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March 2020

A NOTE FROM LINDA GARRELTS MACLEAN

Dear Friends and Colleagues:

It has been a whirlwind of events this month. First, as valued members in our community, I would like to update you with the latest news on our dean search. University leadership, along with stakeholder input, has narrowed the search to three candidates. These leaders in the field presented their vision to our pharmacy community in February and answered questions from staff and faculty. I would like to thank our alumni, preceptors and friends of the college who have shared their invaluable feedback on the dean search. The person who leads this college will play a vital role in helping to navigate the shifting tides in pharmacy. Choosing the right person to elevate our college and advance human health through research, scholarship and clinical education is our highest priority.

I am also excited to announce that world renowned UCSF professor and esteemed scholar in pharmaceutical chemistry, Dr. Leslie Benet, will be presenting at the [Allen I. White lecture](#). The lectureship was established in 1979 by the college as a tribute to Dean Allen White to discuss scientific, social or political aspects of pharmacy. This year's lectureship marks a symbolic milestone for us as Dr. Benet was the first presenter 39 years ago and we are so honored to have him back to share his expertise.

We also had a terrific reception welcoming alumni in Arizona last week. It was great catching up with familiar faces and learning about the impact alumni have made in their communities. It is always a joy and a source of pride to see our student success stories. If you would like to learn more about the strides and impact that our college has made, please read our [2019 Annual Report online](#). It is a great read with many feature articles on the brilliant minds and generous supporters moving our college forward.

Lastly, I hope everyone is staying healthy in these unprecedented times with COVID-19 reaching Washington state. Please know that college leadership is working with the university, campuses and our colleagues to develop and implement continuity of operations plans for our academic, research and other programs and services as this public health issue progresses.

With much respect,



Linda Garrelts MacLean, interim dean
WSU College of Pharmacy and Pharmaceutical Sciences



Leslie Benet and Allen White at the first Allen I. White Distinguished Lectureship in Pharmacy, Washington State University – 1981

Top Stories

Dungeons and Dragons inspires a class in pharmacy law

Game over. Those two words have flashed across game screens for decades, challenging gamers of all ages to go back, try again, and do better.

On a crisp, sunny afternoon in February, 163 third-year pharmacy students faced down those very same words. Using their knowledge of pharmacy law, the students spent a class battling medusa, identifying constellations and navigating a labyrinth; all to help prepare them for an exam.

“[Pharmacy Law] has traditionally been a very difficult course, so we’re trying new ways to help students learn this material,” explained Pharmacotherapy Clinical Associate Professor Julie Akers.

To help with this goal, she recruited Pharmacotherapy Academic Fellow, and recent WSU Doctor of Pharmacy graduate, Boris Zhang to create a game that would re-engage students with the material in a new and interesting way.

Zhang took the idea and ran with it, putting his experience playing Dungeons and Dragons to good use and visiting comic book shops for ideas. Using Greek mythology as a theme, he created three activities for the students to navigate through option bubbles in the presentation mode of a PowerPoint.

After a few trial-runs with fourth-year students, Zhang introduced the game to the third-year pharmacy law class. As the student pharmacists rushed to begin, the room erupted in noise. Working in groups, they discussed the problems and used their pharmacy law resources to answer practice questions and proceed in the game.

PY3 students work together to build and identify constellations.

“There was a lot of conversation at each table, and a lot of healthy debate as a group before they selected their final answer,” said Akers. “They were actively trying to convince each other because they didn’t want to get any questions wrong.”

When a group got a question wrong, a chorus of “We died!” would echo across the room as they saw those two dreaded words, game over, asking them to restart an activity. Each time the students went back, it allowed them to re-engage with the material while reinforcing the information in their minds.

“It’s a review that’s not just a dry lecture,” said Zhang. Instead, the students had to use their resources and engage in the material, actively taking a role in their education. “This is better than reading the law book. It makes me want to learn more,” said Connor Capdeville, a third-year Doctor of Pharmacy student, as he and two other classmates enthusiastically began their next challenge.

Each activity required students to think about the material in different ways. In the first, answers to eight multiple-choice questions guided them through a battle with Medusa.

In the second, they identified items that belonged together on a list.

“In pharmacy law, there’s a lot of ‘must,’ ‘should,’ ‘shall,’ and ‘may,’” explained Akers.

Students had to differentiate between these by marking, for example, only those things that pharmacists ‘must’ do while ignoring those they ‘should’ to correctly build and identify constellations. In the third activity, the labyrinth, these same lists reappeared as a choice between two answers leading students along the correct path through the maze.

