

Annual Chapter Report

Please complete your Annual Chapter Report, adhering strictly to the format below, and submit it to the National Office via e-mail (RhoChi@unc.edu) by May 15.

Date of report submission: **May 15, 2015**

Name of School/College: **Albany College of Pharmacy and Health Sciences**

Chapter name and region: **Gamma Gamma – Region 1**

Chapter advisor's name and e-mail address:

College-wide Advisor (located on New York campus):

Dr. Gina Garrison, Associate Professor of Pharmacy Practice gina.garrison@acphs.edu

Campus Advisor - New York

Dr. Katie Cardone, Associate Professor of Pharmacy Practice katie.cardone@acphs.edu

Campus Advisor – Vermont

Dr. Abby Boire, Assistant Professor of Pharmacy Practice abby.boire@acphs.edu

Delegate who attended the Rho Chi Annual Meeting: **Allison Steen (Albany Campus)**

Date delegate's name submitted to Rho Chi: **Feb 28, 2015**

Past year's officers and e-mail addresses:

New York Campus Officers: 2014-15

- President: David Hughes David.Hughes@acphs.edu
- Vice President: Kelsey Johnson Kelsey.Johnson@acphs.edu
- Secretary/Treasurer: Stephanie Tolg Stephanie.Tolg@acphs.edu
- Historian/Events Coordinator: Allison Steen Allison.Steen@acphs.edu

Vermont Campus Officers: 2014-15

- President: Cassandra Mathers Cassandra.Mathers@acphs.edu
- Vice President: Randall Peart Randall.Peart@acphs.edu
- Secretary/Treasurer: Kenneth Kausch Kenneth.Kausch@acphs.edu
- Historian/Events Coordinator: Anne Muhleisen Anne.Muhleisen@acphs.edu

New officers and e-mail addresses for next academic year:

New York Campus Officers: 2015-16

- President: Lindsay Itró Lindsay.itro@acphs.edu
- Vice President: Kristen McKeel Kristen.mckeel@acphs.edu
- Secretary/Treasurer: Alyssa Donadio Alyssa.donadio@acphs.edu
- Historian/Events Coordinator: Kassandra Marsh Kassandra.marsh@acphs.edu

Vermont Campus Officers: 2015-16

- President: Jennifer Conroy jennifer.conroy@acphs.edu
- Vice President: Audreanna Williams Audreanna.williams@acphs.edu
- Secretary/Treasurer/Historian/Event Coordinator: Marci Wood marci.wood@acphs.edu

Number of Rho Chi student members at college or school, listed by class year and program (and by campus if more than one campus):

Graduation*	Induction*	New York Campus	Vermont Campus	Program
Class of 2017	Spring 2015	40	7	PharmD
Class of 2016	Spring 2014	28	14	PharmD
Class of 2015	Spring 2013	32	14	PharmD

*we induct students in P2 Spring semester

Meetings: (E-board: executive board with officers and advisors)

NY Campus

Date	Attendance	Agenda/Action Steps
9/10/14	Treasurer	Meeting for all club treasurers regarding budget procedures.
9/12/14	Campus E-board	Planned academic year activities for new "Balance Beyond the Books" program. Scheduled first general member meeting and outlined agenda.
9/19/14	Campus E-board	Finalize details for new Balance Beyond the Books program on campus.
10/2/14	General Campus Member Meeting	Reviewed planned chapter activities in context of Rho Chi vision/mission statement. Discussed budget. Planned PTPM Cardiovascular Exam Viewings and solicited volunteers. Reviewed plans for Trivia Night.
1/21/15	Campus E-Board	Planned/scheduled Spring events (general member meeting, Induction Ceremony, Balance Challenge/Balance Beyond the Books initiatives).
1/23/15	Campus E-board w/ PLS E-board	Induction Ceremony planning and coordination with PLS for joint induction event. Reviewed plans and delegation of responsibilities.
1/31/15	Campus E-board	Meeting with advisors to draft 2015-16 budget proposal.
3/12/15	General Campus Member Meeting	Review of plans for Professional Organization Council Joint Project, New candidate membership, Balance Challenge, Balance Beyond the Books initiative feedback, Induction ceremony instructions.
4/27/15	Incoming & Outgoing Campus E-boards	Transitioned officer roles and responsibilities, upcoming year activities with budget, and chapter strategic plans/agenda. Discussed opportunity for project proposal award.

