PHI LAMBDA SIGMA

The latest news and updates from Temple University School of Pharmacy

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Welcome students to the spring semester! We have all faced challenges this past year but I have no doubt that you have dug deep to overcome them. Your perseverance and grit in these unusual and stressful times make you who you really are. Pursuing a career as an essential healthcare worker requires more and more commitment each day. We hear about our colleagues all over the world suffering and sacrificing in unprecedented ways. At the same time, healthcare and science have been the sources of rescue and unity in this pandemic, pushing us all to persevere in our mission.

Even though most of you made your choice to join the TUSP family prior to the onset of the pandemic, we are exceptionally grateful that you have been here with us through this time. Whether you realize it or not, you give us - the administration, faculty, and staff - purpose, focus, hope, and pride. You have demonstrated leadership and dedication in the face of crisis - something that can inspire you throughout your lives when you inevitably face challenges.

And as you are all hard at work in pursuit of your path towards bettering our communities, behind the scenes, our faculty and staff are hard at work aiming to improve the path of the School itself. We take our ability to improve and adapt very seriously and our success in refining and strengthening our institutions relies on input from all community members. Your voices and perspectives are critical to the success of this initiative. I encourage you to take advantage of every opportunity to share your input, so we can implement your ideas in our upcoming strategic plans.

As you progress through this semester, please continue to reflect on all of your achievements, even the ones that you may think are insignificant. They will serve as reminders of your tremendous abilities to succeed, lead, and make a difference. We are incredibly thankful to have you a part of the TUSP community and look forward to seeing each of you very soon.

Jayanth Panyam, PhD, Dean & Professor
Temple University School of Pharmacy

P. Jayanth
I applied for internships directly on the company website. I researched available intern positions at various pharmaceutical companies in the area (Merck, Johnson&Johnson, GSK, etc.) that I was interested in and applied to those I was qualified for. I learned much about how to apply and research internships from my experience with the Industry Pharmacists Organization (IPhO) and attending relevant presentations/info-sessions. For any student pharmacist interested in an internship in the pharmaceutical industry, I recommend highlighting the clinical skillset and knowledge pharmacists have that other applicants may lack. Within a pharmaceutical company, you may be working with former nurses, physicians, biochemical engineers, business administrators, etc. so not everyone will have the same educational/experiential background. Pharmacists can therefore provide a unique viewpoint that is beneficial to any team, and thus should be emphasized. I worked with pharmacists who previously worked in retail, former physicians and nurses, as well as biochemists, engineers, and those with similar scientific backgrounds.

The major responsibility I had for my internship was a final project and presentation that involved weeks of analyzing clinical trial data, gathering additional information from databases about clinical trials, and generating a clear, attractive presentation on the results/impact of my research. In addition to this project, I was also tasked with supporting Clinical Research Coordinators or Clinical Trial Managers with a range of small projects.

Although my internship was entirely virtual, I was still able to form meaningful relationships with the awesome individuals I worked with, and am still in contact with a few of them today. This internship exposed me to more than I expected and I will carry a wealth of knowledge with me. I saw firsthand how clinical trials are planned, executed, completed, and occasionally “rescued”. There are numerous contributors that deal with many challenges in order to complete a successful clinical trial which provided me a newfound appreciation for drug development. Perhaps most importantly, I learned how valuable a pharmacist can be to a clinical trial team. We have an abundance of clinical expertise and medication knowledge that no other profession has, which makes pharmacists crucial to successful clinical trials and drug development. As a student, I highly recommend attending as many info-sessions, panel Q&As, presentations, and events related to internships as possible. There is a tremendous amount of opportunities for student pharmacists available and it can be overwhelming. Many student organizations on campus provide an abundance of opportunities to learn about internships, careers, post-grad plans, etc. so take advantage of these resources!
During my PY1 summer of 2020 I participated in the Bridging the Gaps (BTG) Internship in Philadelphia, PA. This community site was centered on the Temple University, Center for Urban Bioethics, Food Insecurity Project. My academic and community preceptor was the incredible Providenza Loera Rocco, JD, MSW, MBE, HEC-C from Temple University, Center of Urban Bioethics.

