

## 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 11, 2016**

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 (on New York campus):**

Dr. Gina Garrison- Associate Professor of Pharmacy Practice [gina.garrison@acphs.edu](mailto:gina.garrison@acphs.edu)

**Campus Advisor - New York**

Dr. Katie Cardone - Associate Professor of Pharmacy Practice [katie.cardone@acphs.edu](mailto:katie.cardone@acphs.edu)

**Campus Advisor – Vermont**

Dr. Joanna Schwartz- Assistant Professor of Pharmacy Practice [joanna.schwartz@acphs.edu](mailto:joanna.schwartz@acphs.edu)

Delegate who attended the Rho Chi Annual Meeting: Alyssa Donadio (**Albany Campus**)

Date delegate's name submitted to Rho Chi: **10/29/15**

Past year's officers and e-mail addresses:

**NY Campus Officers: 2015-16**

President: Lindsay Iтро [Lindsay.itro@acphs.edu](mailto:Lindsay.itro@acphs.edu)

Vice President: Kristen McKeel [Kristen.mckeel@acphs.edu](mailto:Kristen.mckeel@acphs.edu)

Secretary/Treasurer: Alyssa Donadio [Alyssa.donadio@acphs.edu](mailto:Alyssa.donadio@acphs.edu)

Historian/Events Coordinator: Kassandra Marsh [Kassandra.marsh@acphs.edu](mailto:Kassandra.marsh@acphs.edu)

**VT Campus Officers: 2015-16**

President: Jennifer Conroy [jennifer.conroy@acphs.edu](mailto:jennifer.conroy@acphs.edu)

Vice President: Audreanna Williams [Audreanna.williams@acphs.edu](mailto:Audreanna.williams@acphs.edu)

Secretary/Treasurer/Historian: Marci Wood [marci.wood@acphs.edu](mailto:marci.wood@acphs.edu)

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

**NY Campus Officers: 2016-2017**

President: Christopher Blum [Christopher.blum@acphs.edu](mailto:Christopher.blum@acphs.edu)

Vice President: Jacquelyn Turturo [Jacquelyn.turturo@acphs.edu](mailto:Jacquelyn.turturo@acphs.edu)

Secretary/Treasurer: Connie (Kangni) Wang [Kangni.wang@acphs.edu](mailto:Kangni.wang@acphs.edu)

Historian/Events Coordinator: Stephanie Lombardi [Stephanie.lombardi@acphs.edu](mailto:Stephanie.lombardi@acphs.edu)

**VT Campus Officers: 2016-2017**

President: Piao Zhuge [piao.zhuge@acphs.edu](mailto:piao.zhuge@acphs.edu)

Vice President: Megan Meyer [megan.meyer@acphs.edu](mailto:megan.meyer@acphs.edu)

Secretary/Treasurer/Historian: Lindsey Richards [lindsey.richards@acphs.edu](mailto:lindsey.richards@acphs.edu)

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

\* all students inducted in P2 spring semester

Graduation*	Induction*	NY Campus	VT Campus	Program
Class of 2018	Spring 2016	37	6	PharmD
Class of 2017	Spring 2015	40	7	PharmD
Class of 2016	Spring 2014	28	14	PharmD