VT Campus

Date	Attendance	Agenda/Action Steps
9/9/14	Campus E-Board	Decided on possible fall events/responsibilities for each member. Decided to make Facebook page to keep all members updated easily. Balance challenge in the spring, 1 trivia night in the fall, 1 trivia night in the spring with CAC. Cardio exam reviews fall semester.
10/2/14	General Campus Member Meeting	Sign up for Cardio exam viewings sent out and tentative dates/times reviewed. Decided to submit an event form for a fundraiser and discussed other potential fundraising events we could have during the semester (movie night?). Talked about getting the Facebook group up and running. Decided on OTC Trivia Night for POC Joint Project.
11/6/14	General Campus Member Meeting	Discussed success of OTC Trivia Night. Expressed interest in putting together cardiology and nephrology review sessions before next exam.
12/4/14	General Campus Member Meeting	Discussed nephrology review sessions that we have been holding every Wednesday before the final exam. Assigned topics to Rho Chi members for the next review session on December 10 th .
2/5/15	General Campus Member Meeting	Selected date for Induction Ceremony and selected keynote speaker. Discussed upcoming APhA Midyear and CAC-Rho Chi Trivia night.
3/5/15	Campus Member	Discussed CAC-Rho Chi Trivia night scheduling, campus Induction

	Meeting	Ceremony details, Voted for 2015-2016 Rho Chi E-board members, discussed changes to Balance Challenge.
4/2/15	General Campus Member Meeting	Discussed Balance Challenge, CAC-Rho Chi Trivia night and more details about the campus Induction Ceremony.
4/15/15	Incoming & Outgoing E-boards	Transitioned officer roles and responsibilities, upcoming year activities with budget, and chapter strategic plans/agenda.

Strategic Planning:

The ACPHS Gamma Gamma chapter continued to strive for more visible recognition of the Rho Chi mission among our New York and Vermont campuses, our local community, and our profession to differentiate ourselves from the other organizations on campus. Gamma Gamma Chapter focuses its efforts on our Balance Beyond the Books theme by offering students opportunities to improve and practice “work-life balance”. The Balance Beyond the Books theme advocates for “work-life balance” that a student pharmacist would need to meet the ideals of the Rho Chi mission/vision and contributes to professional development for the future. Our premise is that well-balanced student pharmacists will become well-balanced future pharmacists that can educate others/patients about the healthy choices and value of strong work-life balance. We focus on the following FIVE aspects of work-life balance:

- 1) Habits of mind**
- 2) Social interaction & collegiality**
- 3) Professional advocacy**
- 4) Community outreach, and**
- 5) Personal health and wellness**

events around the various facets of our Balance Beyond the Books theme provided the necessary framework for planning activities and sharing the mission of Rho Chi on both campuses. All events on both campuses were successful with campus officers/ members keeping this focused approach to our chapter activities for the academic year.

Our chapter developed the Balance Beyond the Books theme in 2010 with the support of a ***Rho Chi Project Proposal award***. This year Balance Beyond the Books was expanded with new ideas (described later). All of our chapter activities fit into the 5 aspects of work-life balance, while encouraging the Rho Chi vision/mission.

Activities: Please see the completed Appendix 1 table at the end of the report for this information (we attempted the best we could to include campus-designations, where applicable within each column/row but admit that this new format made it difficult for dual campus chapter). Each of these activities have been ongoing for at least 3 academic years on both campuses, with the exception of the Nephrology review sessions which were new (on the VT campus). The NY campus had a significantly increased number of events within the same “theme” of balance beyond the books compared to previous academic years.