I first learned of the internship in the PY1 Internship Panel provided to first year students on the Professional Practice course by Dr. Calligaro. I shortly applied and completed the process of interviewing for the internship with Dr. Rocco, coordinator of the internship for Temple University. BTG, being a community-based internship, was particularly of my interest. I have always loved to be involved with the community and help others, and for me that was the experience I wanted to have on my first summer break of pharmacy school. In the internship our mission was to work in conjunction with Temple Health Network to help patients find accessible food resources. Using remote contact methods, we helped provide access to food resources via information packets and non-contact food delivery.

My duty as an intern was to work in conjunction with Population Health to compile a list of patients who are considered food insecure. Food insecurity means individuals lack reliable access to a sufficient quantity of affordable, nutritious food. I had to contact these patients and determine the severity of their food insecurity, then provide them with information about the nearest food pantries, set them up with food delivery resources, or provide immediate noncontact food delivery to patients in a flood emergency situation.

Once these resources were provided, patients were handed off to Temple Population Health for follow-up. Being bilingual I centered my efforts on helping the Hispanic/Latino community within our project. I worked mainly with patients with language barriers.

Working on this project during the COVID-19 pandemic for sure impacted how things were conducted, but I am truly satisfied with the outcome. I believe we managed to fulfill our goals and to help so many people that were deeply affected by food insecurity during the pandemic. We wanted to make sure these families will continue to have food long-term and not only as support during the emergency. In this internship, I had the privilege to work with amazing students from all backgrounds, future physicians, nurses, dentists, pharmacists, social workers, and more. As future health care providers, I believe it is deeply important to develop our skills of empathy and service to the community. This is an internship I would recommend to any student wanting to be part of the health system.
Richard Campolungo, Class of ’22  
Acme Pharmacy Summer Internship Program

The internship selection process was through an in-person interview with the pharmacy trainer who led the program and an additional Acme pharmacist. The interview challenged interested candidates by asking questions such as why they wanted to complete an internship with the company, which field of pharmacy they were most interested in, and what creative ideas they had such as how to promote flu shots to new patients. For any interview for an internship position, it is important to research the details of the program and be prepared to ask questions that cannot be answered by the internship’s flyer or website.

The internship involved working under two community pharmacists at an above average prescription volume store. The responsibility of the pharmacy intern was to perform and excel in both patient centered care and pharmacy operations. Patient centered care involved adherence calls and comprehensive medication reviews through medication therapy management (MTM) tools and securing immunization clinics at nearby locations to provide the influenza vaccine. Pharmacy operations introduced students to proper workflow management of the pharmacy as well as pharmacy metrics including reading and interpreting a profit and loss statement.

I most cherished the connections I made with the other interns during the program. The seven interns in the program were from both Temple University School of Pharmacy and Philadelphia College of Pharmacy. This made the program a unique experience to engage with students from another school with the same passion for medicine.

The cornerstone accomplishment of this internship program was performing a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis on a community pharmacy. This 8-week long project allowed me to identify issues within a pharmacy business and introduce my own creative solutions. Ideas were then presented by the interns to district managers for the chance to be implemented in Acme pharmacies.

The most important resource to use when preparing for an internship opportunity is the any information pamphlet or website that corresponds to the internship. Knowing what questions to ask ahead of time for the interview can give a candidate the advantage of securing the position. Also, understanding the strengths and weaknesses of the internship and how it aligns with one’s own goal is crucial for finding an internship that provides both an enjoyable and knowledgeable experience. On a personal note, do not let the fear of mandatory IPPE time slots deter you from applying to internships that may be scheduled at the same time. My internship originally overlapped with my PY1 IPPE however the IPPE office was able to adjust my IPPE to start and end earlier and not conflict with my internship.
My responsibilities varied by week, but I was assigned to a different clinic service each time and worked alongside a pharmacist. In a sense, it was like being exposed to APPEs a year early: I was given patients to follow, asked to make (supervised) clinical decisions, and attend rounds for the service I was following. Additionally, I held several topic discussions and was responsible for longitudinal projects such as presenting a journal club, a drug usage evaluation, and a medication use evaluation.

