

Illinois Grad Newsletter

“Kappa Psi for Life”

Spring/Summer 2012

Table of Contents

Page 2	Scholarship Social Update
Page 3	Interviewing Workshop and Mock Interview Event
Page 4	Illinois Grad Elections
Page 5	The End of Province V
Page 6	Clinical Pearl
Page 7	Collegiate Update
Page 8	Wedding Time



Congratulations on the chartering of Epsilon Rho and Epsilon Upsilon!!!





KΨ



Illinois Grad Scholarships for Collegiate Brothers

Nishil Patel

Similar to previous years this year's review process for the scholarship was very difficult due to the high quality of the applicants. There were a total of 8 applicants that applied, 4 from Delta Nu and 4 from Chi. The applications were very competitive and instilled a sense of pride in the graduate chapter scholarship review committee to have such well rounded and involved collegiate brothers.

Although many of the applicants were heavily involved with Kappa Psi and other organizations, the application portion for the scholarship was the main determinant in regards to voting for the winner. This years winners encompassed the vision of Kappa Psi and had clear goals stated in regards to the future vision of Kappa Psi and their involvement. Congratulations

to Dan Morrow from Delta Nu and Kelsey Johnson from Chi who are this years recipients of the Illinois Graduate Chapter Scholarship Awards. Both Dan and Kelsey were recognized at each of their chapters closing ceremonies in May.

Social Update

Nishil Patel

Saturday, February 11th, the Illinois graduate chapter coordinated a social for its members, collegiate members, and friends. Beckitt's Public House in Lakeview reserved a large area for our guests which comfortably fit the 35-40 guests that attended. It was a great time to meet current Collegiate

Brothers as well as catch up with old pharmacy school friends. Thanks to everyone that helped plan and promote the social event, and we look forward to seeing you out soon at our next event Friday, June 29th.



Interviewing Workshop and Mock Interviews

Latha Radhakrishnan

It is no secret that securing a pharmacy position post-graduation is challenging. With the alarming number of unmatched residency candidates and general lack of positions in the country, the Brothers of Illinois Graduate recognized the need for increased guidance and mentorship of our Collegiate Brothers. In late 2011, the Executive Committee requested the Illinois Graduate Liaisons, Vince Dorsey and Nick Zare, to survey their respective Collegiate Chapters on their mentorship needs. After reviewing the feedback, the Graduate Chapter decided to organize an Interview Presentation and Workshop for the Chi and Delta Nu Chapters. As residency interviews were starting up in late January/early February, we decided to hold the event on January 23rd 2012 at the University of Illinois, College of Pharmacy. In an effort to gauge interest and presentation format, Google Doc surveys were sent out to both Chapters weeks before the event. Prior to the workshop, we asked the students if they were interested in a presentation, a panel discussion, or a 1-on-1 mock interview. After reviewing the responses, the Executive Committee decided that a combination presentation/panel discussion/hands-on workshop was the best approach. On the day of the event, 45 Chi and Delta Nu Collegiate Brothers attended the workshop. Dr. Latha Radhakrishnan gave a 20 minute general presentation on interview tips concentrating on “**how to stand out as a candidate**”. After the presentation, a panel discussion was held including Graduate Brothers from various facets of pharmacy. Brothers Neil Patel, Rich Mioni, Candy Ng, Joe Nguyen, Manish Puri, and Nishil Patel held a panel discussion in a Q/A format. Lastly, the Graduate Brothers had 1-on-1 mock interviews with the Collegiate Brothers that expressed interest in having some interview experience prior to the “real deal”. Graduate Brothers offered positive feedback and constructive criticism. The Collegiates thanked the Graduates that participated with small tokens of appreciation. From the post-workshop feedback, both Collegiates and Graduates felt the event was a huge success. The Brothers of Illinois Graduate will continue to make this an annual mentorship event for our younger Brothers!



Illinois Grad Chapter Elections

Elaine Moy

Punch 2-0-1-2

Elections for the 2012 - 2013 term was held in April in Chicago at the University of Illinois College of Pharmacy. The attendance that night was double any past election night in history. Many new faces filled the rows of seats as the chattering was brought to another decibel.

With 2 new pharmacy schools in the Chicagoland area, more positions were added to the I-Grad executive board to help bridge communication and transition between the collegiate and graduate chapters. The newer positions added to the ballot are the Graduate Liaisons for Epsilon Rho and Epsilon Upsilon. The Collegiate Liaisons were elected by their Brothers during their own elections. Because of the increase number of candidates interested in serving on the executive board, all positions were fulfilled; another first in I-Grad history.

