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A MESSAGE FROM GARY M. POLLACK



July 2019

Dear Friends and Colleagues:

A recent op-ed piece in the New York Times ([Why Can't Everyone Get A's?](#)) is a worthwhile read, especially for those of us in the academy interested in issues related to assessment of student performance, progression to the degree, and maintaining a diverse student population in the truest sense. The author, education expert Alfie Kohn, touches on several issues that are at the core of our current approach to student assessment in our Doctor of Pharmacy program.

The thesis of Kohn's article is captured succinctly in the subtitle: Excellence is not a zero-sum game. We would like to think that all of our students are capable of displaying academic excellence and in fact could be categorized as being excellent (in traditional grading systems, the analogous sentiment would be that all students are capable of getting an A). Despite this relatively common aspirational sentiment, traditional approaches to grading students preclude the desired outcome. Some students must fail (or at least be viewed as less-than-excellent) if other are to succeed (or be viewed as truly excellent). This mindset, which focuses heavily on ranking students relative to their cohort, breeds competitiveness that at times can be unhealthy, impedes collaborative learning, and in fact can impair academic performance.

In rejecting traditional normed grading several years ago, and embracing a competency-based approach to assess our students' knowledge and capabilities, we were implicitly acknowledging many of the points articulated by Kohn. Of particular interest to many of us was whether we could create a learning environment that would make collaboration and cooperation, rather than competition, among students more likely. Based on what our students are telling us (and they are indeed the best judges), we have succeeded in creating an enviable academic culture. Is ours a perfect solution? No. Many of the issues cited by Kohn that relate to diversity (students for whom English is not the native tongue; students coming from relatively disadvantaged educational or economic backgrounds), for example, still need to be addressed. Improving how we support a student's aspiration to be excellent, when that student struggles with jargon or has significant holes in prerequisite work) is crucial to continuing programmatic success, and to being true to the land-grant mission of our parent university.

Go Cougs!

Gary M. Pollack
Dean, College of Pharmacy and Pharmaceutical Sciences
Washington State University



UPCOMING EVENTS



**Coug Day at the Mariners
Pre-game Reception**
King Street Bar & Oven
4 - 6 p.m.



White Coat Ceremonies
Yakima, Wash. &
Spokane, Wash.



Crimson Gala
DoubleTree Hotel
Spokane, Wash.



Homecoming Tailgate
Wegner Hall parking lot
Pullman, Wash.

[More college events >>](#)

COLLEGE NEWS

Students help community and themselves with mental health training

The creation of a mental health training course at the College of Pharmacy and Pharmaceutical Sciences all began with one concerned student. While serving as the president for the Washington State University (WSU) Health Sciences chapter of the College of Psychiatric and Neurologic Pharmacists (CPNP) Miguel Toscano, class of 2018, approached Pharmacotherapy Clinical Associate Professor and Associate Dean of Professional Education Jennifer Robinson about starting a mental health focused elective.

Toscano followed up on his idea by working side by side with Robinson to develop the syllabus, advocate in the college for the development of the course and taught the course with Robinson in its first year.

“Miguel was instrumental in getting the course started and helped me build out a structure so it continues today,” said Robinson.

Toscano is a wonderful example of a student pharmacist who used his time at the college to lead tomorrow’s health care solutions through innovation, collaboration and leadership. Since finishing his PharmD in the spring of 2018 he has completed a residency and currently works for MultiCare Health Systems.

Excerpt from Student help community and themselves with mental health training

by Addy Hatch, WSU News

Alarmed by surveys saying college and professional students experience depression, anxiety



Robinson

and suicidal thoughts at growing rates, an associate dean at the WSU College of Pharmacy and Pharmaceutical Sciences created an elective class on mental health first aid.

It had a long waiting list to get in the first time it was offered three years ago, and every time since then.

That tells Jennifer Robinson's students are interested in mental health—their own, or that of their friends, families and future patients.

“Historically our focus on mental health has been the medications and treatments available,” said Robinson, who is associate dean for professional education at the pharmacy college. “I wanted to give students some more soft skills and good tools so they can respond appropriately when somebody within their sphere is struggling.”