The thing I cherished the most about my internship was being able to spend time with other driven student-pharmacists who took joy in learning! Each week, we would share our experiences on our rotations and compare what we’d learned. It was great to bond with students from other schools with so many different interests. The best takeaway from this internship was seeing all the different ways pharmacists can make an impact on patient care. No matter which service I was with, the pharmacist was always a valued and respected voice on the patient care team. Being able to see how an experienced clinical pharmacist handles their day-to-day responsibilities in a wide variety of situations was eye-opening.

It’s never too early to start pursuing an internship! Talk to your upperclassmen, especially those who have done one, and cast your net wide. Nothing can replace advice given from someone who’s personally experienced one. I was surprised at how few students heard of this opportunity, then even more amazed once I realized how valuable the experience was!
A lot of focus goes into how students adapt, but what was the biggest personal change for you in moving to an online teaching environment?

The delivery of the material and methods for assessments were a dramatic change. Fortunately for us, Zoom allowed us to still deliver material in a synchronous fashion, and I thought Zoom proctoring for exams was okay. I do not like the offline, ExamMonitoring software, but I realize that it is the best that we can do in this remote situation. I think the faculty and administrators worked very hard to keep the key features of the curriculum the same to adhere to our accreditation requirements. The Executive Steering Committee of the school and the faculty received direct communications from ACPE on how to continue to deliver our curriculum. Laboratory courses were difficult, and the faculty and teaching assistants working the laboratory had to triple their workload going from 3 labs to 8 labs in a week.

What is one positive you can draw away from this experience?

Having recordings available for students allowed them to recover if sick or manage unique family situations which were helpful during the pandemic. Unfortunately, some students would sleep in, do something else, or pick up extra hours at work while skipping lectures. I do believe the recordings allow students to see and hear the lectures more fully than just an audio recording. For students who did not wait to listen to all lectures right before an exam and did re-listen to firm up their notes or devise their questions, I think the recordings were very helpful to reinforce learning.

What challenges or difficulties were presented by teaching in this environment?

For me as a Professor in Pharmacology 1 and 2, the most challenging aspect of the remote learning environment was the limited amount of contact with my students. First, attendance was low and students would watch the Zoom video later, so right there I can’t interact with the students live. In the classroom, I can assess the general comprehension of a new concept or topic from the faces in my classroom. Most students kept their video off so I can’t see if people look confused, which meant that I had to rely on individual students to initiate with me if they were lost on a topic. Even if videos are on, I can’t see 140 little boxes easily, as I am lecturing and/or answering a question or chat. I get many more questions in the classroom than in chat. There can be more of a dialogue in person even in the lecture hall with 140 people. Students would come up during break or ask questions at the end of live lectures, but this rarely happens in Zoom. We have some tools to assess learning in the classroom, such as Top Hat or Zoom polls, but it really isn’t the same as communicating in person.
What are some of the struggles you faced with transitioning to an online learning environment?

I'm the eternal optimist so I try to find the positive in most situations. However, the announcement about switching the entire course online over a weekend posed a lot of challenges. When it came to designing a course plan; we only had a couple of days to do a task that typically requires weeks. Technology was another challenge. Everyone has a different proficiency with technology. Initially, most of us were just figuring out what Zoom is. A specific challenge I remember early on was when I tried showing a DVD through Zoom, but all the students saw was a black screen due to copyright issues and an anti-pirating feature incorporated into the DVD. I then had to switch gears quickly to try and show some of the content on YouTube instead. Technology is difficult sometimes, I think you just have to give yourself grace. Expect that something is going to go wrong, and if nothing goes wrong then you've had a good day.

Each professor was required to take an “Intro to Online Teaching Course,” so we spent our summer learning about best practices for teaching online. Dr. Patel-Shori, Dr. Mayro and I decided that we would do what we called ‘flip the classroom’ in the PY2 P/T course. It means we had our students watch pre-recorded lectures ahead of time and then students came into class, not just sitting and taking notes on a lecture, but actively engaging in cases. Some students appreciated the format and others didn't, but we felt it was the best way to deliver the content.