Congratulations to the newly elected board for 2012 - 2013!

Regent: Dr. Nishil Patel

Vice Regent: Dr. Latha Radhakrishnan

Treasurer: Dr. Neil Patel

Secretary: Dr. Candy Ng

Historian/Webmaster/Chaplain: Dr. Elaine Moy

Social/Community Chair: Dr. Nicholas Zare

Chi Graduate Liaison: Dr. Seema Kapadia

Delta Nu Graduate Liaison: Dr. Vincent Dorsey

Epsilon Rho Graduate Liaison: Dr. Sybille Lupee

Epsilon Upsilon Graduate Liaison: Dr. Genna Parise

Chi P4 liaisons: Saad Ali and Emily Lin

Delta Nu P4 liaisons: Ryan Chasseur and Rob Stachowicz



The End of Province V and the Beginning of Great Lakes Province

Genna Parise

As many of you already know our beloved Province V will be dissolving as of August 2012, so what better way to celebrate the end than a recap of Illinois involvement this year. The last Spring Assembly meeting was held by Beta Psi in Madison, Wisconsin. All four Collegiate Chapters and several Brothers from I-Grad were in attendance to say farewell. All the Chapters had a wonderful turnout and we were able to show off our two new chapters to the Province.



Although, we are sad to say goodbye to many of our friends from Province V, we are looking forward to the upcoming year. We will now be a part of the Mid-America Province and are keeping some of our old friends, but adding many more new ones. Also, Gamma Pi (St. Louis College of Pharmacy) will be holding the first Assembly meeting September 7-9, 2012. It will be great to meet all of our new brothers and see many of our friends. Hope to see an excellent turnout from all of our Illinois chapters!



Clinical Pearl on Concentrated Insulin U-500

Seema B. Kapadia

Diabetes mellitus has increased by 16.5% in the United States from 2004 to 2007. Closely related to this is the national obesity epidemic. For some patients with diabetes, an increased waistline results in high insulin requirements. Severe insulin resistance (SIR) is clinically defined as insulin requirements ≥ 200 units daily. The most common cause of SIR is obesity, but there are several other causes including but not limited to pregnancy, infection, and endocrine disorders.

Achieving a target hemoglobin A1c using standard insulin products is difficult for patients with SIR for several reasons. Adherence is problematic due to discomfort associated with injecting large volumes of insulin. Additionally, multiple injections are needed to administer doses exceeding 100 units. Some studies suggest an inverse relationship between volume and absorption, which may further compromise glycemic control.

There is an alternative treatment option for patients with SIR. U-500 insulin was first introduced by Eli Lilly in 1952. This is a clear, colorless, concentrated solution containing 500 units of regular insulin per milliliter. From 2007 to 2009, prescribing of U-500 insulin increased by 137% nationwide. U-500 insulin is an important therapy for achieving glycemic control in select patients. It is important to understand the unique pharmacokinetics of U-500 insulin. It is thought to have an onset similar to that of regular insulin with a

delayed peak, while its duration of action is similar to insulin NPH. Given its five-fold higher concentration, providers must have a good baseline understanding of the medication and choose appropriate candidates for this agent.

Despite the attention given to promote the safe use of medications, evidence suggests that patient injuries are still occurring. The National Quality Healthcare Report of 2011 stated that the national incidence of adverse events in hospitalized patients is about 1.9 million. The annual cost associated with medical errors is \$19.5 billion. Time and again, insulin seems to be a top offender, leading to the most severe adverse events on the list of high alert medications published by the United States Pharmacopeia (USP) and the Institute for Safe Medication Practices (ISMP). A study of hospital admissions in the Netherlands found that insulin and other antidiabetic agents were the fourth most common group associated with hospital admissions, and hypoglycemia was the third most frequent drug-associated diagnosis. The therapeutic benefits of insulin are undeniable when it is used safely. It is imperative that pharmacists play an active role in promoting safe use of concentrated U-500 insulin in order to prevent serious adverse drug reactions that can affect both clinical and economic outcomes.