About 1 in 5 American adults experience a mental illness in a year, and 1 in 25 experience a serious mental illness. Recent studies say both undergraduate and graduate students have more anxiety and depression than the general public.

Robinson previously led the college's student services, where she experienced the issue firsthand.

“I'd see students in the hallway and it would appear they had everything together, then they'd come to my office and it was clear that their world was crumbling around them,” she said. “There were using all this energy to be able to hold on to the façade that everything was OK.”

The College of Pharmacy and Pharmaceutical Sciences class covers a wide range of mental health concerns, from recognizing signs of depression to action plans for responding to panic attacks or suicidal thoughts. It also aims to decrease the stigma around a mental health diagnosis, which can be a real issue for high-achieving students who want to become healthcare providers.

Robinson measured students' opinions about mental health before and after they took the class and wrote a research article on her findings. She found that the class improved students' perceptions of people affected by mental health disorders, and improved their confidence in managing such disorders, including initiating conversations about suicide. Robinson has presented her research findings at conferences and the study is in the process of being published in the American Journal of Pharmaceutical Education.

Now the same mental health first aid training program Robinson uses has spread beyond the College of Pharmacy and Pharmaceutical Sciences, thanks to a grant from the Washington Student Achievement Council.

WSU Health Sciences' Student Success Center has trained WSU employees on offering that program and a separate suicide prevention program, said Jessica Mason, assistant director of counseling services and violence prevention programs for the campus. They'll be offered to interested faculty and staff in the fall semester.

“We're seeing more mental health issues in student populations and more serious pathology,” she said. “I think there's a need to raise awareness on campus on how to help people who are struggling.”

Robinson shared Mason's thoughts on mental health awareness.

“The more we can increase mental health education and reduce the stigma, the better off our community is going to be,” she said.

Pharmacy's TIPed Institute focuses on changes to health care and education

By Addy Hatch, WSU News

Big changes are coming to healthcare.

That was the message behind three days of speakers and workshops at the TIPed Institute on the Washington State University Health Sciences campus.

The institute is sponsored by the WSU College of Pharmacy and Pharmaceutical Sciences; TIPed means Transformation and Innovation in Pharmacy Education. But many of the technologies and teaching methods discussed will affect all aspects of healthcare.

For example, Steve Riddle, director of clinical development for Pharmacy OneSource/Wolters Kluwer, said the complexity and cost of the current healthcare system, as well as its failure to transform the patient experience in any meaningful way, makes it ripe for disruption.



Riddle

It takes a shift in attitude among consumers, he said, using the example of ride-sharing services. There was a time when many people wouldn't consider getting into a stranger's car, but now it's often a less expensive and more convenient mode of transportation than a taxi.

In terms of healthcare, consumers are being trained by other industries to expect higher levels of transparency, ease of use and better communications, Riddle said.

And just as their expectations are changing, advances in the use of data, wearable devices, and artificial intelligence are changing the practice of pharmacy, medicine and nursing.

"We have incredible insights we've never had before into our patients and populations," Riddle said. "Technology is impacting all areas of care."

Amazon and its subsidiary PillPack, for instance, could upend the distribution of medications in the United States. Artificial intelligence can create risk alerts for patients based on a host of factors, dictating the outreach or engagement required by the pharmacist or clinician. A patient might make his or her next doctor's appointment using their smart speaker.

"Change is coming and it's going to be rapid and pervasive," Riddle told the audience in his session.

The WSU College of Pharmacy and Pharmaceutical Sciences founded the TIPed Institute in 2016 to foster innovation and transformation in professional education.

"We developed the institute after we changed the way we assess student learning to be competency-based and moved into a 'flipped classroom' model of active and collaborative learning," said Linda Garrelts MacLean, vice dean for external relations and the incoming interim dean of the college. "We wanted to invite others who've taken a similarly pioneering approach so we could highlight all of our successes and best practices."