What is your favorite part about virtual learning and how do you feel about being away from your fellow professors/colleagues?

My favorite part is that I don't have to commute. For many women, being ready to go somewhere or even being “camera-ready” takes a lot longer in comparison to some men. Taking the commute out of the morning routine really just saves a lot of time. However, it's so sad that I don't get to see my colleagues as much as I'd like to! Thankfully, we developed a little afternoon check in. Once a week, a couple of the junior faculty all jump on Zoom and take an hour to check in on each other. It's a nice substitute to popping in each other’s offices with a “Hi!”

From a professor’s perspective, do you think the students’ learning experience was compromised in any way?

I think that's a tricky question and everyone is going to have a different opinion on it. I'll start by saying that I do think the student body's social experience, interpersonal experience, organizations and mental health experience were impacted. In terms of learning experience, it is undeniable that the learning experience was different, however, the same outcomes can still be achieved. Remember when we didn't have GPS or Google maps? We had to use a good old fashioned paper map and we still got to our destination! We may have used slightly different skills along the way but we found our way. I think about my experience as a young student. We had very different technologies, in fact, far less advanced technology (chalk boards, transparencies and projectors), but we still managed to get the job done. The same applies to this different learning format. There are challenges but also unanticipated perks!
What inspired you to volunteer to set up the Liacouras Center for COVID patients?

There are two main reasons. Firstly, I felt like I was not doing enough to help COVID patients. Since I was busy remotely precepting APPE students and teaching didactic courses, I was not as involved in the direct care of critically ill COVID patients as much as I'd like to be. I was also doing a lot of work from home, so it took away from my direct impact on patients. Secondly, my sister-in-law, a nurse volunteering at the Liacouras Center at the time, told me there was no pharmacy representation during the early planning. So, I initially went to help answer some questions about pharmacy and volunteer myself. Soon, we realized that a pharmacy team was needed to design optimal pharmacy workflow and create safe medication practices given the limited resources in order to optimize patient care.

How did you handle the pressure of volunteering as a pharmacy specialist for a city-run field hospital?

There was a lot of pressure to develop workflows, create policies, hire and train pharmacy staff, and obtain licenses from regulatory agencies in a short timeframe. Also, there are a lot of rules and regulations that come into play when opening a pharmacy like this. Thankfully we had another pharmacist who is a Pharmacy Director at another hospital, so we had some grasp of the regulations that we had to deal with. It's important to mention though that the regulations are needed for things to be done appropriately and safely. Additionally, we still had to wait for answers from The Philadelphia Department of Public Health, Pennsylvania Board of Pharmacy and the DEA. Another stressful factor was the pandemic itself. In order to have this program run efficiently, our team had to work very closely together in a room. We all had worn the appropriate PPE but there were still concerns due to so many unanswered questions about the SARS-CoV-2 virus. Another stressful factor was the workload as well. We all must have worked 10-15 hours a day for 2 weeks straight.

What lessons would you like TUSP students to take away from your profession and experience as a pharmacist during COVID?

As a pharmacist, we are not going to be recognized as leaders in healthcare if we don't volunteer and step up in practice. Just with the vaccine, it is such a big opportunity for us to show what a big impact pharmacists could have; being able to identify patients who can be given the vaccine and then administering them in order to alleviate the consequences of the pandemic. When it comes to volunteering, there are a lot of ways to volunteer. The Philadelphia Medical Reserve Corps (MRC) is one example. It is a volunteer organization through the city of Philadelphia that students can sign up for. Also, there are tons of opportunities for research during this pandemic. It could be something as simple as surveying fellow students on how they’re dealing with studying to how certain therapies are being used in effectiveness in the hospital and everywhere in between. Don’t shy away from any opportunity! If we don't take an assertive approach to COVID vaccines, then other healthcare professionals will gladly take the responsibility for immunizations. We need all professions to work together but this is something that pharmacy has a unique opportunity to be able to step up.
Welcome Message

Welcome back students, faculty, and staff! For those who do not know me, my name is Drew Underwood and I am the Counseling Intern for the TUSP. I hope you have had a wonderful and restful break. I do not have to tell you what a taxing year this has been, but I am available to help with any issues you may have because of it. I will be resuming my normal schedule of weekdays from 9am-2pm (except Thursdays) so if you have any concerns, please don't hesitate to schedule a session. For now, I leave with some tips for preventing and managing stress this spring.