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

NY Campus

Date	Attendance	Agenda/Action Steps
9/2/15	Campus E-board	Planned information to present at our first general meeting and started coordinating our “Balance Beyond the Books” program, as well as set goals and presented ideas for the year.
9/9/15	Campus E-board	Finalized plans for “Balance Beyond the Books” program sign ups and implementation. Decided on community service fundraiser to be held Fall Semester. Discussed ideas for the Joint Project theme.
9/15/15	General Campus Member Meeting	Reviewed planned chapter activities in context of Rho Chi vision/mission statement. Discussed budget. Opened sub-committee opportunities and discussed ideas for the Joint Project.
10/7/15	Campus E-board	Finalized Rose Day fundraiser details and P4 Rotations/Post-Grad Panel event for the Joint Project (collaboration with Phi Lambda Sigma (PLS)). Ordered Balance Beyond the Books prizes.
10/9/15	President & Vice President meeting with sub-committee & PLS President	Discussed details of our Joint Project- a P4 Rotations and Post-Grad Panel. Reached out to APPE students and residents/fellows in the area to invite them to speak at this panel to educate P3 students about rotations, residencies and fellowships.
10/28/15	Campus E-board	Finalized second general meeting details. Created a design for backpacks to giveaway at our annual Step Challenge.
11/11/15	Campus E-board	Booked Induction Ceremony date. Discussed the Most Improved Chapter nomination video.
11/17/15	General Campus Member Meeting	Discussed and took pictures for Most Improved Chapter nomination video. Informed membership of Induction Ceremony date and the final Balance Beyond the Books details/prizes.
1/22/16	Campus E-board	Finalized Spring Balance Beyond the Books timeline. Discussed Spring semester fundraiser ideas and our annual Spring Step Challenge.
2/5/16	Campus E-board	Finalized fundraiser details, trivia at Relay for Life. Discussed the elections timeline/process for newly inducted members. Drafted budget proposal and a Standard Operating Procedure for the organization.
2/19/16	Campus E-board	Finalized prizes for Spring Balance Beyond the Books and Step Challenge. Ordered drawstring backpacks for Step Challenge give-away
3/8/16	General Campus Member Meeting	Welcomed new members, provided updates on our Relay for Life Fundraiser and discussed ideas for Spring Joint Project. Induction Ceremony details to new members and opened elections for new officers.
3/11/16	Campus E-board	Interpreted officer election results, finalized Balance Beyond the Books raffle and Step Challenge timeline. Discussed ideas for the Joint Project.
4/1/16	President with Joint Project Sub-committee	Discussed idea for Leg Day and delegated responsibilities for the project. Created an informative hand-out to explain Legislative Day details
4/8/16	Campus E-board with PLS E-board	Induction Ceremony meeting and run-through
4/28/16	Campus E-board with incoming officers	Transitioned roles and responsibilities and discussed upcoming year’s activities and budget

## VT Campus

Date	Attendance	Agenda/Action Steps
9/8/15	Campus E-board	Planned academic year activities, scheduled first general meeting, delegated officer responsibilities for all club events
10/1/15	General campus member meeting	Discussed events for the semester including OTC/Pharmacist Role trivia night and cardio reviews for the P2 class; submitted event forms for fall semester events
10/14/15	Officer meeting with PLS officers	Discussed joint trivia night including delegation of tasks for preparation and setup of the event
10/15/15	Treasurer meeting	Student government association run meeting for all club treasurers to review budgets and procedures
11/05/15	General campus member meeting	Discussed recent cardiology review sessions and future events including balance challenge and induction.
11/16/15	Campus E-board meeting	Collected photos and contact past officers to help plan chapter video for award ceremony; discussed induction ceremony for the spring.
1/25/16	Campus E-board meeting	Planned/scheduled spring events including induction ceremony, balance challenge, and general member meetings
02/04/16	General campus member meeting	Discussed keynote speaker for induction; discussed joint trivia night with CAC
03/03/16	General campus member meeting	Voted on new E-board members; discussed balance challenge
03/04/16	Campus E-board meeting	Planned final details of trivia night, balance challenge, and induction ceremony
03/22/16	Campus E-board with PLS E-board	Discussed induction ceremony details, schedule of events, and roles/duties of the officers
03/22/16	New member meeting	Elections for 2016-17 officers
04/14/16	Incoming & Outgoing E-boards	Transitioned officer roles and responsibilities; upcoming year activities and budget

### **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*, which encourages well-roundedness of student pharmacists. Our chapter developed this theme in 2010 with the support of a ***Rho Chi Project Proposal award***. The premise is that well-balanced student pharmacists will become well-balanced pharmacists who can educate others about healthy choices and the value of strong work-life balance. We focus on the following five facets:

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

All chapter events focus on the various facets of our *Balance Beyond the Books* theme, providing a framework for planning activities and sharing the mission of Rho Chi on both campuses. This year *Balance Beyond the Books* was expanded with new ideas (described later).

**Activities:** Please see the completed **Appendix 1** (campus-designations are included where applicable). Each activity listed has been ongoing for at least 3 academic years on both campuses.