Among the topics covered at TIPed 2019 include change management; integrating technology, informatics and personalized medicine into pharmacy education; and what works in interprofessional education.

The common thread was change.

Said Garrelts MacLean, "One of our main objectives is to offer an environment of learning and collaboration for change agents in pharmacy education."

WSU Health Sciences students learn team approach to opioid addiction

By Addy Hatch, WSU News

Any health care provider in Washington is likely to encounter patients who use opioids, either legally prescribed or illegally obtained.

Caring for those patients takes teamwork and communication – skills that now are being taught to students in the medicine, pharmacy and nursing programs at WSU Health Sciences.

The two-hour class was developed by faculty at WSU using funding from the Washington Department of Health. About 350 students from WSU and Eastern Washington University took the class in January and February.

Soon it will be freely available online to any university wanting to offer the curriculum to its students. A follow-up grant also will adapt the material for use by rural health clinics.

“We know that a lot of times when patients run into problems with opioids its because there’s poor communication on the health care team,” said Barbara Richardson, PhD, RN, an associate clinical professor in WSU’s Elson S. Floyd College of Medicine. “People can fall through the cracks; our goal is to build a system where the cracks don’t exist.”

The curriculum was designed by Richardson, whose specialty is interprofessional communication; Marian Wilson, PhD, RN, an assistant professor in the College of Nursing who has done extensive research into opioid use and misuse; Brenda Bray, MPH, BPharm, an assessment specialist in the College of Medicine; and Connie Remsberg, PhD, PharmD, of the WSU College of Pharmacy and Pharmaceutical Sciences, where she leads efforts in advancement of teaching and learning excellence.

Teams of at least four students – from nursing, pharmacy, medicine and either social work or chemical dependency – begin by talking about appropriate language. Richardson said patients who use opioids sometimes don’t seek care because they feel stigmatized.

“If you ask someone for a urine sample, you don’t say their urine’s ‘dirty,’” she said. “You wouldn’t say that about any other patients. Instead, you say their urine tested positive for opioids.”

Next they talk about roles and responsibilities. If a nurse screens a patient and suspects possible opioid use disorder, the nurse needs to convey that information to other providers. If a patient’s spouse confesses concern to a pharmacist, the pharmacist likewise needs to pass along that information to the appropriate team members.

Then the student teams tackle two fictitious, though typical, patient cases. One is a middle-aged man who has chronic back pain from a car wreck, the other is a pregnant female veteran who has chronic pain and PTSD related to her military service. The scenarios can be staged by actors, or the curriculum includes videos of the two sequences for students to watch.

The teams confer about how to help these patients, and how to talk to patients about their opioid use.

Wilson, of the College of Nursing, said having all of the professions work together results in a “holistic plan to address this person’s pain. The problem needs this input because of the multidimensional aspect of chronic pain and opioid use disorder.”

The Washington Department of Health asked Richardson to create the curriculum because of her success with a federal grant to teach students how to talk to patients about drinking and drug use.



All of the Elson S. Floyd College of Medicine’s second-year medical students took part this year, as did all senior nursing students and third-year pharmacy students. Students studying social work and chemical dependency at Eastern Washington University also participated.

The curriculum includes pre-reading, a guide for faculty facilitators and other materials. The WSU team will train facilitators in Yakima and Seattle and devise a way to make the curriculum widely available.

They recently received additional funding from the Northwest Center for Public Health Practice that will allow them to adapt the curriculum for use in rural health care clinics.

“Some of the biggest problems in opioid use disorder are showing up in our rural communities, and rural communities are much less likely to have pain specialists,” Wilson said. “But WSU students are working in rural communities. If we can give them some of these tools, and have that knowledge reinforced by rural clinicians, we can change the trajectory.”

Project help sought

The WSU project team is seeking a graduate student to help with the project who has an interest in facilitating interprofessional experiences and/or about opioid use and pain care in rural clinics. The position will include about 8-10 paid hours for four to five weeks. Students who want independent study credits can work on the project for a longer time frame. For more information contact Marian Wilson at 509-324-7443 or marian.wilson@wsu.edu.