Prior Preparation: As the semester begins, it is important to write down your goals. Make sure these goals are specific, measurable, attainable, relevant, and time-based. Scheduling all your big quizzes and exams at the onset is also a great idea. I personally like to use Google calendar, but you may prefer writing in a planner. Whatever it is, do what works for you. This will make it easier to schedule in your intermittent studying, so you don't wait to cram for exams.

Coping With Stress: Academic stressors, busy schedules, and personal issues can all make getting through the day seem unbearable at times. In these instances, it is important to stay connected to friends and family that can provide support for you. Try to eliminate unnecessary things that drain your energy and prioritize the things that are important to you.

Be intentional about rest: The same way you schedule classes and work, you must schedule time for intentional rest. Practicing good sleep hygiene at night and finding 5-10 minutes to meditate or throughout the day can have profound effects on your overall wellness and on your academic performance!

Give yourself grace: You will not always feel or do your best. In these situations, it is important to practice self-compassion. Sometimes life is hard, but that doesn't mean we can't be kind to ourselves.

Before things get overwhelming, REACH OUT: I am available for sessions if there are any issues, be it personal, academic, or otherwise. You can schedule a session by emailing me at phcouns@temple.edu.

Links: Scan a QR code below!

Study Tips
Sleep Hygiene
Self-Compassion
Student's Thoughts on COVID

Jeel Dudhat, Class of '21

2020 has been an unusual and challenging year for people all over the globe. I vividly remember feeling dispirited the day we received the news that we will be transitioning to virtual school. Although the change to virtual class/rotations was slightly unconventional, it brought with it some benefits.

One positive thing about this year was that I could spend more time with my family as everyone started working from home. I was able to use the time I spent commuting to do things that I enjoy but don't usually have the opportunity to do, such as painting and catching up on a few highly recommended shows.

One aspect I struggled with the most was striking the right work-life balance. With our adorable new puppy, Mocha, and the whole family at home, it was a little more challenging to focus on work as efficiently as I could at the library. I dealt with it by reorganizing my bedroom into a productive workspace. Being a natural extrovert, I definitely missed spending time with all my pharmacy friends. I made sure to regularly set up Zoom sessions with my friends from pharmacy school, as well as plan a few Zoom workout sessions. I thoroughly enjoyed conducting a telehealth clinic during my ambulatory care rotation with Dr. Mayro. It was rewarding to see the impact you can make on a patient’s life over a phone call from miles away. Overall, 2020 was an unforgettable year that challenged us every day, but it was also the year I realized the strength of my resilience and adaptability.
Erika Mackie, Class of ’22

When COVID started last March, I moved back home with my parents in Scranton, PA for the remainder of the semester. For the first few weeks it was nice being able to spend so much time with them (the most time I’ve spent with them since high school), but after a while the sameness of my days felt overwhelming. I missed my friends and the loneliness started to creep in. I wasn’t doing as well in school as I normally did with the distractions of being home and trying to navigate not only studying at home but taking exams at home as well. It started to feel like the movie Groundhog Day, I felt like I was reliving the same day over and over again, and it started to affect my mental health.

When it became evident this pandemic was not going away any time soon, I knew I had to make a change and adapt to the situation.

I tried to break the cycle of my quarantine routine. I started waking up earlier and getting ready as if I were going to campus. I tried to change the location within my house of where I would be doing class or studying. I started going back and spending more time at my apartment in Philadelphia to change the scenery. I spent more time on Zoom/FaceTime calls with my friends, which gave me a little bit of my “social life” back. I joined more organizations and took on more responsibilities in the ones I was already in. The busier I was, the better I felt and the more focused I became on school. My mental health started getting better and I started to feel like me again. They seemed like such small changes at the time but looking back it really made all the difference in adapting to the “new normal”.