**NY CAMPUS:** Worked to significantly increase the number of campus-based events within the same “theme” of *Balance Beyond the Books* compared to previous academic years. The NY campus expanded the community service facet of our “balance” theme through two fundraisers, raising over \$500 for the NYS Brain Injury Association and American Cancer Society. To promote professional advocacy, the NY campus also developed an educational pamphlet for students about NYS Pharmacy Legislative Day and collaborated with our SSHP chapter to host NYS Assemblyman John McDonald to speak on this topic. To promote personal health and wellness, the NY campus continued its annual Step Challenge, encouraging teams of participants to increase their daily number of steps (tracked with pedometers) to compete for prizes. The NY campus also held a panel of APPE students, one resident and one fellow to educate P3 students on future career opportunities.

**VT CAMPUS:** Through continuous quality improvement assessment, the Step Challenge event was extended to 4 weeks in duration. Events also included more community and professional outreach.

**Financial/ Budgeting:** Please see **Appendix 2.**

#### **Initiation Function:**

**NY CAMPUS:** An Induction Ceremony was held on Sunday April 11, 2016 in the Albert White Gymnasium at the Albany College of Pharmacy and Health Sciences - Albany Campus, where 37 Rho Chi members were inducted into our Gamma Gamma chapter. The keynote speaker was Dr. Stephen Esker, an alumnus of ACPHS, and an Associate Director, HIV Medical Scientist with US Virology Medical Affairs, Bristol-Myers Squibb.

**VT CAMPUS:** The Induction Ceremony took place on Friday April 15, 2016 at the Albany College of Pharmacy and Health Sciences Vermont Campus Classroom 101 to induct 6 Rho Chi members into our Gamma Gamma chapter. The keynote speaker was Dr. Molly Trayah, who is an Assistant Professor in the pharmacy laboratory, alumna of ACPHS, and completed PGY1 residency training at the University of Vermont Medical Center.

**Evaluation/Reflection:** Starting last academic year and continuing this year, the *Balance Beyond the Books* theme was developed into a program on the NY campus this year, where teams of three compete for prizes based on who is most “balanced.” Approximately 150 students registered each semester, an increase from last year. Teams collected points by attending various events on- and off-campus or by participating in community service events. Example point-earning events include Phi Lambda Sigma (PLS) Leadership Presentations, attending tutoring sessions, sporting events, volunteering at a food bank, volunteering at health clinics, attending seminar presentations given by faculty and/or guest speakers or participating in campus-wide events provided by our Student Government Association. The top team won prizes, while remaining participants converted points into raffle tickets to win prizes that represented the 5 facets of the “Balance” theme. This event has been popular with students and earned us the “ACPHS Most Improved Organization” award last year and nomination for the “Rho Chi Most Improved Chapter.” This was possible due to significant improvements made using student feedback. A Google form where students can check-off events attended was used. A specific point chart was used so students better understood point allocation. A weekly scoreboard was posted for tracking progress.

Other successful events held on our Albany Campus included a P4 Rotations and Post-Graduate panel. We collaborated with our Phi Lambda Sigma chapter to host APPE students and residents/fellows in the area for a Q&A session for P3 students to educate them on rotations and post-graduate opportunities. Five APPE students, 1 resident and 1 fellow participated on the panel, and approximately 30 P3 students attended. We also invited NYS Assemblyman John McDonald to speak regarding New York’s Pharmacy Legislative Day. Assemblyman McDonald is a practicing pharmacist and the only healthcare provider in the NYS Legislature. Our chapter created an educational pamphlet about the bills for which we were advocating to encourage student

participation in advocacy. We continued our Step Challenge event from previous years to encourage collaboration between faculty, staff and students; while also promoting personal health and wellness. This event is a one-week long Step Challenge in which teams of 3 compete to win a prize. This year, we gave participants drawstring backpacks and pedometers, and charged \$5 per entry to raise money for our campus' Relay for Life. With 30 teams signing up, we were able to raise over \$400 to help fight cancer.

In Vermont, the Balance Challenge significantly changed from years prior. The emphasis was no longer on just health and wellness by counting steps with a pedometer. This year balance challenge promoted academic excellence, professionalism, and community outreach. Balance challenge was coordinated with every organization on the Vermont campus to create a campus-wide event. Students were able to collect points for attending tutoring sessions, review sessions, or for P3 students completing weekly randomized quizzes on material covered in class that semester. Students also gained points for attending club meetings, participating in professional events such as blood pressure screenings, and volunteering with organizations such as service club. Balance Challenge continued to emphasize health and wellness by using pedometers to track steps and activity levels of the participants (48 in total). Teams of 4 students sign up and received a pedometer and T-shirt upon registration. The event was conducted for an entire month compared to a week in prior years. Scores were released on a weekly basis. This event involved integration with all club presidents to track attendance at meetings and events. This event greatly increased participate in club events throughout the campus.

