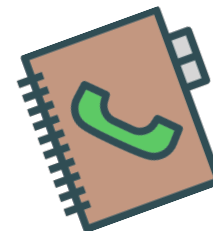




Omega Chapter

The Rho Chi

P1 Survival Guide



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Pharmacy Calculations (PHC529)



This is a calculation and memorization-heavy course that teaches students how to read prescriptions and calculate dosages. It serves as the foundation for the physical pharmacy, pharmacokinetics/pharmacodynamics, and pharmaceutical compounding classes.

Tools:

- Tophat/TurningPoint Clicker/Smartphone App (Required)
- Scientific Calculator/Examsoft Calculator (Required)
- The Pharmacy Calculations Workbook (Highly Recommended)

Tips:

1. BE SURE TO PRACTICE, PRACTICE, PRACTICE! Be ready to spend 5-10 hours working on the workbook for each exam, but be aware that the answer key for the questions in the workbook may have errors.
2. Double check your calculations! These calculations are easy to mess up and you are typically given enough time to double check.
3. Try to do your best at the beginning of the semester especially the first medical abbreviation exam. The course does get more difficult as the semester progresses.
4. In previous years, there has been an exam that does not allow calculators so review multiplication and long division.

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Pharmaceutical Chemistry (PHC501)

This class builds on your knowledge of organic chemistry and biochemistry. It provides insight into concepts relating to the chemical basis of drug action.

Tools:

- Tophat/TurningPoint Clicker/Smartphone app (Required)
- Textbook: Basic Concepts in Medicinal Chemistry (Recommended)
- In-Class handouts/assignments—Use these to study for exam! (Highly Recommend)

Tips:

1. Be sure to pay attention in class and do the in-class exercises because they may be counted as bonus points towards a portion of your grade.
2. Lectures were not recorded. This may change with the new hybrid learning, but you should attend class to make sure you don't miss in-class exercises!
3. This class covers some materials that you may recall from organic chemistry, therefore it is good to go back to your organic chemistry notes and refamiliarize with the concept covered in this class.

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Pathophysiology (PHM503/504)



This class builds the foundation for your future therapeutics modules by providing a background on disease etiology. It highlights how disease states can either potentiate an already present issue or alter the body's natural homeostasis which can in turn create an issue.

Tools:

- Hammer and McPhee. Pathophysiology of Disease. An Introduction to Clinical Medicine. 8th edition (electronic). McGraw-Hill, 2019 (Recommended)

Tips:

1. Focus on patient cases and the information that the professor emphasized. Don't memorize everything.
2. Sometimes the things you learn in pathophysiology and pharmacology are aligned. Try to relate between drugs, pathophysiology and normal physiology. This connection will help you understand and maintain the concepts.
3. Utilize the review sessions provided by the TAs- they just took the class and can offer great insight.
4. Do NOT wait to do the research for the group projects given in each semester.
5. Write out your notes- typing is convenient but some topics can be dense and muscle memory through writing may help you retain the information.
6. Try to not just memorize for the exam- pathophysiology is the foundation for your Therapeutic classes you will take P2-P3 year and professors expect you to have a good grasp on these basic concepts.
7. Each area of pathophysiology is taught by a different professor, typically in their area of specialization. This type of teaching will continue throughout your next few years in pharmacy school so it is good to note their specific teaching methods and styles.

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Patient Assessment (PHM505/506)



This class is supposed to be a fun class. You will learn many useful clinical skills such as checking vital signs and interpreting labs. In the future, there might or might not be opportunities for you to learn these skills again. If you are competent with these skills, it will for sure save you some time in the future.

Tools:

- Blood Pressure Cuff/ Stethoscope (Required)
- Asthma Device Kit (Required)
- Lab Values Clipboard (Recommended)

Tips:

1. Make sure to prepare for each practicum. These make up 5% of your grade each week, and you can really add up if you perform poorly on a couple.
2. Make sure to keep track of your notes as the final exam is cumulative (through both semesters).
3. Don't rely on the final exam to boost your grade!

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Pharmaceutical Care (PHM515)



This class is meant to teach you some basic skills of pharmacists and pharmacy interns. These include patient counseling, motivational interviewing, assessing medication adherence, completing the filling/dispensing process, navigating an EMR system, and familiarizing yourself with the top 300 medications list.

Tools:

- Neehr Perfect/EHR Go (required, no additional cost, you will make an account when directed)
- Drug Information Resource of your choosing (Lexicomp/Clinical Pharmacology/Up To Date, Micromedex) (Highly Recommended provided through UB Library)
- Access Pharmacy for the top 300 Medications list and flashcards (Highly Recommended, provided through UB Library)

Tips:

Counseling:

1. Always be prepared. Arrive early in professional dress and necessary resources.
2. KNOW the 3 prime questions. You will be using this throughout your career.
3. Focus on the provided rubric (this rubric will be utilized every year).
4. Practice, practice, practice. Pick a medication and ask a friend to be your patients, record yourself and listen back, or even write down what you would say to help you remember all the points you must cover.