PHARMACY HOMEcomings WEEKEND REGISTRATION OPEN!	<i>Crimson Gala</i> OCT. 18
	 TAILGATE OCT. 19



Dear Alums, Colleagues and Friends of Pharmacy,

With America’s Independence Day a few days away, I am reminded of how forward-thinking our Founding Fathers were. The idea that all people had an unalienable right to “life, liberty, and the pursuit of happiness” was bold, audacious and certainly ahead of its time. At the College of Pharmacy and Pharmaceutical Sciences, we also pride ourselves on being forward thinking, bold, and truly innovative.

On June 18-20 we hosted the 4th Annual Transformation and Innovation in Pharmacy Education (TIPed) institute in Spokane and it was a tremendous success. Our attendance from other universities continues to grow each year as we share the unique tenets that set our program apart (delivering our curriculum

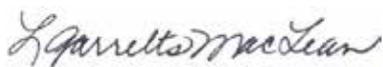
in an active and collaborative setting and using a competency-based method to assess student learning, for example). This year, we had representatives from 10 universities and four businesses come to our campus, hear from our faculty, students, and alumni, and share ideas among our colleagues on how to embrace the lightning-quick changes that are impacting the practice of pharmacy. An article with more details about the TIPed conference can be found in this newsletter, and you can also visit our TIPed website to see what we are doing and why it matters.

I would like to publicly thank all involved with TIPed this year. Planning ahead, being innovative, and embracing change has never been more critical and it's exciting to see WSU at the forefront of this effort.

Finally, we are hearing from many of you as you vacation across the U.S. and around the world. Keep those "Wave the Flag" photos coming!

Happy 4th of July as you begin to enjoy a wonderful summer with family and friends.

Warm Cougar wishes,



Linda Garrelts MacLean, BPharm, RPh
Vice Dean of External Relations Clinical Professor

ALUMNI NEWS



PHILANTHROPY SPOTLIGHT

Gerald Danquist, class of 1965, recently made two significant gifts to the college—one to the scholarship in honor of outgoing Dean Gary Pollack and the other to help launch the renovation of new clinical trials laboratory space on campus. Thank you Gerry!

[Learn more about giving »](#)



WAVE THE FLAG

Send your favorite summer photos with the cougar flag to gocougs@pharmacy.wsu.edu for us to share and you could win a can of Cougar Gold cheese and two bottles of Cougar Crest wine!

[View photos »](#)



NW PHARMACY PHOTOS

On June 1, the CougaRx Nation pharmacy alumni community gathered for a alumni and student mentors reception during the Northwest Pharmacy Convention.

[View photos »](#)

ALUMNI UPDATES

- **Debbie Askins**, class of 1979, checked in with her husband **Bob** who has been lending his expertise as a College of Engineering and Architecture graduate to help us build out new clinical trial spaces. The two recently retired and have been traveling in Peru where they visited Machu Picchu. [View photo »](#)
- **Gabe Arguinchona**, class of 2019, sent us a quick career update. Recently he became the Healthcare Informatics Manager at Whitman Hospital & Medical Center in Colfax, WA. In his new role he is responsible for all informatics operations, clinical data analytics, managing/updating HIPAA policies, and information security.
- **Stan**, class of 1964, and **Sherry Bye**, checked in after making the trek from Mesa, Arizona, to their lake cabin on Coeur d'Alene in May. They are staying busy getting their home ready for summer. [View photo »](#)

Want to be listed in our alumni updates? Send us your career information or let us know what you've been up to! gocougs@pharmacy.wsu.edu.