Financial/ Budgeting: Please see the completed Appendix 2 table at the end of the report for this information.

Initiation Function:

- NY CAMPUS: The initiation function took place on Sunday April 12, 2015 in the Albert White Gymnasium at the Albany College of Pharmacy and Health Sciences. Forty Rho Chi members were inducted into our Gamma Gamma chapter. Our keynote speaker was Dr. Neil Tierson, an alumnus of ACPH, and a regional manager for Kinney Drugs, Inc.
- VT CAMPUS: The initiation function took place on Friday April 10, 2015 at the Albany College of Pharmacy and Health Sciences Vermont Campus Classroom 101. Seven Rho Chi members were inducted into our Gamma Gamma chapter. Our keynote speaker was Dr. Elizabeth Higdon, a laboratory professor at ACPHS.

Evaluation/Reflection: Our new Balance Beyond the Books program was initiated on the NY campus this year. This was a semester long program in which teams of four competed to see who could be the most “balanced.” We had approximately 140 students sign up per each semester. Teams would collect points by attending various events on and off campus or participating in community service events. Some events that teams accumulated points for were Phi Lamda Sigma (PLS) Leadership. Presentations, attending tutoring sessions, sports events on and off campus, volunteering at our local food bank, volunteering at local health clinics, attending seminar presentations given by faculty and guest speakers, participating in campus wide events provided by our Student Government Association programming, and the list goes on. Teams accumulated many points. Feedback we received from students included the following:

- “Really got me involved!”
- “Can’t wait until next semester.”
- “I never thought I would go to this many events.”

These are just a few of many comments. We also received some constructive criticism on how to collect points per each event. At first, we were doing so on an honor code basis and having them submit weekly activities to the NY Rho Chi President via e-mail. There was some concern on the fairness of this method, so the next semester we utilized Google forms and posted weekly scorings. This allowed students to monitor their own scores weekly and attend more events for a fun competition.

Our Balance Challenge was a test to see which team of four could get the most “steps” in a week’s span. Teams received a pedometer and T-shirt upon registration. Forty-seven teams participated in this event. I think the improvement we could have is to coordinate this event with our college’s Relay for Life sponsored by *Colleges Against Cancer*. This way that event could help build both programs in step challenge and laps walked.

In Vermont, “Advanced OTC” is a popular elective and has sparked interest in OTC items that are not directly taught during our core curriculum. So we created an “OTC Trivia Night” event in collaboration with the Phi Lambda Sigma Leadership society on campus. We had a great turn out for the event and some of the feedback we received from students included the following:

- “The categories were well thought out and I learned a lot!”
- “I did not know I would learn as much as I did coming tonight.”
- “It was really fun and I will come again next year!”

Our Balance Challenge tested the students and faculty to see if they can balance a busy school life but also make time for themselves to work out and get active in the community. Teams of five signed up and received a pedometer and water bottle upon registration. Thirteen teams signed up and overall the program was a great success. Considering ways to continue this initiative has been a focus, including a source of reliable yet affordable pedometers to make the step totals more accurate. We also added in bonus trivia questions during the week as a new approach. The trivia questions were a good idea and but we recognize that we can improve on the delivery of the bonus trivia questions next year by coordinating them better with the class schedules.

The other event that had a large impact on students at the Vermont campus was a month-long Nephrology Course review session that was held each week on Wednesday for 2 hours before the cumulative final exam. Many students were struggling with this class and Rho Chi members were able to take certain sections of the course and review them with other classmates. Each week there were about 40 students in attendance. The review sessions really helped students prepare for the final exam and many of the students expressed gratitude to Rho Chi for doing the review sessions.