If the pandemic has taught me anything, it has taught me to appreciate the small things in my life and to celebrate the little wins we have each day. Tomorrow is not guaranteed, and we should do the things that make us happy while we can still do them, even if they are COVID adapted versions of those things. Once I recognized the things that made me feel better, I started doing them more. Mental health is such an important part of our well-being and taking care of it is just as important as taking care of our physical being, and I’m glad that I was able to make that turn around when I did.
I, like all of us during this past year, have been trying to adapt and move forward with the new society we've been thrust into. Since March 2020, we have been more or less confined to our households with regards to our schoolwork and social lives, forcing us to become creative in the way we live our lives. This pandemic not only restricted us but brought with it other hardships and difficulties that we needed to handle with care.

Adapting to online learning was a challenge at first, but with time the experience improved. It was a learning curve for faculty and that affected us as students too. We consistently gave feedback to our faculty in order to shape a learning environment that was better suited for us. As the courses change and professors change, this is an ongoing process to refine online learning; but I am glad that our professors have been receptive to our feedback.

Unlike some others, I'm lucky to have a relatively stable home life and that allowed me to be able to do well with this zoom-era of learning from home. Yes, we are students, but each one of us has a full life outside of the classroom as well. This pandemic has brought a unique challenge in that our support systems have become harder to maintain. We have a need to stay connected to our friends and family, but social distancing has made that very difficult. And on top of that, in these last 10 months, I lost 2 grandparents. Having this solitary time at home has given me a lot of time to dwell on things. I know I'm not alone in losing family members, and that thought itself brings me closer to those around me. Many of us are grieving and we are all in need of this pandemic to come to an end. I believe we need to live via “physical distancing” as opposed to “social distancing”. Maintaining this sense of community and mutual understanding through our physically-distanced means is the best way to overcome the challenges we've faced. At least, that's what I've found has been working for me.

Sawyer Patrick, Class of '24

My first memory of the COVID-19 pandemic was the day my undergrad university got shut down. One by one, I watched schools close and students sent home for what I thought would be momentary. Little did I know, I would never return to school, have one last night with my friends, or get to walk across a stage to graduate.

Flash forward a few months, I started pharmacy school, and the pandemic did not let up. The new normal became fist bumps, masks, Zoom, and social distancing. Unfortunately, there was no handbook on “Surviving a Pandemic” or I would have been the first to read it.

Despite my troubles, they seemed minuscule compared to the large impact COVID-19 had on others. I helplessly watched brave workers providing for their families, businesses struggle, and friends lose family. These tragedies were all constant reminders of the reason I pursued pharmacy in the first place: to help others.

Although the pandemic has changed the lives of many forever, it has also taught me lessons I would like to share. One, DO NOT do schoolwork too close to your bed, you will get in it. Two, be there for your friends and family, they need you as much as you need them. Three, nothing lasts forever, and this pandemic will end. Four, plan for the future because there will soon come a time where a business is booming, school is buzzing, and people are rejoicing.
My name is Kosha Gandhi. I am a second-year student at TUSP and an International student from India. Firstly, I would like to thank PLS for reaching out to me to throw light on the challenges faced as an International student.

An international student in the US is an individual who lives abroad but temporarily resides in the US for the purpose of education. To maintain our F1 student visa status, there are a lot of things we need to consider, one of which is being a full-time student while only being able to work ‘on-campus’ for limited hours. As a professional student, this poses barriers to applying for internships and jobs both during and after school.

For these and many other reasons shared by International students across TUSP, I was able to set up an international student organization, along with the help of Dr. Hellerslia and the TUSP International Alumni Committee (especially Sutikshan Gupta). We are making efforts to form a resourceful community here.

If you are or know any international student, feel free to reach out to me at tuh13140@temple.edu. We are still working on creating a network for those interested. The TUSP faculty has been extremely supportive and considerate throughout the COVID-19 pandemic. They have continually ensured each of their students living near, as well as across the globe, are doing well in school while staying safe and healthy.
2020 Year in Review

January
- 1/9 - WHO announces coronavirus emerged in Wuhan, China.
- 1/21 - First case of COVID-19 in the USA confirmed - a man in Washington traveling from Wuhan.
- 1/26 - Legendary Los Angeles Lakers player, Kobe Bryant passes away along with his daughter Gianna, and 7 others in a helicopter crash.
- 1/30 - WHO declares the coronavirus outbreak as a Public Health Emergency of International Concern.
- 1/31 - Australian bushfires causes damage to over 46 million acres of land.

