

Annual Chapter Report Outline

Please complete your Annual Chapter Report and submit to the National Office by May 15.

Date of report submission: 2018-05-04

Name of School/College: Midwestern University Chicago College of Pharmacy

Chapter Name & region: Gamma Kappa, Region IV West

Delegate who attended the Rho Chi Annual Meeting: Kaitlin Kelly

Date Delegate's name submitted: 2018-03-13

Past year's officers and e-mail addresses

President

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Last Name

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Historian

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New officers and e-mail addresses for next academic year

(If not yet elected, please indicate date of anticipated election and report names within one week of election)

2018-04-18

New officers and e-mail addresses

President

First Name

Shereen

Last Name

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Chapter advisor's name and e-mail address

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Chapter advisor's name and e-mail address

[chapter-advisors]

Introduction

At Midwestern University Chicago of Pharmacy, receiving an invitation into Rho Chi Honor Society is valued as an achievement after the countless hours of studying the past 2 years. The current Rho Chi class of 2019 holds 40 members while the previous class of 2018 held 33 members and the upcoming class of 2020 we recently initiated holds 39 members. Each member is held accountable for accomplishing 1 philanthropy event a year, 1 fundraising event a year, and partakes in 1 review session per quarter at a minimum. Our organization hosts a speaker presentation each quarter to stimulate critical inquiry and advance pharmacy, aide other pharmacy and school organizations in various health and community fairs to foster collaboration, as well as conduct review sessions before every P-1 and P-2 year exam to development intellectual leaders.

Meetings Please provide information on meetings held in the following tabular format

Date	Attendance	Agenda	Action Steps
2017-09-06	5 E-board, 3 chair officers and advisor	To discuss over summer events, to discuss review sessions, and to plan events for Fall quarter	-The new review session chairs, Marisa Roberts, Danielle Tsevas, and Jatin Bhakta planned for new ways to host review sessions -Organized philanthropy event for the AIDS Run/Walk in Chicago, IL -Plan for the Healthcare Communications workshop Dress Down Day fundraiser collaborated with Pharmacy and Pediatrics -Began creating class t-shirt design for fundraiser -Members must complete one philanthropy event per year, attend all guest speaker events, attend all GBM and tutor in one review session per quarter -Shared information on AIDS Run/Walk, t-shirt fundraiser, organization/mini-health fair, Dress Down Day fundraiser -Introduced new tutoring chair members Danielle Tsevas, Marisa Roberts, and Jatin Bhakta
2017-09-22	5 E-Board, 3 chair officers and 40 members	To update general body members on Fall quarter events and Rho Chi requirements	
2018-	5 E-Board, 3	To discuss upcoming	-Inform about speaker event with Dr.

01-08	chair officers and 40 members	Winter quarter events: speaker event, fundraisers, volunteer and review session requirements	Wesling and Dr. Van Dril originally on 2/16/18 but moved to 04/06/18 due to weather -Organize philanthropy events: MWU Mini Health Fair & Snow Day - Continue to explore opportunities with collaborations -Discuss Rho Chi Annual Meeting in Nashville, TN
2018-04-18	5 E-board officers, 39 new members and advisor	To have the new Rho Chi class vote for their chapter officers for the 2018-2019 academic year	-Candidates gave speeches and members placed paper ballots voting for their peers; ballots were counted by current E-board officers and faculty advisor -Results: President: Shereen Salama, VP: Taofikat Olawale, Secretary: Emily Scott, Treasurer: Natalia Gawelda, Historian: Samantha Korsak

Strategic Planning: What goals were set that relate to the Rho Chi mission?

This year, the Gamma Kappa chapter executive board members set the short-term goal of establishing more events to promote involvement of our organization through giving back to the local community. To achieve this goal, we participated in multiple philanthropy events within the community by collaborating with healthcare professionals from Northwestern Memorial Hospital to promote awareness of HIV and AIDS and worked together to prepare meals for children in Africa at Feed My Starving Children. On campus we increased our involvement from previous years by not only participating in Midwestern University's organization fair and APhA's Mini Heart Health Fair, but also participating in the Taste of Midwestern hosted by Student Council and Halloween Fest, Snow Day/Winter Fest, and Easter Fest hosted by Student Services. Another way our members enhanced their involvement was hosting a speaker event with Phi Lambda Sigma about the differences in managing hypertension and diabetes mellitus. The next goal the executive board wanted to focus on was to enhance attendance of the review sessions hosted for the P-1 and P-2 classes. This year, after talking to some students interested in the sessions, we decided to host each session 2 days before their exam in order to provide time to review the material before the session. This allowed the students time to discover concepts they are struggling with while also time after the session to review the material before the exam. Afterwards when the students excelled in their studies and exams, Rho Chi hosts the Dean's List Luncheon to congratulate students for their hard work with a motivational speech from our college dean.