Most Improved Chapter Award

Name of School/College: Albany College of Pharmacy and Health Sciences

Chapter name and region: Gamma Gamma Chapter, Region 1

Name of member submitting statement: David Hughes, Rho Chi President

Name of Chapter Advisor: Dr. Gina Garrison and Dr. Katie Cardone (NY campus)

The following is a paragraph from above that goes over the new program set forth on campus this academic year: Our new Balance Beyond the Books program was initiated this year. This was a semester long program in which teams of four competed to see who could be the most “balanced.” We had approximately 140 students sign up per each semester. Teams would collect points by attending various events on and off campus or participating in community service events. Some events that teams accumulated points for were Phi Lamda Sigma (PLS) Leadership Presentations, attending tutoring sessions, sports events on and off campus, volunteering at our local food bank, volunteering at local health clinics, attending seminar presentations given by faculty and guest speakers, participating in campus wide events provided by our SGA programming, and the list goes on. Teams accumulated many points. Some feedback we received from students was:

- “Really got me involved!”
- “Can’t wait until next semester.”
- “I never thought I would go to this many events.”

Aside from individual student recognition of the event, our Student Government Association on campus awarded “Program of the Year” to Balance Beyond the Books. This award was presented in front of administration at the college as well as faculty and students. This award was said to be one of the best programs in college history to encourage active participation on campus. Having only had the event for one year, we achieved higher numbers than expected for sign-ups as well involvement.

Chapter Activities Report – Appendix 1

[Gamma Gamma Chapter, Albany College of Pharmacy and Health Sciences]

NY = Albany, New York campus at ACPHS

VT = Colchester, Vermont campus at ACPHS

Category of Activity ¹	Title of Activity	Brief Description ²	How Does This Activity Align With the Rho Chi Mission Statement?	Years the Activity has Been Ongoing?	If Activity has Been Ongoing for >1 Year, What Evaluations Have Been Done to Assess the Success of the Activity? What Improvements Have Been Done Over the Past Year?	How Many Members Participated in the Activity?	How Many Students (non-members) and/or Patients were impacted by the Activity?	Financial Information for the Activity [Budget Required, Fundraising Amount]
Intellectual Leadership Activities <i>Tutoring Group communication</i>	<u>NY & VT</u> PTPM Cardio-vascular Exam Review Sessions (4 sessions on both campuses) (PTPM is an integrated pharmacology/med chem/therapeutics 4-credit course).	<u>NY & VT</u> P3 Rho Chi students volunteered for Cardio-vascular PTPM Module course “exam viewings” Led/trained by Dr. Gina Garrison, Dozens of Rho Chi members helped P2 class students comprehensively review and analyze their returned exam, then identify ways to enhance learning and course performance. Rho Chi members served as peer facilitators in this open learning environment.	<u>NY & VT</u> Event aims to support the academic success of students. This is a way to be a peer mentor for students and provide them with proper guidance to become better students.	<u>NY & VT</u> 4 years	<u>NY & VT</u> Evaluated level of Rho Chi member participation. Decided whether or not to extend this to other PTPM modules offered in our curriculum.	<u>NY & VT</u> ~ 8-10 Rho Chi per exam for 3 exams.	<u>NY & VT</u> ~ 200 students in class	\$0