OTC trivia night, conducted in the fall semester, placed an emphasis on the pharmacist's role in healthcare as well. The event was joint with Phi Lambda Sigma Leadership society on campus. Student's comments about the event include:

- "This was a great refresher for me, I forgot many things from self-care."- P3 student
- "Great exposure to topics I will learn in the future." – P1 student
- "Even after working community pharmacy for many years, I still did not know all the answers" – P3 student

Other events included review sessions conducted with other peer tutors for cardiology. Before each exam, Rho Chi members reviewed key concepts with students and developed case questions for students to work on. The students expressed gratitude and each session had approximately 25 students in attendance. A new event this year was participation in the Colchester Wellness Fair where Rho Chi members participated in a brown bag event where community members brought their medications from home to the fair to discuss what the medication was and how it works. Around 30 patients where reached through this event that promoted health and wellness to the community.

## **Most Improved Chapter Award**

No submission this year – but we appreciated being considered last year for this honorable award.

Name of School/College:

Chapter name and region:

Name of member submitting statement:

Name of Chapter Advisor:

## Chapter Activities Report – Appendix 1

### Appendix 1

#### Chapter Activities Report (NY and VT campuses listed in sequential order)

[Chapter Name, School Name] Activity Table								
Category of Activity <sup>1</sup>	Title of Activity	Brief Description <sup>2</sup>	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 and 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]
NY CAMPUS								
Intellectual Leadership Activities  <i>Panel to educate P3 students</i>	P4 Rotations and Post-Grad Panel	Collaborated with PLS to hold a panel of APPE students, a resident and fellow to educate P3 students on life on rotations and post-graduate opportunities.	This event helps support the success of our students, by educating them on rotations and future opportunities. It helps to foster collaboration to create a mentor system for our to provide them with guidance/advice for the future.	First year	N/A	Approximately 10 Rho Chi members	Approximately 40 students	\$0
College of Pharmacy Events <i>Fitness Balance</i>	Step Challenge	Teams of 3 (students and faculty) were made and a team captain was selected. Entry was \$5/person. Backpacks and pedometers were provided. Points	This event helps build social interaction amongst colleagues and faculty. Furthermore, it provides an opportunity to advocate for	4 years	The methods used to add points. Currently totaled in an Excel sheet but a Google form would be more efficient.  Possibly replacing the pedometers with an app or another,	Approximately 20 Rho Chi members participated.	90 students and faculty this semester	\$1132 for customized backpacks and pedometers  Charged \$5/person to enter the challenge and

		were determined by the number of steps recorded and the team total was calculated at the end of the week.	personal health and wellness for each individually. This challenge provided a healthy competition for students.		more convenient way to track the steps.			raised \$450 for Relay for Life
College of Pharmacy Events/Encouragement of Community Service <i>Balance</i>	Balance Beyond the Books	Semester long program, in teams of 3 students. Students received 1 point/each extracurricular activity they attended per week (tracked). At end of semester, winning teams and individuals were announced, and participants could convert their points into raffle tickets to win prizes.	This theme focuses on 5 facets that we believe are critical to professional development; including: personal health & wellness, habits of mind, social interaction and collegiality, community outreach and professional advocacy. We believe this promotes well-balanced future pharmacists, and encourages intellectual growth.	2 years	Each semester we send out a survey to participants to improve. This year students wanted the raffle process to be easier so we changed the way we give out the tickets. We also gave bonus points to students with underclassmen on their teams to help get the younger students involved.	Approximately 30 Rho Chi members	Approximately 150 students/semester	\$1867.50 for winning team prizes, and individual raffle prizes for the year
Education/Advocacy <i>Legislative Day</i>	Leg Day Education	Provided educational pamphlets to students about NYS Legislative Day. Collaborated with SSHP have John McDonald of	This event provided students with information to help advocate to advance our profession in NYS. It also helped develop	First year	N/A	Approximately 10 Rho Chi members	Approximately 30 students present at speaker presentation	\$0