General:

1. Top 300 medications quizzes are easy points! Don't forget to complete them on time.
2. This is a class that is easily overlooked and underestimated. Always keep up to date and avoid falling behind.

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Principles of Pharmacology I (PMY511)



Pharmacology I contains a vast amount of information involving pathophysiology, medication properties, and their therapeutic usages.

Tools:

- "Principles of Pharmacology: The Pathophysiologic Basis of Drug Therapy" by David E. Golan ([Recommended](#))
 - "Lippincott Illustrated Reviews: Pharmacology" by Whalen K. ([Recommended](#))
 - "Goodman and Gilman's The Pharmacological Basis of Therapeutics" ([Recommended](#))
- (These can all be accessed through UB Library)*

Tips:

1. Group drugs by class into a study guide, they have similar mechanisms of action and side effects. If a drug in a class has a unique feature (clinical pearl), pay attention to it - can help on an exam.
2. Exams 1 and 2 are written solely by Professor Halvorsen, and for many students, are often the most difficult. Don't be the student trying to learn how to do calculations a few days before your first exam. Exam 2 requires a lot more memorization and you can easily find yourself being overwhelmed at this point in the semester if you don't manage your time properly.
3. If you're a visual learner, use Youtube videos to have concepts explained in simple terms so that you can get the basics. It helps more complex details to build easier.
4. Be sure to focus on what the professors talked about in class instead of studying straight off the slides.
5. Be careful when looking at past exams. Professor Halvorsen will often change things around so that when you are taking the real exam, you may think a question is being repeated and you may be tempted to select the same answer you saw on the practice exam, but that answer may not be the correct one.
6. It is recommended that you take the final exam if possible, as it can only help you in the class. Though it is cumulative, some questions were repeated and you have a very good chance of doing well.

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Essentials of Pharmacology II (PMY502)

Pharmacology II is composed of 5 blocks that instructed by distinctive experts of their fields on antimicrobials, antineoplastics, endocrine and neuroendocrine medications, antiepileptics, anesthetics, and analgesics. It contains a vast amount of information involving pathophysiology, medication properties, and therapeutic usages.

Tools:

- "Principles of Pharmacology: The Pathophysiologic Basis of Drug Therapy" by David E. Golan ([Recommended](#))
- "Lippincott Illustrated Reviews: Pharmacology" by Whalen, K. ([Recommended](#))
- "Goodman and Gilman's The Pharmacological Basis of Therapeutics" ([Recommended](#))
(These can be accessed through UB Library)

Tips:

1. Group drugs by class into a study guide, they have similar mechanisms of action and side effects. If a drug in a class has a unique feature (clinical pearl) pay attention to it – it can help on an exam.
2. Quizlets and flashcards are really helpful to learn all the drugs.
3. Make sure to create time to study ahead before exams. It's hard to cram all the information 2-3 days before the exam, especially for this class.

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Physical Pharmacy (PHC530)



This course is about applying physics and chemistry to the study of pharmaceuticals.
Understanding the physical properties of agents and their role in drug design.

Tools:

- There are course readings that are provided and are “recommended”, but are not necessary unless you are interested in additional sources.
- TurningPoint/TopHat Clicker/Smartphone App (**Required**)

Tips:

1. Compared to pharmacy calculations, physical pharmacy is more concept-heavy and exams tend to have more short-answer questions asking you to explain physical/chemical properties of medications.
2. In preparing for exams, do as many practice questions as you can.
3. Be familiar with the equation sheet for each section of the course and expect at least one question per each equation learned in class.
4. The final exam is considerably harder than the section exams for this course.
5. Regrades on exams are possible, so make sure to thoroughly go over your graded exam to double check for grading errors.
6. The course layout and material are very similar to Pharmaceutical Chemistry and therefore similar strategies can be applied.
7. The professors are usually very clear about what they will be testing on.
8. The graders are very strict on significant figures, so be sure to pay attention to those!

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Foundations of Pharmacotherapeutics (PHM501)



Like the course name implies, this class introduces you to the therapeutics section of the pharmacy curriculum. This is among the first classes that you take in therapeutics sequence, and later courses will build upon the foundational knowledge provided in this class. Think of this class as a short crash course into the rest of the therapeutics classes. Lectures focus on a wide variety of topics including: Health Literacy, The History of Pharmacy Practice, Evidence Based Medicine, Just Culture and more!

Tools:

- Note taking platform and method:
 - This class will set the stage for the rest of your therapeutics classes. While therapeutics classes seem intimidating, it's much more about handling the volume than anything else. Find a note taking platform (One Note, Microsoft Word, Google Docs, Handwritten or Notion/Evernote) or note taking process that works for you.
- Virtual study groups:
 - Because this class is less memorization than others, it may help to talk through concepts and cases with classmates. This is a great way to prepare for exams and in-class work. Utilize a platform like Zoom or Google Hangouts.