February
- 2/5 - Senate acquits charges of Trump's impeachment.
- 2/25 - First day where there were more new COVID-19 cases outside of China than from China.

March
- 3/4 - House passes $8.3 billion emergency coronavirus bill.
- 3/9 - Dow Jones industrial average suffers its worst single-day point drop ever.
- 3/11 - Travel ban on non-US citizens traveling from Europe goes into effect. WHO declares COVID-19 a pandemic, as hospitals begin preparing for a patient surge.
- 3/13 - WHO declares Europe as the new epicenter of the outbreak. Quarantine begins as schools begin remote learning. Breonna Taylor was fatally shot in her apartment in a botched raid in Louisville, KY.
- 3/16 - Joe Biden is declared the winner of the Democratic primary, beating Bernie Sanders.
- 3/18 - Families First Coronavirus Response Act, an emergency coronavirus relief package of $600, signed into law by President Trump.
- 3/26 - One-third of the world is living under coronavirus restrictions.
- 3/29 - President Trump extends social distancing guidelines until April 30.
- Face mask mandates and social distancing guidelines are issued by many states.

April
- 4/1 - Number of global coronavirus cases passes the one million mark.
- 4/23 - President Trump recommends injecting disinfectants to fight coronavirus.
- 4/28 - USA reports over one million coronavirus cases.
- Unemployment rates skyrocket in historic proportion due to pandemic.

May
- 5/1 - FDA issues an EUA for Remdesivir.
- 5/11 - Hydroxychloroquine was proven to be ineffective.
- 5/27 - USA reports a death toll of 100,000 from COVID-19.

June
- 6/11 - The USA exceeds 2 million cases.
- 6/15 - FDA revokes EUA for Hydroxychloroquine.
- 6/30 - Over 500,000 doses of Remdisivir from Gilead are acquired by the US.
July
- 7/7 - President Trump withdraws the US from the World Health Organization.
- 7/27 - Moderna begins Phase 3 trials on the COVID vaccine.

August
- 8/4 - Explosion in Beirut occurs in the capital of Lebanon, caused by human-error of inappropriately stored ammonium nitrate
- 8/11 - Joe Biden selects Kamala Harris as his vice-presidential running mate.
- 8/18 - Joe Biden officially wins the Democratic nomination for the Presidential election.
- 8/26 - Trump and Pence are formally nominated at the Republican National Convention.
- 8/28 - "Black Panther" star, Chadwick Boseman dies of stage 4 colon cancer at age 43.

September
- 9/18 - Supreme Court Justice Ruth Bader Ginsburg dies from complications from metastatic pancreatic cancer at age 87.
- 9/20 - Early voting begins in several states.
- 9/24 - Only 1 of the 3 officers involved in the shooting of Breonna Taylor is indicted, sparking uproar across the country.
- 9/26 - Amy Coney Barrett is nominated by President Trump for the Associate Justice of the Supreme Court.
- 9/29 - First Presidential Debate is held at Case Western Reserve University in Cleveland, OH.
- West Coast fires, due to heatwaves and strong winds, damages over 4 million acres of land.

October
- 10/1 - President Trump and First Lady Melania Trump test positive for COVID-19 as it hits the Oval Office.
- 10/7 - Vice President Mike Pence and Senator Kamala Harris meet at the Vice Presidential Debate in Salt Lake City, UT.
- 10/17 - A second Women's March is held in Washington, D.C.
- 10/22 - FDA approves Remdesivir as the first COVID-19 treatment. Final Presidential debate at Belmont University.
- 10/27 - Walter Wallace Jr. was fatally shot by police. Protests occur throughout the night.
- Record-breaking numbers are reported for early voting in various states.

