

November 2020

MESSAGE FROM THE DEAN

Dear Friends and Colleagues,

We are rounding out the final few weeks of the fall semester and looking forward to the holidays where faculty, staff and students will have some respite from a very intense fall semester.

As many of you may already know by now, we have announced that spring semester will be largely virtual with the exception of certain labs and assessments. We have also made the difficult decision to cancel spring break—which was unwelcomed news, but the better of several bad options. As we waded through uncertain waters, what remains top of mind is to ensure our students stay on track to graduate on time. This year has been a tough one, but our students, faculty and staff have worked tirelessly together to ensure that our students will not suffer the consequences of falling behind. This has been an all-hands-on-deck effort and I'm grateful for everyone's sacrifice in braving through these challenging times.



Though we are not out of the woods yet with this pandemic, there are still many reasons to celebrate. I congratulate all the recipients of the [Washington State Pharmacy Association Awards of Distinction](#). It is great to see many well-deserved honorees on the list including many of our own college faculty and alumni on the list. Your passion and commitment to our community is inspiring and I thank you for always leading by example. We look forward to recognizing you at the [award ceremony on November 19](#).

As previously mentioned, the college has reached an important milestone in external research funding exceeding over \$10 million in the 2020 fiscal year. We have several researchers who are on the up and up with notable funding from the National Institutes of Health. However, one key person who has supported our efforts is Marnie Rogers, who was [recognized by the University](#) for her exceptional service in Grant and Contract Administration. I thank all our researchers and our supporting staff in the continued effort to put our college and university on the path to becoming a leading research institution.

Our students also continue to amaze me with their efforts to do good in the community during this pandemic. Several of our student pharmacists in Yakima came together to start creating a series of videos for nursing homes in central Washington. The videos will provide engaging education about common disease states that affect nursing home residents and present it in a way that is understandable. Since the COVID-19 pandemic began, our students have not been able to attend health fairs in nursing homes to advise patients. They hope to raise money to buy tablets so that nursing home patients will have access to these videos. If you are interested in contributing, [you can learn more about their project below](#).

Thank you all for another great month in the books. It is Native American Heritage Month and a reminder to celebrate the rich and diverse cultures, traditions and histories that our Native peoples bring to our college and community.

From my family to yours, we wish you all a well-deserved break to decompress from 2020!

A handwritten signature in black ink that reads "Mark Leid". The signature is written in a cursive, slightly slanted style.

Mark Leid, Professor and Dean
WSU College of Pharmacy and Pharmaceutical Sciences

Top Stories

Career advice and lessons learned in pharmacy

Vice Dean of External Relations Linda Garrelts MacLean is a veteran of the pharmacy community. As co-owner of Jones Pharmacy & Home Health Care Center for over 20 years, a past-president of the Washington State Pharmacy Association, past trustee for the American Pharmacists Association, and a recipient of the Bowl of Hygeia Award (the highest honor in the profession), Garrelts MacLean knows a thing or two about building a successful career, seeking out opportunities, and above all, caring for patients. In this video, she shares her lifelong experience working in community pharmacy, running a business, and working to advance the practice.

Watch the video: <https://youtu.be/Qz2e9ada-6l>

Students raise funds for virtual care in Yakima nursing homes

Nursing homes have been ground zero for the havoc caused by the COVID-19 pandemic. As of October 11, 60,491 of COVID-19 deaths were nursing home residents. That's more than a quarter of all deaths nationwide caused by COVID-19. Several pharmacy students from Washington State University have decided to take matters into their own hands by providing virtual care to elderly patients in Yakima Valley nursing homes. While students will be creating videos to advise elderly patients, they need help to raise funds for tablets so that their patients are able to view these videos. The WSU College of Pharmacy and Pharmaceutical Sciences caught up with the group of students and here is what they had to say about their project.