Pharmacist Checklist

- ❖ Verify dose in both units & volume (e.g. 50 units = 0.1 mL of U-500 insulin)
- ❖ Discontinue other insulin products
- ❖ Ensure appropriate follow-up is scheduled
- ❖ Affix "high alert" label to product
- ❖ Dispense ONLY tuberculin syringes
- ❖ Ensure formal documented education
- ❖ Verify patient has supply of glucose tabs (or active glucagon prescription if indicated)



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10. van der Hooft CS, Sturkenboom MCJM, van Grootheste K, et al. Adverse drug reaction-related hospitalisations. *Drug Saf* 2006;26(2):161-168.
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Collegiate Corner

Chi

This was an exciting year for Chi chapter. Beginning strong, we proudly initiated 42 new Brothers while also assisting in the successful charter of Epsilon Rho. Chi Brothers held leadership positions in almost all organizations at UIC college of pharmacy and upheld KY's cornerstone beliefs of service to the community and advancement of the pharmacy profession. At the final Province V Spring Assembly in Madison, WI, Chi Chapter was honored with six awards including Chapter of the Year, and we look with great enthusiasm to continue building upon this success with the newly aligned Mid-America Province.

Delta Nu

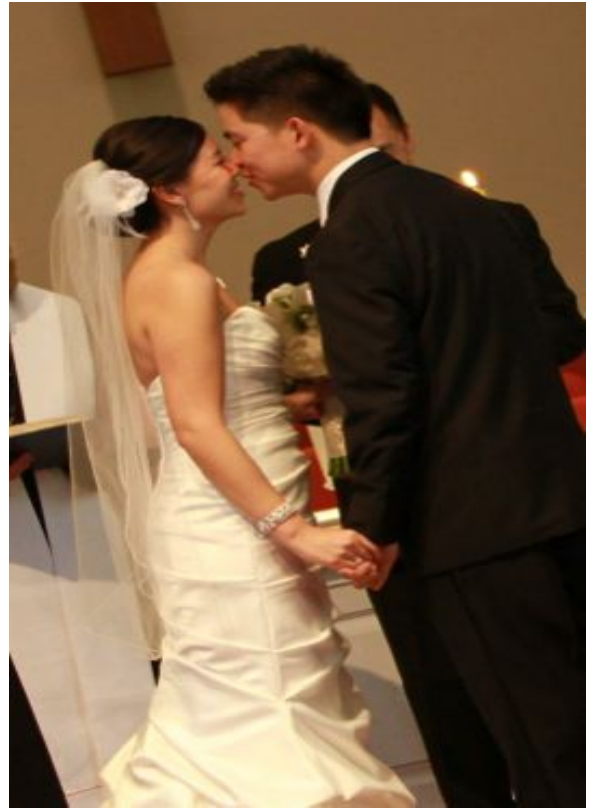
This past year was indeed a special one for Delta Nu as we successfully hosted 205 of our fellow Brothers in Downers Grove for the Province V Fall Annual Meeting as well as helped charter a new Chapter at Roosevelt University in the Winter and Spring. These accomplishments along with all our service to our school and community earned us the Spirit of Midwestern Award given to the campus organization that best represented the school in the past year. We also initiated in 23 new Brothers and won two awards at the final Spring Assembly in Madison, WI and are ready to proudly represent the new Mid-America Province in the coming years.

Epsilon Rho

Epsilon Rho Chapter was chartered in January 2012 with much help from Chi Chapter. With 8 newly initiated Brothers, plus 2 UIC College of Pharmacy deans initiated as graduate Brothers, the new Collegiate Chapter is off to a strong start! Epsilon Rho is involved with local charities, raising \$900 during the Polar Plunge for Special Olympics Illinois, and volunteering at the Northern Illinois Food Bank. The Chapter looks forward to continuing community outreach in and around Rockford, and is busily planning pledge season for the fall semester.

Epsilon Upsilon

Greetings from Epsilon Upsilon! The birth of this new Chapter on March 31st of this year has been another hallmark moment for the beginnings of Roosevelt University. In our short history, all 19 active Brothers have been working fervently with the Delta Nu and Chi Chapters and our GCD, Dr. Scott Benken, to lay the foundation to become a top Chapter in Kappa Psi. As a Chapter, we have been able to contribute our time to our community through various service events such as the Fight for Air Climb and Groovin' in the Grove. Just recently, we learned that 89% of our active Brothers have been recognized for having a GPA of over 3.0! We are excited and proud of what we have accomplished and are eager to continue to foster the ideals of Kappa Psi in the months and years to come.



Congratulations to:

*Brother Tiffany and
Andrew Moy for
tying the knot on
May 5th, 2012*

*Brothers Sam and
Eunice Lim on
their marriage on
June 2nd, 2012*