FACULTY SCHOLARSHIP

Publications

- Pharmacotherapy Professor and Associate Dean of External Professional and Continuing Education **Danial E. Baker** published, "Drug Evaluation – esketamine (Spravato)," in Wolters Kluwer Health's The Formulary Monograph Service (FMS) in June 2019. Wolters Kluwer Health is a drug and health information publisher, the FMS is a resource used in the formulary decision making process for hospitals and managed care systems on recently released and investigational drugs.
- **Danial Baker** published, "Drug evaluation – netarsudil/latanoprost (Rocklatan)," in the FMS in June 2019.
- **Danial Baker** published, "Drug evaluation – romosozumab (Evenity)," in the FMS in June 2019.
- **Danial Baker** and Pharmacotherapy Clinical Professor **Terri Levien** published, "Drug evaluation – brexanolone injection (Zulresso)," in the FMS in June 2019.
- **Danial Baker** and Pharmacotherapy Research Associate **Jesse Dinh** published, "Drug evaluation – tenapanor: preliminary evaluation," in the FMS in June 2019.
- **Danial Baker** and **Jesse Dinh** published, "Drug evaluation – solriamfetol (Sunosi)," in the FMS in June 2019.
- Allen I. White Distinguished Professor **Joshua Neumiller** published the book, "Practical insulin: A handbook for prescribing providers," Fifth Edition, American Diabetes Association, 2019. The book was released during the American Diabetes Association Annual Meeting in San Francisco, Cali. [View photo »](#)

- Pharmacotherapy Clinical Assistant Professor **Jeffrey Clark**, Pharmacotherapy Clinical Professor **Brian Gates** and four co-authors published, “Analysis of a long-standing consultant pharmacy service in home health care,” in the peer-reviewed journal *The Senior Care Pharmacist*, a publication by the American Society of Consultant Pharmacists, in June 2019. [View abstract »](#)
- **Josh Neumiller**, **Brian Gates** and four co-authors published, “Potential adverse drug events and associated costs during transition from hospital to home,” in the *Senior Care Pharmacist* in June 2019. [View abstract »](#)
- Pharmacotherapy Clinical Assistant Professor **Cheyenne Newsome** published two chapters titled, “Lipids” and “Hypertension” in 2019 *Guide to Medications for the Treatment of Diabetes Mellitus* published by the American Diabetes Association.
- **Josh Neumiller** published a new edition of his book titled, “The practical use of insulin.” **Cheyenne Newsome** reviewed this title. [Learn more »](#)
- R. Keith Campbell Distinguished Professor **John R. White Jr.** published a new edition of his book, “2019 guide to medications for the treatment of diabetes mellitus.” This book included contributions by 11 faculty in the College of Pharmacy and Pharmaceutical Sciences as well as contributions from the University of California San Francisco University Washington the University of Colorado and the University of South Carolina. The edition was released during the American Diabetes Association Annual Meeting. [View photo »](#) [Learn more »](#)

Presentations

- **Josh Neumiller** presented, “Take a tour of the new Type 2 diabetes treatment algorithm,” at the American Diabetes Association (ADA) Diabetes is Primary Conference on June 7, 2019, in San Francisco, Cali.
- **Cheyenne Newsome** facilitated the national webinar, “Mentoring matters: developing and fostering a productive mentor-mentee relationship,” provided by the American Society of Health-System Pharmacists on May 16, 2019.
- **Terri Levien** presented, “Emerging therapies in the pipeline,” for the Washington State Health Care Authority Emerging Therapies Workgroup on June 18, 2019, in Spokane, Wash.
- Pharmaceutical Sciences Assistant Professor **Travis T. Denton** presented, “Bioorganic chemistry at WSU Spokane: What’s going on up there?” at the Northwest Regional Meeting (NORM) of the American Chemical Society on June 18, 2019, in Portland, Ore.
- **Rustin Crutchley** presented, “Pharmacogenomic applications in the HIV population,” at the Pharmacogenomics Mini-Symposium at the University of Cape Town (UCT) in Cape Town, South Africa on May 31, 2019.
- **Rustin Crutchley** presented, “Pharmacogenomic applications in the HIV population,” at the University of Western Cape (UWC) School of Pharmacy in Cape Town, South Africa on June 3, 2019.
- **Rustin Crutchley** presented, “Pharmacogenomic applications in the HIV population,” during Grand Rounds Infectious Diseases at the Tygerberg Hospital at Stellenbosch University in Cape Town, South Africa on June 7, 2019.