To contribute to their fund, and help nursing homes get access to much-needed tablets, you can donate here: <https://cougstarter.wsu.edu/project/22501>



WSU pharmacy students pose for a photo in one of the nursing homes at which they volunteer in spring 2018. Since the COVID-19 pandemic began, students have not been able to meet with nursing home patients face to face. They hope to raise funds so that they can continue to guide patients virtually via tablets.

How did you get the idea to start this program?

The idea for this project came from a desire to continue providing care to senior residents in local retirement homes. Before the COVID-19 pandemic, our ASHP student society in Yakima organized monthly health fair events at these retirement homes where we would provide blood glucose and blood pressure monitoring services as well as comprehensive medication therapy management. Student pharmacists would volunteer their time to help at these events. As pharmacy professionals, we pride ourselves on being accessible to our patients. Since these health fairs were regular events, they gave senior residents a chance to get advice and care between their doctors' visits. Many of the residents would come with bags full of medications and a list of questions. Our volunteers would help them understand their medications and medical condition, address their concerns, answer their questions, and identify potential problems and gaps in care. These outreach events were a great opportunity for student pharmacists to showcase their skills and training to work for our geriatric community. COVID-19 has made it unsafe for us to have these events in person, but we did not want to stop providing care to these patients, so we decided to make our events virtual. We are planning to deliver education about common disease states virtually through educational videos

What are some of the videos about and why are they needed?

Our goal with the videos is to provide accessible and engaging education about common disease states that affect nursing home residents. This will cover conditions we would be educating and counseling participants on during our in-person events such as hypertension, hyperlipidemia, diabetes, asthma, and chronic obstructive pulmonary disease (COPD). We are taking information that we have covered as a part of our training and presenting it in a way that is understandable, relevant, and appropriate for our older audience. The videos will also be a starting point for us to begin virtual discussions with participants, as well. We want to bring the same level of interaction and engagement we had during our in-person events to our virtual ones.

Which long-term facilities will you be working with for this?

We are working with several Yakima nursing homes including Rexford Manor, Orchard Park, and Sun Tower. Our student society has been partnered with Orchard Park and Sun Tower for a few years now but unfortunately, we were only able to visit Rexford Manor once before the pandemic. The health fairs were previously monthly, year-round events (even during the summer) but concerns about the virus have put these events on hiatus. We are excited to get them started again in a safe and virtual environment.

Can you discuss the demographic of who will be watching this video?

With aging comes a greater potential for chronic medical conditions. In addition to hyperlipidemia, diabetes, asthma, and COPD, older patients have many other comorbidities that can make managing their conditions very difficult, even for professionals. That is where our virtual health fairs come in! Our educational videos, pamphlets, and virtual counseling will help them understand these complex conditions. The residents at these nursing homes are generally older but still independent and active. Since they are active participants in their own care, it's important that they get all the help they need in managing their medications and health conditions.

How much money are you hoping to raise?

Our initial goal is to raise \$1,000 that would go towards buying personal protective equipment, printing costs, and supplying one tablet computer to each of our partnered nursing homes. These tablets will be useful since many nursing home residents may not have their own electronic devices to engage with our video education and virtual counseling. After this goal is met, any additional donations will go towards purchasing additional tablet devices that will be made available for seniors to borrow. The tablets will continue to be a valuable tool at the nursing homes, even after the risk of COVID-19 has gone away. Although we tried to make our in-person events very regular and frequent, having the option to do events virtually will help increase access that the participants will have to our services. As members of the healthcare community, we should anticipate the long-term effects that the virus will have on all aspects of life. Having these new resources will help our student organization adapt to those changes. We hope that we can get help and support from the Cougar community to help us provide care to senior residents in Yakima. With their donations, we can ensure that student pharmacists will continue to showcase their skills for our community.

How will you put these videos together?

These videos are educational videos, created by our student pharmacists and reviewed by our faculty and preceptors. No access to the facilities is needed for the making of these videos. Our group is responsible for developing the content from guidelines and literature.

HealthChats: vaccines, flu season and COVID-19

The WSU College of Pharmacy and Pharmaceutical Sciences held an illuminating discussion on commonly asked questions about vaccines, this year's flu season, and what that could mean for the eventual distribution of a COVID-19 vaccine.