Tips:

1. Focus on lecture objectives; this class among the rest of the therapeutics courses will test heavily based on lecture objectives. Form your notes/study guides/ flashcards around these topics. It may help to turn lecture objectives into different questions, to make sure that you can talk yourself forward and backwards through the topic.
2. Do not just memorize. Instead, try to create your own cases to help you understand the information better.
3. Review lecture information often, this class is less sequential than others, it may be easy to attend lectures and forget about them until exam time. Stay on top of lectures to avoid becoming overwhelmed in the days leading up to the exam.
4. This class tends to sneak up on students, as it doesn't appear to be challenging at first glance. Stay on top of lectures, cases and drugs presented during lectures. Remember, this really is the foundation!

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Self-Care Therapeutics (PHM516)

Self-Care Therapeutics is among the first few classes that will introduce you to therapeutics. The class will be structured based on problems patients will present to a typical outpatient pharmacy with. These include common cold symptoms, diarrhea, constipation, heartburn, etc. Overall, this class will be beneficial when you guys become interns, it will teach you about OTC medications, when to recommend them, and when you should advise patients to providers.

Tools:

- Drug Information Resources of your choosing (Lexi-comp, Clinical Pharmacology, Micromedex) (Highly Recommended, provided through UB Library)

Tips:

1. When you study, make sure to have one go-to medication in each class you like to recommend for conditions to be treated (Example: What would you recommend this patient for her allergy symptoms?).
2. For each condition (ex: fever, heartburn, etc), make sure to study the specific symptoms, exclusions for self-care, and general care measures. Exclusions for self-care are particularly important and are tested heavily.
3. For each OTC medication, know the time to onset of the drug, side effects, contraindications, and consider if the patient is elderly or breastfeeding.
4. Focus on drug information (such as important side effects, use in special populations), as well as clinical decision making (which drug is first line, which drug is second line, what patient-specific factors may affect your recommendation).
5. The exams are mainly case based - when studying, try to make your own patient cases to study from.
6. Make sure to really learn this information as it will be very helpful when you go to work or rotations because you will have patients asking you what to use for their symptoms (again, always keep one medication in mind for a specific problem).

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Pharmacy Law (PHM530)



This class is taught by Professor Fiebelkorn and it's all about the different laws and regulations pharmacists have to know to practice. This does provide some of the material for one of your board exams, the MPJE.

Tools:

- Code of Federal Regulations Title 21 Part 1306 – Prescriptions
- Education Law – Article 137, Pharmacy

Tips:

1. Know your controls!!
2. Know the difference between provider types and what each can prescribe- NP, MD, PA, DDS.
3. Know controlled substance law.
4. Be on time to class- he starts on the dot and could have a quiz as soon as you start.
5. Never be afraid to ask questions- either during class or after class.
6. Know the difference between State and Federal Laws- they may differ and he will be subtle when he asks exam questions.
7. Know the number of CE hours pharmacists have to complete and examples- BLS, In-person vs. Online.
8. Do not wait to do the homeworks- look at the questions as early as possible to do research and ask questions if needed.

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P1 Co-Curricular Requirements

(1) Healthcare-Related Community Service/Philanthropy

PURPOSE: to contribute to patient care as a member of the community; be a role model for friends and family to contribute to patient care

- Participate in the Annual UBSPPS Poison Prevention Program group activity (Spring 2021 semester)

(1) Wellness and Patient Care Service

PURPOSE: to start working and talking to patients face-to-face (outside of an OSCE or other assessment)

- Wellness clinics and other patient centered events are available throughout the course of both fall and spring semesters, through UB SPPS or professional organizations

(3) Professional Education

PURPOSE: to network with local pharmacists; to be "role modeled" on learning as a professional; experience out-of-the classroom structured education

- UB Professional Networking event
- Attend a professional organization meeting
- Career Day

(1) Legislative Advocacy

PURPOSE: to learn the process of how healthcare evolves and learn how pharmacists (and the students) can make an impact

- PLAID Day

Professional Organizations List

AMCP: Academy of Managed Care Pharmacy
APhA: American Pharmaceutical Association
AAPS: American Association of Pharmaceutical Scientists
ASCP: American Society of Consultant Pharmacists
CPFI: Christian Pharmacists Fellowship International
CPNP: College of Psychiatric and Neurologic Pharmacists
DSA: Dean's Student Ambassadors
IPhO: Industry Pharmacists Organization
IPSF: International Pharmaceutical Students Federation
LKS: Lambda Kappa Sigma
NCPA: National Community Pharmacists Association
PPAG: Pediatric Pharmacy Advocacy Committee

PLS: Phi Lambda Sigma Leadership Society
Rho Chi Honor Society
SASP: Student Association of Specialty Pharmacy
SCCP: Student College of Clinical Pharmacy
SIGNA: Student Digital Yearbook
SPSA: School of Pharmacy Student Association
UB Formulary
SNPhA: Student National Pharmaceutical Association
SPAWNY: Pharmacists Association of Western New York
PSSNY: Pharmacists Society of the State of New York
SSHPh: Student Society of Health-System Pharmacists