As they completed each activity they received orbs which they unscrambled in the final screen to find a quote from Marcus Aurelius, “What we do now echoes in eternity.”

Zhang explained he chose the quote because, “just like with the law, whatever you choose follows you forever.”



PY3 student makes his way through the labyrinth.

Inspiring change: Linda MacLean's impact on my life in pharmacy

In late January, the American Pharmacists Association named WSU CPPS interim dean, Linda Garrelts MacLean, as one of their 2020 fellows. This honor is the most comprehensive recognition in pharmacy. To receive the award, members must demonstrate exemplary professional achievements and service to the pharmacy profession. Below is an article written by Jennifer Robinson, associate dean for professional education, about how Linda made an impact in her life.

APhA encourages pharmacists to practice at the top of their education to meet the needs of society. It creates a community for pharmacists to learn from one another and work together to advance the practice of pharmacy to benefit the patients we serve.

This is the work that Linda does every day. She encourages each person to be the very best versions of themselves, while putting the needs of community first. I have watched Linda do this with student pharmacists, her colleagues at WSU, the professionals she interacts with through various local, state, national and international organizations and community members. While Linda has made such a significant impact on the pharmacy community, I'd like to share how Linda has influenced my life.

I first met Linda as a Doctor of Pharmacy student at Washington State University. She was one of my professors, and I was an awkward and shy student who had no idea what I wanted to do with my career. Linda was the most professional and driven female I had ever interacted with. I remember sitting in class watching Linda passionately talk about colostomy supplies, how they are valuable to patients who need them, and what we can do as pharmacists to help patients with this health care item. Honestly, the topic of colostomy supplies can be embarrassing and difficult to discuss. Even with an undesirable topic, it was riveting to watch her present. During the class Linda would take time to interject life lessons and challenge us to be better advocates for our community and our profession. She instilled a passion for taking care of others.

Following Linda's course, I forced myself to step out of my comfort zone and really identify what sector of pharmacy that I was passionate about. It didn't take me long to recognize that community pharmacy was where I could take care of patients and be innovative in providing that care. After graduation, I was hired as the pharmacy manager at Jones Pharmacy. As a previous owner of the pharmacy, Linda was still heavily involved with the business and would work in the store periodically. Every time I worked with Linda, we would discuss innovative practice ideas, she would help me trouble shoot issues, and we would mentor student pharmacists as they completed projects and rotations in the pharmacy. Linda taught me how to be a better manager, teacher and pharmacist.

After several years working as a community pharmacist, I had the opportunity to return to my alma mater to teach. Moving from working with individual patients in a community pharmacy setting to engaging a class of over 100 students was terrifying. I had frequent meetings with Linda and she provided me with a crash course in teaching theory. She was patient, positive and provided tools that I still use to this day. Every time I would leave Linda's office, I would have a renewed sense of excitement about what I was doing, and confidence that I could actually do it.

When I first took on an administrative role to be the unit lead for our office of student services, I frequently reached out to Linda to ask for guidance and support as I was getting used to my new responsibilities. This is when I carefully observed Linda's mentoring style. When responding to the issues I presented, she would carefully guide me by asking open ended questions. By taking this approach she was allowing me to voice my thought process so I could come to my own conclusions. This process was so effective that I now use it frequently with my own staff and student pharmacists.

Every year Linda inspires the next generation of pharmacists. During orientation, Linda holds a session with incoming student pharmacists about the importance of advocating for the profession, being actively involved, and seeking out leadership positions. Nearly all the student pharmacists lean forward in their seats trying to catch every word of the presentation. As the students file out of the room, conversations start about plans to become more involved and what they now think is possible, which may have seemed impossible an hour earlier.



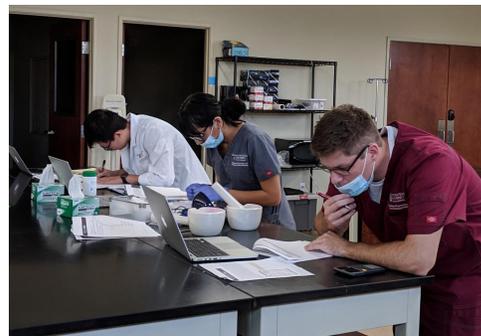
Linda Garrelts MacLean with pharmacy students.

Due to Linda's influence, I no longer put a limit on what I can accomplish. Recently, I was asked to serve as the Associate Dean over our professional doctor of pharmacy program. When I received this news the first two people I shared the news with were my husband and Linda. After a brief celebration, I then focused my efforts on making sure the faculty and student pharmacists in the college are supported in achieving their professional goals. Thanks to Linda's leadership I am now a mentor to others as I try to pay forward the work and investment that she has made in me. Without hesitation, I credit Linda with being the main factor in why I have achieved the success that I have over the last fifteen years and the optimism I now hold about what I can accomplish in the future.