November
- 11/7 - Joe Biden is projected to be President-Elect of the United States, Kamala Harris is the first woman and woman of color to take office as Vice President-Elect.
- 11/8 - "Jeopardy!" host, Alex Trebek, dies from stage 4 pancreatic cancer.
- 11/16 - Philadelphia announces new "Safer at Home" restrictions, effective Nov. 20 to Jan. 4.

December
- 12/11 - FDA approves EUA of Pfizer's COVID-19 vaccine. The vaccine from Pfizer/BionTech shows 95% effectiveness at preventing symptomatic COVID infections after 7 days of second dose administration.
- 12/14 - Firstline healthcare workers begin getting vaccinated against the virus. Electoral College confirms Joe Biden's election win.
- 12/17 - FDA approves Moderna's COVID-19 vaccine. Moderna's vaccine shows 94.1% effectiveness after 14 days after the second dose administration.
- 12/27 - President Trump passes a second emergency coronavirus relief package of $600.
**Horizontal**

3. Services provided by pharmacists to ensure best therapeutic outcomes for patients
4. Booster vaccine for Tetanus
7. Developing Autism is a myth associated with this vaccine
9. Number that identifies a drug
10. Medicare Part A is an insurance coverage for
13. A patient who started Clarithromycin needs to _________ their dose of Simvastatin (CYP3A4 substrate)
15. Drug (generic) indicated for the reversal of opioid overdose

**Vertical**

1. Drug of choice for Resistant Hypertension (Hint: Diuretic)
2. Example of a non-sedative Antihistamine
5. Oral corticosteroid indicated for Acute Asthma flare
6. Fungal Nail Infection is known as
8. Post Market surveillance of a drug is which phase? (Answer: Phase___)
11. Mixture that should be shaken before use
12. Warfarin monitoring parameter
14. IV Nutrition is known as

*Answers on last page*
Hot Chocolate Bombs

Hot Chocolate bombs are hollowed spheres of chocolate, filled with cocoa powder and marshmallows. When you pour hot milk over it, it will create a delicious mug of hot chocolate!

Ingredients:
- 1 cup of chocolate chips
- 4 tbsp of hot cocoa mix
- 4 tbsp of mini marshmallows

Directions:

1. Melt the chocolate in a glass bowl in the microwave. Use 15-second bursts, stirring in between until everything is smooth and pourable. It will take about 1-2 minutes.

2. Scoop some chocolate into the mold and use the back of a spoon or pastry brush to push the melted chocolate around the molds, making it thick enough along the sides and edges.

3. Place the molds into the freezer for 5-10 minutes or in the fridge for 30 minutes to set a couple of minutes into the mold. Take them out and brush/spoon extra chocolate on the top edges to make it thicker. Let set completely, then carefully pop the chocolate dome out of the mold and set aside on a cold plate.

4. Microwave an empty plate for 30 seconds – 1 minute, until warm, but not too hot. Take one chocolate dome and place it on the plate for a couple of seconds to melt the edges. Working quickly, flip it around and add 1 tablespoon hot cocoa powder and mini marshmallows and any other add-ins you want.

5. Take another dome and melt its edge on the warm plate. Join the two domes together into a sphere and hold until sealed. Let set in the fridge or freezer while you make the rest of your spheres.

6. To serve: Put into a mug, pour on steaming hot milk (or hot chocolate!), and watch the magic! Stir everything up and enjoy!
The Phi Lambda Sigma E-Board would like to extend a heartfelt thank you to all faculty and fellow students who contributed their time to our newsletter. We would also like to thank our advisor Dr. Nicole Sifontis for her help and support in our endeavors.

A final thank you, to YOU, our readers, we appreciate that you took the time to read through it, we all worked very hard on this.

Thank You!

Mahbuba Choudhury
Treasurer

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Vice President

Jaswitha Basu
President

Yonatan Ghidley
Secretary

Maliha Malik
Delegate
Answers to crossword puzzle

1. Spironolactone
2. Cetirizine
3. MTM
4. TDaP
5. Prednisone
6. Onychomycosis
7. MMR
8. Phase4
9. NDC
10. Hospitalization
11. Suspension
12. INR
13. Decrease
14. TPN
15. Naloxone

References:
- https://nypost.com/list/major-2020-events/