to expand on what I have learned during my time in pharmacy school and also keep developing my writing skills. Being a writer gives me an outlet to raise awareness on the advancements that are constantly happening in the field of pharmacy and allows me to be part of an amazing team in hopes of providing other students with our best work.



@ Nicole Ng

5th Year, STJ; Website Liaison

Being able to join the Rho Chi Post not only gives me the opportunity to expand my knowledge of the profession of pharmacy, but also allows me to be a part of educating students about the constant changes within the field. Through my involvement, I hope to increase the accessibility of our content and motivate students to broaden their knowledge and stay up-to-date. I am excited to work with the team to produce a newsletter that effectively and efficiently communicates all news that affects our healthcare profession.



@ Tolulope Omisakin

5th Year, STJ; Staff Editor

As an avid reader, I have always taken an interest in how things were written. Whether it be novels, journal articles, or magazine columns, there is always a peculiar way in which a writer tells a story. The real story is only 50% of what is written and the rest is in how the writer decides to disseminate that information. The Rho Chi Post serves as an amazing outlet for student pharmacists, allowing us to delve into the intricacies of different perspectives and ideas in the world of pharmacy. It also gives us the opportunity to decide how we want to detail these new found perspectives and ideas to our audience. As an incoming editor for The Rho Chi Post, I hope to enhance and curate the way each writer tells their stories and help them reach their audience at new levels.



@ Tobin Kuriakose

6th Year, STJ; Staff Writer

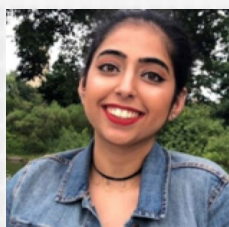
The world of pharmacy is constantly making advancements day after day in order to better care for patients and allow them to return to their healthy lives. Rho Chi Post serves as an outlet for students to update themselves without the hassle of having to debate whether the information is accurate or not. I look forward to working with the Rho Chi Post staff to educate students about the growth within the field of pharmacy and to be source of enrichment during a busy school schedule.

RHO CHI POST: TEAM MEMBERS



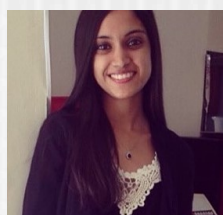
@ Jeremy Mesias
5th Year, STJ; Staff Writer

The field of pharmacy is constantly growing and improving with every coming day. Today's headlines become tomorrow's history. As healthcare leaders in a dynamic field, it is important to stay up to date. The Rho Chi Post serves as an excellent tool to help students become more informed about our profession, as well as providing them with the opportunity to contribute their own two cents to the conversation. I am excited to join the team and look forward to contributing to keeping students on top of current pharmacy advancements.



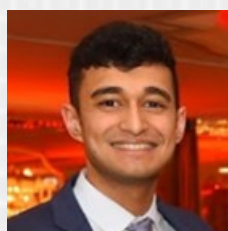
@ Mah Noor
6th Year, STJ; Staff Writer

Rho Chi Post is an amazing student-operated newsletter publication that is doing an astonishing job delivering updated news as well as giving students the opportunity to give back to the pharmacy community. As a staff writer, I hope to play a key role in educating students on the different aspects of pharmacy and how much growth takes place in this field. Reading the Post since freshman year has helped me gain a better understanding of what it means to be a pharmacist and I hope to achieve that same understanding in students who read my articles.



@ Shivani Shah
6th Year, STJ; Staff Writer

As students in a dynamic healthcare profession, it is important to keep up to date with literature and publications regarding the pharmacy profession. Rho Chi Post serves as a great outlet for students to catch up on pharmaceutical innovations and progress going on in the career. Being a staff writer motivates me to constantly research and share new, exciting advancements with fellow students. I look forward to reading articles in the Post and hope to spark others curiosity and interest!



@ Nishanth Viswanath
5th Year, STJ; Staff Writer

The profession of pharmacy is continuously expanding to meet new demands and offer novel platforms for innovation in healthcare. With an abundance of new information and guidance being published everyday, it can become difficult for students and professionals to stay updated with relevant information and find new outlets to learn. The Rho Chi Post not only allows us to be informed about the current state of our profession, but also allows students to voice their opinions and connect with each other through literature. I am excited to be part of its team, and hope to provide meaningful and resourceful contributions.

Read Something Interesting in the News?

Want to share it with your Peers?

Submit your articles to the Rho Chi Post!

Send us an email: RhoChiPost@gmail.com

MISSION

The Rho Chi Post is an award-winning, monthly, 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, faculty, and administrators.

VISION

The Rho Chi Post aims to become the most exciting and creative 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 essentially sets the stage for the future of student-operated publications in pharmacy

VALUES

Opportunity

Teamwork

Respect

Excellence

GOALS

To provide the highest quality student-operated newsletter with accurate information

To maintain a healthy, respectful, challenging, and rewarding environment for student editors

To cultivate sound relationships with other organizations and individuals who are like-minded and involved in like pursuits

To have a strong, positive impact on fellow students, faculty, and administrators

To contribute ideas and innovations to the Pharmacy profession