Kim McKeirnan and Nicole Rodin, who both teach in the Department of Pharmacotherapy at the college, shared their expertise on how vaccines get produced, and the push to get students certified so that they are ready to vaccinate for what is expected to be a busy flu shot season.



Pharmacy students have also been eager to get certified in time to be able to take part in COVID-19 vaccinations when one comes to market.

“I got some very excited emails [from students] after they were certified, saying ‘Dr. Rodin! We are actually doing so many flu shots at my pharmacy this month!’ which was very encouraging to hear,” said Rodin during the panel discussion.

CPPS Vice Dean of External Relations Linda Garrelts MacLean was also on the panel to discuss the impact that a COVID-19 vaccine might have on the role of pharmacies, which are embedded in communities, and often the first line of contact for minor ailments and conditions, such as strep throat or the flu.

“We have a real opportunity with this crisis, and that is that our student pharmacists, our pharmacist colleagues and technicians, are actually going to be offering and administering the COVID-19 vaccine and that’s going to elevate the visibility of the important role that the pharmacists plays on the health care team,” said Garrelts MacLean.

In what is top of mind for many Americans today, one viewer asked whether a COVID-19 vaccine will be safe to take.

“Normal vaccine development on average takes about 10 years—so this is very fast. But I think something to keep in mind is that the vaccines are still having to go through the same phase trials that they normally would,” said McKeirnan. “I think we have to trust to some extent the CDC (Center for Disease Control and Prevention) and the FDA (Food and Drug Administration), that when these things are being approved it’s because there’s really good science behind this and how it’s done and if there’s a major concern to the public then that’s being addressed.”

The monthly HealthChats seminar is part of a new initiative to share all the news and most current topics happening in pharmacy, pharmaceutical sciences and health care in general. The college will host the next HealthChat on Wednesday, December 2, with Dr. Darrell Jackson who does research for both the College of Pharmacy and Pharmaceutical Sciences and the Elson S. Floyd College of Medicine. Dr. Jackson will discuss his journey from wondering into the neurosurgery department in a middle school field trip to becoming a neuroscientist and the desire to be a model for future African American scientists and researchers.

Dr. Megan Undeberg will give a HealthChat seminar on Friday, December 11, entitled Pharmacy Goes to War, a deep dive into pharmacy’s dark past in World War II. Her seminar will discuss the pharmacists in the Resistance in Europe, one pharmacist whose pharmacy was in the Krakow Ghetto, another who was in the Nazi SS and assisted Dr. Mengele (The Angel of Death) at Auschwitz administering Zyklon B into the gas chambers, and our own history of concentration camps in the U.S. in World War II when the country used Executive Order 9066 to remove Japanese Americans living on the West Coast into desolate camps in the interior of the nation.

HealthChats is an ongoing panel series by the Washington State University College of Pharmacy and Pharmaceutical Sciences. Videos of past events and live virtual panels can be found on the college [YouTube](#). To learn more about our future HealthChats events please visit: <https://pharmacy.wsu.edu/health-chats/>

A NOTE FROM LINDA GARRELTS MACLEAN

Dear Friends and Colleagues,

While we continue to be socially distanced, I’m amazed with the way our community has managed to stay connected. Face-to-face interactions will always be invaluable in building comradery and community; however, going virtual for us has also meant a very quick transfer of information and insight into the progression of pharmacy. This has been best illustrated with recent Career Seminar Series speakers Gabe Arguinchona (class of 2019), who is a [Pharmacy Analytics and Business Intelligence Manager at Kaiser Permanente](#) in Seattle, and Gerald Engley, Executive Director of Medical Affairs at Seattle Genetics. Not only did we have more students in attendance than our usual in-person events, but we also had insightful and engaged discussions each time. Gabe, it has been a tremendous honor to serve as your mentor and see you flourish in your career; Gerald, I look forward to continuing our work together and having our students learn from your experience.