Activities

As a continuation from previous year, the Gamma Kappa chapter continued to emphasize what Rho Chi is for students on and off campus by updating the chapter Facebook page (<https://www.facebook.com/mwurhochi/>) solely dedicated to any pharmacy students. In addition to promoting awareness and accessibility, we created a chapter G-mail address (rhochigammakappa@gmail.com). With these communication platforms, we were able to share information about the Rho Chi mission, upcoming events, updates, and numerous pictures of our

members engaging in activities ranging from awareness runs/walks to health fairs and other volunteering events.

Compared to the past 4 years of hosting review sessions 1-2 times a week, we have enhanced the sessions by accommodating the P-1 and P-2 student's schedules. We asked first and second year students to fill a questionnaire on SurveyMonkey on their preferences for the review sessions and what they would like the review sessions to entail. First, we hosted each session 2 days before each of their planned exams in order to provide them time to study material ahead of time. These simple accommodations increased involvement and overall attendance to the sessions. With each review session, three Rho Chi members were asked to make three multiple choice questions on the current topics for exam, along with explanations of the answer and where to find the material in the notes. Students were notified of the review session through our Facebook page as well as the pharmacy class's Facebook page. In total, we held 50 review sessions and spent 147 student-hours tutoring students this academic year. Countless hours were spent beyond that preparing to tutor the students in advance. We are in the process of increasing involvement through online programs for student who do not live near campus as well as having students send questions in advance to individualize our sessions.

As a chapter, we also participated in numerous community service events. These events included the AIDS Run/Walk and Feed My Starving Children; these events were geared towards helping people in our surrounding communities. By participating for the second year in the AIDS Run/Walk, we were able to help raise awareness while collaborating with the Northwestern Medicine team. Feed My Starving Children was a new event where we volunteered to package meals for infants in underserved countries. Additionally, we participated in multiple philanthropy events on campus; these events included the MWU Community Mini Health Fair, MWU Halloween Fest, MWU Snow Day/Winter Fest, MWU Easter Fest, and MWU Taste of Midwestern. For the second year Rho Chi helped educate people about the DASH Diet and promoted healthy eating at the MWU Mini Health Fair. By participating in these different philanthropy events, our chapter was able to promote the importance of helping the community and encouraged leadership as well as dedication to excellence. As a chapter, we plan to continue this collaboration with different pharmacy organizations and make our presence known in the community.

Every year, in order to help our tutors develop appropriate questions for the peer review sessions, Dr. Jacob Gettig, assistant Dean of Post-Graduate Education at MWU, presents on how to write appropriate multiple-choice questions. The skills that Dr. Gettig teaches our members aid in advancing the development of the review session program. We also hosted two different speaker events on campus that would contribute to the development of intellectual leaders. Our first speaker event was "Updates in the Management of Diabetes Mellitus and Hypertension" which was hosted by Rho Chi and Phi Lambda Sigma. Dr. Liz Van Dril and Dr. Megan Wesling who are both PGY2 Ambulatory Care Residents at Midwestern University presented the updated guidelines. The presentation educated members and non-members about the change of the updated ACC/AHA and ADA guidelines. Our P3 class learned about DM and HTN prior to the updated guidelines, so we offered an opportunity for them to become more familiar with the new recommendations. The speaker events were great opportunities to promote and facilitate the academic and professional advancement of our members while fostering collaboration. Lastly,

we continued the quarterly Dean's List Luncheon for Dean's List recipients from the previous quarter. At this event, the dean of the college, Dr. Nancy Fjortoft, is invited and provides a few inspirational words for students, and congratulates them on their achievements. The Dean's speech encourages students to strive for the Dean's List every quarter. All the quarterly Dean's List Luncheons provided a chance for students to self reflect on their achievements and allowed students to stay motivated and continue to excel in their didactics. This event was very successful and was greatly appreciated by students, so it will be continued each quarter by the new executive board.

Financial Budgeting

The budget was determined by the availability of funds from the prior academic year and an annual organization stipend that is given to organizations on campus from student services. Our Gamma Kappa chapter began the year with \$4496.00 after carrying the previous year's budget forward along with the annual stipend. This budget is approved by Midwestern University's student services office from Michele Larson. Additionally, we also directly added funds to our chapter by completing several fundraisers. For our first fundraiser, we designed Class of 2019 pharmacy t-shirts which were sold to all members of our graduating class (\$407). After that, we completed 2 fundraisers that were held in the winter and the spring that allowed PS3 students to participate in dress down days for their clinical skills lab (\$132). Another fundraiser was completed during the spring quarter, in which we sold Rho Chi Gamma Kappa long and short sleeve t-shirts to PS2 and PS3 Rho Chi members (\$165). The fundraising activities greatly contributed to our chapter's success this year because we were able to offer a limited amount of food during our guest speaker events and to reward honorees of the Dean's List during Dean's List Luncheons. This resulted in a greater awareness of our organization and allowed incentive for students receiving Dean's List recognition for the work in their academic classes. The extra funds also allowed us to give back to the community by preparing informational handouts and poster boards when attending organization and health fairs.