<p>College of Pharmacy Events</p> <p><i>Fitness Challenge</i></p>	<p><u>NY/VT</u> “Balance Challenge” initiative to show the importance of work-life balance and the related role of fitness</p>	<p><u>NY/VT</u> Teams of 4 (students and faculty) competed for the greatest number of “health steps” in a week. T-shirts and pedometers were distributed for participants on the NY Campus; pedometers and water bottles were distributed on the VT campus. There was a prize for the winning team.</p>	<p><u>NY</u> Event promoted building of social interaction amongst peers and faculty. Providing a healthy competition for students across all campus programs, this initiative provides opportunity to advocate for personal health and wellness as a way to “role model” the lifestyle we recommend regularly to our patients.</p>	<p>3 years</p>	<p>The methods that point totals are added by Rho Chi officers was reevalated and expanded to include more options/ examples for consistency.</p>	<p><u>NY</u> ~20-25 Rho Chi members</p>	<p><u>NY</u> 140 students and faculty</p>	<p><u>NY</u> \$0 (used pre-ordered material from last year’s budget) NO entry fee this year (next year \$5)</p>
					<p>The amount of people per team was decreased to 4 in NY to create more teams.</p> <p>Fundraising opportunities were developed.</p>	<p><u>VT</u> ~ 15 Rho Chi members</p>	<p><u>VT</u> 65 students and faculty</p>	<p><u>VT</u> ~\$900 for activity material</p> <p>Fundraising - \$280 (entry fee)</p>
<p>College of Pharmacy Events/ Encouragement of Community Service</p> <p><i>Balance Beyond the Books</i> (Theme for all Rho Chi events on both campuses)</p>	<p><u>NY</u> Balance Beyond the Books “theme” initiatives</p>	<p><u>NY</u> Semester program requiring students to work in teams of 4. Students tracked and submitted extracurricular professional or health-activity attended each week. Winning team had the with most “points” (1 per hour).</p>	<p><u>NY</u> This event was new and helped encouraged students to get involved and participate in local events, community service, and receive academic help when needed.</p>	<p><u>NY</u> First Year</p>	<p>N/A</p>	<p><u>NY</u> ~ 30-35 Ny campus members</p>	<p><u>NY</u> ~150 students each semester</p>	<p>\$0</p> <p>In future, intent to charge for entrance fee to program. Wanted a test run this year to gauge interest.</p>

	<u>VT</u> Nephro- logy Course Review Sessions	<u>VT</u> Review sessions were held weekly for a month before the final nephrology exam for students in their P3 year. Members of Rho Chi chose topics to review and presented those topics to the rest of the students at the review session.	<u>VT</u> The event helped the P3 students prepare for their exam and gain confidence in their study habits. It also encouraged Rho Chi members to get more involved in tutoring.	<u>VT</u> First year	<u>VT</u> N/A	<u>VT</u> ~ 8VT campus members	<u>VT</u> ~30 students each week.	<u>VT</u> \$0
Education/ Advocacy	<u>NY</u> OTC Mock Pharmacy	<u>NY</u> Members created clinical cases for mock patients. Participants at the event were to interview patient and provide them with proper OTC recommend- ation	<u>NY</u> Educated both patients and students on the pharmacist role of recommende d OTC products.	<u>NY</u> First Year	N/A	<u>NY</u> 10-15 Rho Chi members	<u>NY</u> 90+ students	<u>NY</u> \$0
	<u>VT</u> OTC Trivia Night	<u>VT</u> Members developed Trivia Night where teams competed for prizes based on OTC- trivia questions.	<u>VT</u> Reinforced student knowledge and confidence with OTC products in a fun environ- ment.	<u>VT</u> First Year	N/A	<u>VT</u> ~ 10 Rho Chi member	<u>VT</u> 36 Students	<u>VT</u> ~\$150 for food and prizes

Appendix 2 -
Rho Chi Chapter Annual Report

ITEM	Amount Debited (\$\$ spent)	Amount Credited (\$\$ raised)	Balance	Comment
NY CAMPUS				
Induction Ceremony	\$761.03		-\$761.03	40 members inducted
				140+ participants/semester
				Utilized T-shirts and
				pedometers from last
Balance Beyond the Books	\$2546.32		-\$3301.35	semester
Pizza / Soda for General Meeting	\$146.97		-\$3454.32	26 Members attended
VT CAMPUS				
Induction Ceremony	\$620.96		-620.96	7 members inducted plus members from Phi Lambda Sigma.
Balance Challenge	\$869.79	\$280	-\$589.79	65 Students/Faculty participated and received a water bottle and pedometer.
OTC Trivia Night	\$143.85		-\$143.85	36 Students participated and prizes were given to the 1st place team.