Service

- Pharmacotherapy Clinical Associate Professor **Megan Undeberg** has been honored with the new title of Chair Elect for the History of Pharmacy special interest group for the American Association of Colleges of Pharmacy (AACP). She will be serving for a 3-year term.
- **Josh Neumiller** served as a panelist during the, “Healthcare professional resource workshop,” sponsored by the Helmsley Charitable Trust and Juvenile Diabetes Research Foundation (JDRF) held in San Francisco, Cali. on June 6, 2019.
- **Josh Neumiller** was named as one of the members of the planning committee for this year’s scientific sessions through the American Diabetes Association (ADA).
- Pharmacotherapy Clinical Professor **Jean-Baptiste Roulet** is serving on the Washington State Health Care Authority Emerging Therapies Workgroup as a subject matter expert/rare disease researcher. This year-long project hopes to develop a process for evaluating and funding emerging therapies such as gene therapy with input from a broad group of individuals including representatives from state and commercial health plans, pharmacists, physicians, researchers, economists, patient advocates, and ethicists.
- Pharmacotherapy Clinical Associate Professor **Rustin Crutchley** shepherded a new international APPE rotation in HIV/Precision Medicine for WSU students in Cape Town, South Africa. [View photo »](#)
- **Travis Denton** organized and presided over the symposium, “Medicinal & bio-organic chemistry in the northwest,” at NORM on June 18, 2019.
- Pharmaceutical Sciences Professor **Kathryn Meier** has been elevated to American Physiological Society fellow. The rank of Fellow is an elite member status reserved to honor distinguished leaders who have demonstrated excellence in science, have made significant contributions to the physiological sciences and served the Society.
- Pharmacotherapy Academic Fellow **Nicole Perea** represented the college during the WSU partnered People of Peru Project in in Iquitos, Peru. [Read more »](#)

Awards

- **Josh Neumiller** received an award for distinguished service from the American Diabetes Association (ADA) for his services as Editor-in-Chief of the journal Diabetes Spectrum during the ADA’s 2019 Scientific Sessions in San Francisco, Cali. on June 10, 2019.

STUDENT ACHIEVEMENT

Doctor of Philosophy (Ph.D) students

- **Laken Kruger** (pharmaceutical sciences, Denton lab) presented, “Synthesis of biologically relevant α -ketophosphonates,” at NORM on June 18, 2019.
- **Dunxin Shen** (pharmaceutical sciences, Denton lab) presented, “Synthesis, in vitro and in vivo analysis of phosphonate analogues of lantionine ketimine: Development of small molecule treatments for neurological disorders,” at NORM on June 18, 2019.

- **Laken Kruger** received a \$500 travel grant from the Associated Students of Washington State University Health Sciences (ASWSUHS) and a \$500 travel grant from the College of Pharmacy and Pharmaceutical Sciences (CPPS) Sue Harriet Monroe Mullen Graduate Fellowship Fund to travel to and present her research at NORM.
- **Dunxin Shen** received a \$500 travel grant from ASWSUHS and a \$500 travel grant from the James and Diann Robbers Student Research Fund (CPPS) to travel to and present research at NORM.
- **Dunxin Shen** with faculty co-authors **Jeffrey Clark** and **Brian Gates** and three others published, “Analysis of a long-standing consultant pharmacy service in home health care,” in the peer-reviewed journal *The Senior Care Pharmacist*, a publication by the American Society of Consultant Pharmacists, in June 2019. [View abstract »](#)

Doctor of Pharmacy (Pharm.D.) students

- **Rozita Zandkargar**, **Chantel Robinson** and **Chad Schmitt**, fourth year students from the Yakima campus, were selected for a new international APPE rotation in HIV/Precision Medicine in Cape Town, South Africa. This new rotational experience was created by faculty member **Rustin Crutchley**. [View photo »](#)

JOBS

- Research Intern: Hui Zhang Laboratory



College of

Pharmacy and Pharmaceutical Sciences

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