Rho Chi Gamma Kappa Chapter Annual Financial Report

Item	Amount debited (spent)	Amount credited (raised)	Balance	Comment
Balance Forward from Last Year			4496	
Fall GBM Food (9/22/17)	80		4416	
Thank you Gift for Dr. <u>Gettig</u>	18		4398	To: Marisa Roberts
PS3 Dress Down Day Fundraiser		132	4530	
Budget Transfer <u>from Student Services</u>		350	4880	
Winter GBM Food (1/8/18)	120		4760	
Winter Dean's List Luncheon Food (2/16/18)	221		4539	
Dean's List Luncheon Drinks	25		4514	To: Shannon <u>Kuhrau</u>
Class T-shirt Sale		1776	6290	
Payment to Matthew's <u>Bookstore</u> for Shirts	1375		4915	
Spring GBM Food (3/19/18)	80		4835	
New Initiate Meeting Food (3/28/18)	120		4715	
Rho Chi/PLS Speaker Event Food (4/6/18)	135		4580	
Thank you Gifts for Speakers	54		4526	To: Alyssa <u>Arway</u>
Member T-shirt Sales		454	4980	
Payment to Matthew's <u>Bookstore</u> for Shirts	289		4691	
Spring Dean's List Luncheon Food (5/9/18)	220		4470	
FINAL BALANCE			\$4470	End of year balance

Installation Function

The Rho Chi Initiation ceremony took place on April 20, 2018 at Midwestern University Chicago College of Pharmacy in Little John Hall at 5 PM. All of the chapter officers on the executive board attended the meeting as well as the chapter advisor. The advisor and president started the initiation ritual by welcoming the new initiates which was followed by the traditional speeches from the Rho Chi National website by all of the chapter officers. The initiates promised to uphold the values and morals of the Rho Chi Honor Society and proceeded to sign their name into a bound book to signify their acknowledgement of the society's standards of membership. The new initiates were greeted by all of the chapter officers and Dean Nancy Fjortoft with a warm handshake.

Evaluation/Reflection

This year our chapter focused on involvement through philanthropic events and stressed the unification of our chapter. This is shown by the increase in various philanthropic events compared to last year; our intent was to show our chapter's dedication to community service as proud members of the Rho Chi Honor Society of Midwestern University.

In regards to our tutoring sessions, our chapter worked together with the other pharmacy classes to schedule appropriate times for review sessions with the goal of improving attendance. These review sessions were very effective in helping our P1s and P2s by giving them helpful tips to prepare for exams. The involvement of all of the members of Rho Chi was essential to making the review sessions successful because everyone had the opportunity to share their knowledge and helpful pointers that would best benefit the students at the review. One way to improve the review sessions would be to reach out to professors and help them share useful tips and hints that they think the students should know. Another idea is to try to incorporate a live video feed during the review sessions for students that are unable to attend. Reflecting on all of these events, we successfully achieved our goals and exceeded our objectives for this year.

We emphasized creating a better learning environment for our members and nonmembers by hosting numerous review sessions, philanthropy events, and speaker events. We planned a speaker event during winter quarter, however, there was a blizzard and we unfortunately had to reschedule it for a later date. Issues like these can occur anytime but, by utilizing our excellent communication skills, we were able to reschedule the event rather than canceling it altogether. As we grow to become leaders in pharmacy, having the ability to face problems like this has helped bring us together. Overall, the events were a great success and having all of our members be involved showed how our chapter is demonstrating unification, communication, and leadership.

Lastly, our chapter goal for next year is to take the next step and coordinate involvement with our alumni. As with many organizations, once a member has graduated, continued involvement with alumni is minimal. This year we were able to have two residents who were alumni of Midwestern University and Rho Chi teach us about the changes in hypertension and diabetes mellitus and expressed interest in coming back to speak about other topics. We also want to

collaborate with the P-4s and graduates by hosting an event to network so that current members can ask the graduates questions about their careers and learn more about different opportunities in pharmacy. This would give the alumni an opportunity to mentor members as they begin rotations and job hunts, and members would be able to learn about the accomplishments and struggles of past students.

Other Information

By reaching out to the community through various school health fairs and through healthcare professionals, we have an extraordinary opportunity to educate the public on prevention and modification of disease states. As our population has a tendency to abstain from visiting their primary provider as often as they should or even ask questions to the pharmacist. This opens up an opportunity for us at a health fair or community outreach because to take stress away from the patient while also allowing the patient to get to know you as a healthcare professional. Rho Chi looks forward to volunteering at any health related event because we not only able to apply what we have learned in school, but we also get to know the community and their concerns about various health-related topics.