Spotlight on Success

Winning WSU students invited to national compounding competition in Florida

Compounding is the art and science of combining appropriate ingredients to fit the unique needs of a patient. Rather than ingesting a drug in the traditional form of a pill, pharmacists can use innovative methods to help patients take their medicine. This includes creating medicine in the form of lollipops or gummy bears, a more palatable compound for young children, or making drugs more accessible through creams or gels for patients who have difficulty ingesting medicine. For pharmacy students, compounding is one of the vital skills that they learn during their four years in pharmacy school, and where WSU student pharmacists have excelled nationally in the last few years.



Yakima student pharmacists compounding.

This year, WSU student pharmacists have been invited again to participate in the national Student Pharmacist Compounding Competition (SPCC) for their innovation in pharmaceutical compounding. Three Pharm.D. students from the college's Yakima extension won the regional competition, qualifying them to move on to nationals.

"Our students have consistently demonstrated their ability to be innovative, creative and technical in their compounding abilities," said Damianne Brand-Eubanks, Clinical Assistant Professor at the WSU College of Pharmacy and Pharmaceutical Sciences, who advises the team of students along with Dr. Emily Darst, Research Associate at WSU CPPS. "Our students prepare for this competition in their own time. In other words, this is not a required course, but something they are truly passionate about."

The student group won the national championship title two years ago and placed third last year. This year the team of students have been invited again to participate in national championships which will take place in March in Hollywood, Florida.

"I hope to always carry this knowledge with me going forward to become a critical thinking pharmacist. Mostly, I hope to help patients in the future given the knowledge I've gained," said Maria Bernal, a first year student who is part of the winning compounding team, along with two other WSU students, Lermey Uong and Casey Johnston. "It was quite the experience competing, I feel like I learned a lot about myself working as a team and under pressure."

SPCC estimates that up to 25 teams across the nation will compete nationally in Florida. WSU is the only university in Washington with compounding teams. Other universities in the state have consulted with WSU student pharmacists on creating their own teams for regional competitions.

Coug Day at the Capitol

Every year more than 60 Cougs from across WSU head to Olympia for a day of advocacy.

This year health sciences students advocated to add a graduate student seat to the Washington Student Achievement Council. This would give graduate students a voice at the table when decisions in higher education are being made.

2019 Annual Report available online!

Over the last year we have had students and faculty lead the way in changes to law and innovation in education. Students and recent graduates have been recognized as leaders, gained global health perspectives in South Africa, and returned to a rural community to increase access to care. Researchers have made strides in understanding prostate cancer treatments, and the role sleep plays in sun damage. We've covered it all and more in our 2019 Annual Report.

See the report online at bit.ly/3aWqxr1.

Alumni Updates

Some sad news to pass along this month. **Si Johnson**, class of 1966, passed away on February 4. In 2016, Si was on our campus in Spokane to attend his Golden Grads reunion with his classmates, including Bob Chase, Sam Deliganis, and many others.

The memorial service will take place on Sunday, March 8 at 1 p.m. and Nile Country Club in the Seattle area. In lieu of flowers, the family asks that gifts be made in honor of Si to the college's [alumni scholarship fund](#).

[You can read Si's full obituary online.](#)

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



2016 Golden Grads Reunion, class of 1966 – front left-right: Eldon Riggle, Ken McDermid, E.P. Jones, Sally Green back left-r: Dale Robinson, Robert Thompson, Sam Deliganis, Bob Scheidtmann, Randy Collins, Bob Chase, Si Roger Johnson

Other News

Puzzles, games, and new activities can keep your brain healthy. Plus, they're fun!

Games aren't just fun, they may help students learn new concepts and retain information. Learn more about the wonders of games and how one of our academic fellows, Boris Zhang, engages students in their education by incorporating games into the PharmD curriculum.

[Read more from the Inlander](#)

Pharmaceutical Sciences student, graduate named ASPET Fellows

WSU College of Pharmacy and Pharmaceutical Sciences graduate student Christopher Szlenk and former graduate student Shannon Kozlovich were named 2020 American Society for Pharmacology and Experimental Therapeutics (ASPET) Fellows! Fellows study how public policy decisions made in Washington, D.C. help shape and impact science policy.

