FACULTY SPOTLIGHT

Dr. Van Hellysia, Clinical Associate Professor

My experience as an immigrant child navigating the healthcare system for my parents compelled me into a career in healthcare. After practicing as a clinical pharmacist for 15 years, my desire to cultivate future healthcare providers led me to join the faculty at Temple University School of Pharmacy in 2016. In the process of precepting students and delivering pharmacotherapy expertise in the Dept of Neurology to the residents of North Philadelphia, I am reminded that it is the patient’s social determinants of health and not our pharmacy knowledge that will have the largest impact on a patient’s health outcome. We know from both personal lived experience and research that healthcare disparities within underserved immigrant populations are further exacerbated by lack of access to culturally and linguistically competent care.

Russell Conwell, the founder of Temple University believed we have access to “acres of diamonds” here in Philadelphia. I could not agree with him more. I see incredible potential within our diverse Temple University School of Pharmacy community to take the lead in closing healthcare disparities in the immigrant population as we leverage our inherent cultural and linguistic capital. Gaining funding support to advance this vision has been both validating and humbling. Genentech recently awarded us a $231,000 Independent Education Grant with which we will use to equip and empower 25-30 Vietnamese speaking pharmacists to deliver culturally and linguistically appropriate community-based stroke education. This year, generous donors helped establish a $50,000 endowed scholarship fund known as the Harvey Burman, PHR’59, PREP Pathways Scholarship, to strengthen the pipeline of PharmD students from underrepresented communities who will serve as future leaders in closing healthcare disparities. Successful grant funding provided me with resources to start a Clinical Neurology Pharmacy Academic Fellowship, further expanding training opportunities for pharmacists. With all my efforts in teaching, practice and research, I hope to see transformative pharmacy leaders advancing the work of health equity in underserved immigrant populations in the US. After all, we are a country of immigrants.

UPCOMING EVENTS

**Rho Chi Tutoring on Zoom**

Save the dates for Review / Q&A sessions for the upcoming exams led by Rho Chi tutors.

**PY1 Q&A Sessions**

Pharmacology and Med Chem Exam 1
Friday, February 4, 3:00 - 5:00 PM

**PY2 Q&A Sessions**

P&T Exam 2
Friday, February 11, 3:00 - 5:00 PM

Pharmacokinetics Exam 1
Tuesday, February 15, 5:00 - 7:00 PM

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STUDENT SPOTLIGHT

Jaqi Quenzer, PY3

I am motivated by the idea of having a successful, meaningful career. I strive to be the best pharmacist I can be, and to be someone a person can rely on and trust in my career. Putting my all into school, work, leadership roles and extracurriculars has helped me become confident that I am able to accomplish anything I put my mind to. Pharmacy school has made me more resilient and determined than I could have ever imagined for myself. Balancing all these responsibilities is far from easy but it’s important to remember to do your best and not be too hard on yourself if something does not go perfectly. The key to success is time management and organization. This includes balancing all of your responsibilities but also includes making time for yourself and the things you enjoy. For me, spending time with my friends is my favorite getaway or taking some alone time to read a book. My study mantra is to remember why you are in pharmacy school! Sometimes when we are studying endlessly, we forget why we are here. While I study, I try to make things interesting and think about how cool it is that someday we’ll know all this information and be able to actually use it. Remember to just do your best and be kind to yourself!

Sawyer Patrick, PY2

In my opinion, finding motivation to study, attend work, go to extracurricular events, and make time for family and friends can sometimes seem impossible. I have found myself making excuses for reasons why I could not be the best student, employee, or friend. Once I stopped making excuses, I found my true motivation in pharmacy school: helping others. I grew up in a large family full of acute illness, severe health problems, and avoidable deaths. Knowing I will eventually be in a position to improve the lives of people like my family, reminds me of why I started. Leadership roles in extracurricular activities force me to stay on top of school work, so I can make room for everything else. I found planning my days several weeks in advance keeps me on top of classes, work, and meetings. When I say time management is everything, I mean it! In order to be successful it’s important to define purpose. Ask yourself, “Why do you wake up every morning?” Once you answer that question, success is simply fulfilling that purpose. It’s also important to remember that with success, also comes failure. Making mistakes, having imperfections, and learning from others is just a stepping stone to an ultimate reward. As everyone knows, pharmacy school can be quite stressful. It’s important to surround yourself with family and friends that take you away from the classroom. My personal getaway is exploring center city, trying new foods, and decompressing with yoga. In terms of studying, my mantra is repetition, teach-back methods, and making my own exams. Regardless of how hard information is to understand, everything can be simplified and broken down. Take time to truly digest new topics, ask for help when needed, and don’t be afraid to raise your hand in class if you know the answer. One of my most exciting accomplishments is being invited into Rho Chi. I have strived for this position since I came into pharmacy school, with a mindset that I will one day be a member. My advice to PY1 students is to be confident in yourself, know you are here for a reason, and lean on others for support. If you put your mind to being on Dean’s List, getting into PLS, or receiving an invitation into Rho Chi, you can do it.

Manifestation works though visualization of the journey and not the goal.