Similarly, in opening this dialogue on the future of pharmacy, we have also been able to easily connect with our alums living outside of the Spokane area on their latest perspectives about pharmacy. Steve Riddle, class



of 1984 and Director of Clinical Development at Wolters Kluwer, said it best in his [recent interview with one of our student pharmacists](#): “When I think about where health care is going and where pharmacy’s at, I just see a lot of opportunity and a bright future...I really see the role of pharmacy moving now into broader scopes of application, such as population health management, using technology, virtual meeting technology, care protocols, virtual assistance.” While there was so much more information gleaned from this short interview, I appreciate that we can connect our students with alumni to catch a glimpse of the future of pharmacy and all the nuances that come with these conversations.

The pharmacy profession is changing rapidly, and I have always been a strong proponent in keeping my eye on the horizon to stay ahead of the profession. The silver lining to this destructive pandemic has been the exchange of ideas with a click of a button. One of the ways we continue to build on this dialogue is through our new HealthChats series, which is streamed live on YouTube. Last month, I had the honor to sit on a panel with fellow colleagues to [discuss vaccines, flu season, and what that means for a COVID-19 vaccine](#). Next month, we have an [exciting HealthChats line up](#) on various topics. Dr. Darrell Jackson will discuss his journey to becoming a neuroscientist and his desire to set an example for future African American scientists and researchers. We also have Dr. Megan Undeberg with a special encore seminar on Pharmacy Goes to War, which discusses the role of pharmacists and pharmacies during World War II. It will be a dark, albeit interesting look into the past. Of course, we invite everyone in the community to join these discussions. The best thing of all is you can view it from the [comfort of your own home](#).

As a closing note, and in the spirit of staying connected, congratulations to [Jeff Rochon, CEO of WSPA, on his next endeavor at PACE Alliance](#). Thank you for fighting the long fight in moving the pharmacy profession forward. We look forward to what you will do next!

Until next time, I hope you all will be able to join us for these open discussions on pharmacy. Thank you all for reaching out and staying connected with the CougaRx community.

With best regards and much respect,



Linda Garrelts MacLean, Vice Dean of External Relations
WSU College of Pharmacy and Pharmaceutical Sciences

Spotlight on Success

Industry perspective: What is the future of pharmacy?

Shannon Patterson, a third-year student pharmacist at WSU, interviews Steve Riddle, Director of Clinical Development at Wolters Kluwer. Some of the topics they cover include how the pharmacy profession is changing, his career advice to students interested in pharmacy, and how students can set themselves apart when interviewing for a position.

Watch the video: <https://youtu.be/ZeNOAxs3eJg>

What does a pharmacy analytics manager do?

After his Career Seminar Series presentation to College of Pharmacy and Pharmaceutical Sciences students, class of 2019 alumnus, Gabe Arguinchona, sat down with the college to talk about how he uses his clinical background from WSU in his role as a pharmacy analytics and business intelligence manager at Kaiser Permanente to improve pharmacy informatics and data.

Watch the interview: <https://youtu.be/rHOHI8mi5I8>

Refer a Future PharmD for a chance to win a can of Cougar Gold

Do you love our Doctor of Pharmacy program as much as we do? Share the love and help us grow our CougaRx Nation by referring a friend, colleague, student or family member for your chance to win a can of Cougar Gold just in time for the holidays!

To enter to win, simply fill out the referral form on our [Refer a Future Cougar PharmD page](#) in its entirety. We will randomly draw a winner from those who make a referral over the next month (between now and December 14, 2020). Odds of winning depends upon the number of entries but will be no less than one in ten.