[Read more](#)

Intermittent fasting: A time to eat, a time to fast

WSU Pharmacotherapy Chair John White shares his insights on how intermittent fasting could impact those living with diabetes.

[Read more from the Spokesman-Review](#)

Bio clock, radiation damage linked in WSU study

Washington State University researchers are studying long-term side effects of radiation therapy in some cancer patients that can lead to heart disease and eventually heart failure.

[Read more from the Journal of Business](#)

WSU researchers say nanotechnology may fight inflammatory diseases

A study led by researchers at Washington State University has uncovered a potential new treatment approach for diseases associated with inflammation, including sepsis, stroke, rheumatoid arthritis, acute lung injury, and atherosclerosis.

[Read more from the Journal of Business](#)

Faculty Scholarship

PUBLICATIONS

J. Roberts and Marcia Fosberg Distinguished Professor of Pharmacotherapy **Danial Baker** published, “Drug evaluation – tenapanor (Ibsrela),” in Wolters Kluwer Health’s The Formulary Monograph Service (FMS) in January 2020. 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 – trifarotene (Aklief),” in the FMS in January 2020.

Danial Baker and Drug Information Center Resident **Brittany Craft** published, “Drug evaluation – brolocizumab (Beovu),” in the FMS in January.

Pharmacotherapy Clinical Professor **Terri Levien**, **Danial Baker**, and one co-author published, “Drug evaluation – lasmiditan (Reyvow),” in the FMS in January 2020.

Terri Levien, **Danial Baker**, and one co-author published, “Drug evaluation – semaglutide, oral (Rybelsus),” in the FMS in January.

Danial Baker published, “Drug utilization evaluation – lasmiditan (Reyvow),” in the FMS in January 2020.

Allen I. White Distinguished Associate Professor of Pharmacotherapy **Joshua Neumiller** published the educational activity, “The role of GLP-1 RAs in the management of type 2 diabetes and cardiovascular risk: putting it all together,” for Postgraduate Healthcare Education, LLC. [View the activity](#)

PRESENTATIONS

Joshua Neumiller and one co-presenter presented “2020 ADA Standards of medical care in diabetes” for the Association of Diabetes Care & Education Specialists (ADCES) on January 30, 2020.

Joshua Neumiller presented “Update on the 2020 standards of medical care in diabetes” at the 67th Advanced Postgraduate Course of the American Diabetes Association (ADA) in San Francisco, California on January 31, 2020.

Joshua Neumiller and two co-presenters presented “Panel discussion on new medications: which to use, when and from whom?” at the 67th Advanced Postgraduate Course of the ADA on February 2, 2020.

AWARDS

Pharmaceutical Sciences Research Technologist **Kenneth Porter** (Gaddameedhi lab) has been selected to receive a President’s Employee Excellence Award from Washington State University. [Read more](#)

SERVICE

Pharmacotherapy Clinical Assistant Professor **Cheyenne Newsome** was guest on an episode of the podcast Pharmacy Forward released February 20, 2020. [Listen to the podcast](#)

R. Keith Campbell Distinguished Professor in Diabetes Care and Pharmacotherapy Chair **John White** was quoted on intermittent fasting in both the [Spokesman-Review](#) and the [WSU Insider](#). White spoke of the mounting evidence on the benefits of intermittent fasting, particularly for diabetes patients.

Student Achievement

PHARMACEUTICAL SCIENCES (PH.D.) STUDENTS

Panshak Dakup (pharmaceutical sciences, Gaddameedhi lab) with faculty co-authors Pharmaceutical Sciences Assistant Professor **Zhaokang Cheng** and Pharmaceutical Sciences Assistant Professor **Shobhan Gaddameedhi**, and **Kenneth Porter** and two other co-authors published, "[The circadian clock protects against ionizing radiation-induced cardiotoxicity](#)," in the FASEB Journal, a peer-reviewed open-access resource, in February 2020. The findings of the article have been picked up by several news sites and blogs, including the [Spokesman-Review](#).

DOCTOR OF PHARMACY (PHARM.D.) STUDENTS

Sally Hughes with faculty co-author **Joshua Neumiller** published, "Oral semaglutide," in the American Diabetes Association Winter 2020 Clinical Diabetes Journal for Practical Information for Primary Care. [Read more](#)

Julianna Beauchene with faculty co-authors **Terri Levien** and **Danial Baker** published, "Drug evaluation – lasmiditan (Reyvow)," in the FMS in January 2020.

Kevin Kelley with faculty co-authors **Terri Levien** and **Danial Baker** published, "Drug evaluation – semaglutide, oral (Rybelsus)," in the FMS in January.



College of

**Pharmacy and
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