		the NYS Assembly speak to students about what pharmacists in NY are advocating for.	intellectual leaders by providing them with information to improve our profession.				Pamphlets provided to ~150 students	
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VT CAMPUS								
Intellectual Leadership Activities (i.e., tutoring, sponsored lectures, poster sessions, etc.)	PTPM Cardiovascular Review Sessions	P3 Rho Chi members and tutors held review sessions for P2 students in this 4 credit module on therapeutics and pharmacology. Rho Chi members developed powerpoint presentations that included case based questions, key concepts, and highlights before each exam.	The event aims to help students succeed academically. This event signifies the peer mentor and leadership roles Rho Chi members take on.	5 years	This year more case-based questions were drafted for the review session along with more formal PowerPoint presentations.  Evaluated level of Rho Chi member participation.  Spoke to students to discuss the effectiveness of the session and if this tactic should be extended to other courses.	~5 Rho Chi Members	~25 students	\$0
College of Pharmacy Events [non-academic, non-patient outreach]	Trivia Night with Colleges Against Cancer	Trivia night held on campus with local trivia host. The event coincided with	The event emphasizes balancing school and life. This event focuses on raising money	3 years	N/A	~6 Rho Chi members	~40 students	\$250 for food and prizes

		Balance Challenge and was held in conjunction with Colleges Against Cancer.	for Relay for Life as well as providing a fun environment for students to take a break from the books.					
Education/Advocacy/ Patient Outreach	OTC/Pharmacist Role Trivia Night	President of Rho Chi developed over 50 trivia questions in various OTC categories as well as a category devoted to the Pharmacist's Role in Healthcare. Teams of 4 competed for prizes.	Reinforced students' knowledge with OTC topics in a fun, competitive environment. Tied in the Pharmacist Role in Healthcare as a new trivia category	2 <sup>nd</sup> Year	Discussed with students on campus about topics they would like to see included.	~5 Rho Chi Members	30 students	~\$150 for food and prizes
	Colchester Wellness Fair	Brown Bag Event at the Colchester Wellness Fair where Rho Chi members helped community members identify medications and discussed with them the purpose of the medications.	Educated patients about their medications and answered questions about medical conditions the patients had.	First year	N/A	~7 Rho Chi Members	~30 patients	\$0
Encouragement of Community Service/Fitness Challenge/	Balance Challenge	Balance challenge emphasizes a focus on	This challenge focuses on academic excellence by	3 years with major modifications this year	Received feedback from students from prior years,	N/A	~50 students	\$880

Professional Advocacy		health, academics, and community outreach. Students compete in a month long challenge counting steps and earning points for attending tutoring sessions, organization meetings, and participating in club events.	encouraging attendance of tutoring sessions. This challenge also focuses on professionalism and community outreach by encouraging participation in pharmacy events and community service events.		collaborated with Albany chapter on how they run their event			
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Appendix 2 -  
Rho Chi Chapter Annual Report

ITEM	Amount Debited (\$\$ spent)	Amount Credited (\$\$ raised)	Balance	Comment
<b>NY CAMPUS</b>				
Induction Ceremony	\$905.00		-\$905.00	37 members inducted
Balance Beyond the Books & Step Challenge	\$3000.00		-\$3000.00	140+ participants/semester Purchased backpacks, pedometers, supplies and prizes
Food for General Meetings	\$300.00		-\$300.00	~32 Members attended 1 <sup>st</sup> semester meetings, 66 attended 2 <sup>nd</sup> semester meeting Donated \$450 to American Cancer Society
Trivia at Relay for Life	\$150	\$450	\$450	
Rose Day Fundraiser	\$200	\$350	\$350	Purchased bouquets of roses to give to outstanding faculty members voted by the students.
Member Recognition	\$150		-\$150	Prizes to award members who have shown involvement and dedication to the organization
<b>VT CAMPUS</b>				
Induction Ceremony	\$718.90		-\$718.90	6 members inducted plus members from Phi Lambda Sigma.
Balance Challenge	\$843.90	\$240	-\$878.75	48 Students/Faculty participated and received a T-shirt and pedometer.
OTC Trivia Night	\$145.95		-\$145.95	30 Students participated and prizes were given to the 1 <sup>st</sup> place team.
Trivia night with Colleges Against Cancer	\$243.90		\$243.90	45 students participated in a trivia night to raise money for Relay for Life of the American Cancer Society