Refer a Future PharmD online at: pharmacy.wsu.edu/refer-a-pharmd/



PHILANTHROPY FOCUS

We would like to express our appreciation this month to Crystal (Little) Bryan, class of 2012, and Robert “Farmer” Bryan, class of 2013, for establishing The Bryan Scholarship at the CPPS several years ago and continuing to fund it every year. Even as recent graduates with student loans, both Crystal and Robert felt compelled to pay it forward to future pharmacists. “We both received scholarships and know the difference it made to us financially, and also in building our confidence.” Their scholarship is awarded annually to a dynamic student leader (just as they both were active student leaders in pharmacy). Crystal and Robert have been married for six years and have four-year-old twins, Kinley and Chloe, pictured here. Congratulations to this wonderful CougaRx family and thanks from all of us at the CPPS for your philanthropic support!

Alumni News

- We had a chance to visit with **Rusty**, class of 1987, and **Sheri Crawford**, class of 1988, during a recent visit to Tucson. Rusty and Sheri are both retired from the VA Hospital in Tucson, a career that Rusty praised as “the best he could have asked for.” During the pandemic, Rusty and Sheri are finding creative ways to stay busy. Literally! Check out these photos of their nifty craft projects...and yes, they do admit to enjoying a cocktail while creating them. Which leads us to wonder...what the rest of the CougaRx Nation is doing to stay busy and positive during the pandemic? Email your photos and stories to pharm.social@wsu.edu for us to share in the newsletter or on social media!
- **Randy Legg**, class of 1987, recently celebrated 20 years with Astra Zenica. This milestone also brought memories of his work as an intern at age 19 (34 years ago) at Jones Pharmacy, the independent pharmacy that was formerly owned and operated by Vice Dean Linda Garrelts MacLean. We asked Randy to find a photo of his 19-year-old self and wait until you compare the two! Congratulations, Randy, on a successful career at Astra Zenica, and 34 years in the pharmacy world!



- Congratulations to **Natasha (Heimbigner) Olson**, class of 2014, for her selection as one of two 2020 “Living the Mission” award recipients for the National Community Oncology Dispensing Association. The award was presented at the NCODA Fall Summit, which took place virtually last month. Natasha is an oncology pharmacist at Summit Cancer Centers and serves as Adjunct Faculty at the WSU College of Pharmacy and Pharmaceutical Sciences. [Read more about her award](#)



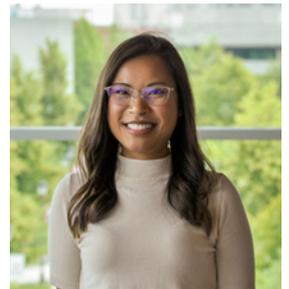
- **Sue Merk**, class of 1976, is enjoying living full time at her beautiful cabin in the woods in Easton, Washington. Following her retirement from OneHealth Port in Seattle, Sue stays busy by entertaining family and friends who visit her at the lake, crafting homemade greeting cards, volunteering for activities at the College of Pharmacy and Pharmaceutical Sciences such as the Dean’s Advisory Council and the CougaRx Nation board, and she’s also organizing a class reunion for her pharmacy classmates to coincide with the 2021 Pharmacy Crimson Gala. In fact, next year marks the 45-year anniversary of the class of 1976’s graduation from the college! To get in touch with Sue, please email her at smerk52@gmail.com.



- Congratulations to **Steve Riddle**, class of 1984, for winning Cougar Crest wine in the trivia contest during the College of Pharmacy and Pharmaceutical Sciences virtual homecoming celebration last month. Steve has been staying busy during the pandemic working from home for employer, Wolters Kluwer, and is also volunteering for the college to help with curriculum enhancements related to data/informatics. Thank you, Steve! [Check out Steve’s recent interview with third-year student pharmacist Shannon Patterson on the future of pharmacy.](#)



- We received this wonderful note from **Loan Lam**, class of 2019:
“I recognize it has been a tremendously tough time for many of us during these unprecedented times. From what seems to have been a long time coming, I am beyond ecstatic to have recently accepted a position as an ambulatory oncology pharmacist! Since the age of 9, I have vivid memories of joking with my pediatric oncologist that we would share a practice together someday (and perhaps this vision will still come into fruition). I feel extremely fortunate to have the support system including my personal health care providers, family, friends, mentors, and the incredible Cougar ‘pharmily’ who helped pave this professional path. I sincerely thank all of you. Upon embarking on this journey and moving forward: ‘I promise to devote myself to a lifetime of service to others through the profession of pharmacy’ as we continue to adapt to the paradigm shift in our profession and health care system. I hope everyone is staying safe, healthy, and as always—Go Cougs!”



- We recently visited with **Meridee Febus**, class of 1988, in Tucson, Arizona. Meridee serves as hospital pharmacy director at Oro Valley Hospital, and sent the snake photo to show it’s never a dull moment at their pharmacy. “We recently had an uninvited visitor upon opening in the morning. He didn’t even get his temp taken at the door or put on a mask. Sheesh, the nerve of some snakes!”



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

Other News

Staff and faculty recognized during Research Week 2020 awards ceremony

Marnie Rogers, a fiscal analyst for the College of Pharmacy and Pharmaceutical Sciences (CPPS), was recognized for her outstanding work on grant and contract administration with the Grant and Contract Administration Service Recognition Award during the Washington State University Research Week. [Read more from the WSU Insider](#)

Historic agreement opens new doors in Indian country for health sciences students

Thanks to the new partnership between the WSU Native American Health Sciences and Indian Health Services (IHS), students from pharmacy, medicine, nursing, nutrition and exercise physiology or speech and hearing sciences will be able to complete clinical rotations in six outlying IHS service areas across the Pacific Northwest. [Read more from the WSU Insider](#)

Hospital awards three students with scholarships

Third-year pharmacy student, Kayla Leland was awarded the Pullman Regional Hospital Gaskins Scholars Program scholarship for her interest in serving rural areas once she graduates. [Read more from the Daily Evergreen](#)

Faculty Scholarship

PRESENTATIONS

Allen I. White Distinguished Associate Professor of Pharmacotherapy **Joshua Neumiller** and co-presenters lead a virtual town hall titled, "[Focus on the evolving role of GLP-1 receptor agonists](#)," for Postgraduate Healthcare Education on October 15, 2020. The topic examined the role of GLP-1 receptor agonists in the management of Type 2 diabetes is continually evolving, challenging pharmacists to stay current with the latest science.

SERVICE

Josh Neumiller served on the Steering Committee for the IDEA 2.0: Innovating Decisions and Empowering Action in Diabetes Management program on use of continuous glucose monitors (CGM) sponsored by the American Association of Clinical Endocrinology (AACE). [See the free educational initiative](#)

Pharmaceutical Sciences Professor **Mary Paine** served as guest editor to the, "Natural products: experimental approaches to elucidate disposition mechanisms and predict pharmacokinetic drug interactions," section of the October 2020 issue of Drug Metabolism and Disposition.

Josh Neumiller served as a faculty member for the [ASHP Diabetes Management Certificate program](#).

GRANTS/AWARDS

Pharmaceutical Sciences Assistant Professor **John Clarke** received an R56 award from the National Institutes of Health in the amount of \$222,910 over one year for the project, "Risk of xenobiotic-drug interactions in chronic disease."

Student Achievement

DOCTOR OF PHARMACY (PHARMD) STUDENTS

Sabrina Judson, class of 2022, created the cover art for the [October issue of Drug Metabolism and Disposition](#). The issue also contains a special section, "Natural Products: Experimental Approaches to Elucidate Disposition Mechanisms and Predict Pharmacokinetic Drug Interactions," of which Pharmaceutical Sciences Professor Mary Paine was the guest editor. Sabrina also a student in Mary Paine's lab.

Lynn Luu, class of 2020, with faculty co-author Joshua Neumiller published the case study "[Using newer glucagon product](#)," on Diabetes in Control in October 2020.

Kylee Shriver, class of 2020, published "[Bempedoic acid: a novel LDL cholesterol-lowering agent](#)," Clinical Diabetes in October 2020.



Sabrina Judson's cover art for the October issue of Drug Metabolism and Disposition



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Pharmacy and Pharmaceutical Sciences

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