



NEWSLETTER

GULF COAST SOCIETY OF
HEALTH-SYSTEM PHARMACISTS

WINTER 2024 EDITION

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PRESIDENT'S LETTER

Dear GCSHP Members,

As we find ourselves at the midpoint of the 2023–2024 year, I want to express my sincere appreciation to each one of you for your membership. Your active involvement is a crucial contribution to our organization, and I am optimistic that we will continue to offer you meaningful engagement and valuable resources. The dedication of our board, comprising both long-standing members and enthusiastic volunteers, alongside the introduction of new faces, has played a pivotal role in our success this year.

We have continued to bring the membership some great benefits, including our ongoing commitment to delivering relevant continuing education programs through our resident grand rounds. In October, Atra Mouser, PharmD from Houston Methodist, shared insights into the implications and processes surrounding intrathecal devices. In November, we delved into updates on USP 795 and 797 with Luning Shi, PharmD, also from Houston Methodist. Enriching our local students, we hosted Dinner with a Pharmacist featuring Telyssa Anderson, PharmD, MBA, BCOP from MD Anderson and Quintin Wright, PharmD, BCPS, BCACP from Houston Methodist Willowbrook.

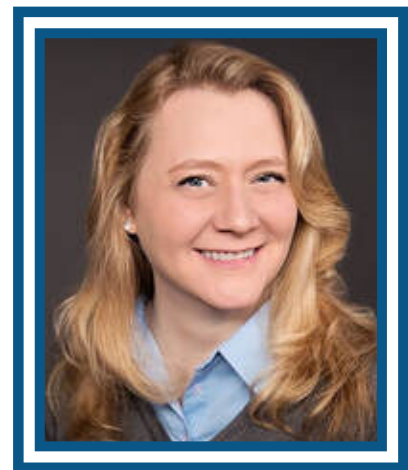
Our recent GCSHP Annual Seminar at The Westin Houston Medical Center marked a triumphant return after a long hiatus. We were honored to have TSHP President Rodney Cox, RPh, MS start us off with an inspiring keynote. Distinguished speakers covered various topics, providing valuable insights into our profession. A leadership panel rounded out our program with leaders from Healthcare Corporation of America, Texas Children's Hospital, Memorial Hermann, and Catholic Health Initiatives. Attendees and sponsors alike praised the venue and the seminar's value. More about the seminar can be found in an article by our president-elect Chibuokem Amuneke-Nze, PharmD, MBA in this newsletter.

Our directors and membership council have curated an array of social and philanthropic events for our membership. October witnessed both the Pharmacy Week Social at Heights Bier Garten and a volunteer event at the Houston Food Bank, contributing to our community. We also hosted the recent Holiday Social at The Post Houston Skylawn, which was filled with delectable food and breathtaking lights. The crisp air was welcome and it was so relaxing to walk through the decorations.

The ongoing membership punch card initiative continues to be a success, rewarding active involvement in GCSHP through various fun events held throughout the year. Keep punching!

Looking beyond GCSHP, our parent organization, TSHP, under the leadership of fellow Gulf Coast member Rodney Cox, continues to lead us through a remarkable year. The Texas reception held at the Anaheim Marriot at ASHP Midyear was a huge success, allowing members from across the state to mingle and network. I encourage you to continue to follow the TSHP Bulletin for insights from our president and historical content leading up to our grand 75th-anniversary celebration in Round Rock, Texas, in 2024. This milestone promises a plethora of exclusive activities and special programming, marking a momentous occasion for TSHP as we turn 75. Save the date for April 5–7th at the Kalahari Resort for this unique celebration.

To all GCSHP and TSHP family members, I extend my sincere thanks. Each one of you is integral to the success of our organization, and I am truly inspired by the collective strength we exhibit. I eagerly anticipate a great year ahead and the incredible achievements we can accomplish together in supporting one another, our organization, and the pharmacy profession. Wishing you all a fantastic continuation of the year and look forward to seeing you all in April!



Reba Forbess, PharmD, PhD, CPPS

GCSHP ANNUAL CONTINUING EDUCATION SEMINAR



This fall, the Gulf Coast region was thrilled to gather together to witness the return of our local chapter Annual Continuing Education Seminar!

The 2023 GCSHP Annual Seminar took place on November 11th at the spacious and curated Westin Medical Center/Museum District hotel in Houston. Restoring the educational and professional development event, this year's seminar offered a lively atmosphere of collaboration, growth, and productive discussion for pharmacy practice improvement.

Nearly 100 attendees, ranging from pharmacists, industry sponsors, students, and technicians from across the greater Houston area, were able to obtain board-required law, preceptor, human trafficking, and sterile compounding education credit. The highlight of the day was surely the inspiring keynote speech delivered by our current TSHP President, Rodney Cox, RPh, MS.

As a pleasant surprise, many of the attendees remarked that the primary value they obtained was the networking and camaraderie noted during the event between clinicians, sponsors, and speakers. They also did not mind the opportunity to win one of 8 door prizes, one valued at \$150!

We want to thank all clinicians and practitioners that attended and benefited from this year's seminar! Our aim is that event proceeds will be dedicated to grow networking, student engagement, and philanthropy programs for our local chapter and members.

2023 YEAR IN REVIEW PHOTO RECAP



2023 GCSHP MEMBER AWARDS

Each year, GCSHP recognizes its members for outstanding work in pharmacy practice! Congratulations to this year's recipients!

OUTSTANDING PHARMACIST

Niaz Deyhim, PharmD, MS BCPS

Houston Methodist Hospital

Dr. Niaz Deyhim serves as a Pharmacy Administrative Specialist at Houston Methodist Hospital, where her responsibilities include inpatient operations, employee onboarding, medication safety, education, and regulatory compliance. She also serves as Pharmacist-in-Charge for Houston Methodist Continuing Care Hospital – Texas Medical Center, showcasing her leadership in healthcare administration. Dr. Deyhim is dedicated to mentorship, serving as a preceptor and System Director for the Houston Methodist Longitudinal Advanced Pharmacy Practice Experience (LAPPE) Program, preparing students for post-graduate training. Recognized for her commitment to patient safety, she has received individual and team-based awards at Houston Methodist and actively contributes to research, publishing in peer-reviewed journals. Dr. Deyhim holds leadership roles in pharmacy organizations, including New Practitioner Ambassador and Director in the Gulf Coast Society of Health-System Pharmacists and New Practitioner Chair in the Texas Society of Health-System Pharmacists. Additionally, she serves as Vice-President on the Texas A&M College of Pharmacy Alumni Association Board. As a member of the American Society of Health-System Pharmacists Section of Pharmacy Practice Leaders, she has participated in podcasts, addressing pharmacy practice advancement and innovate pharmacy models. Dr. Deyhim stands as a dynamic leader, shaping the future of pharmacy practice through mentorship, organizational engagement, and collaborative efforts.



OUTSTANDING TECHNICIAN

Leslie Joseph

University of Houston College of Pharmacy

Leslie Joseph is an Instructional Lab Manager (ILM) with the University of Houston College of Pharmacy. In her role, Leslie supports faculty in clinical skills labs, handling logistics and pre-lab setups. She also works directly with PharmD students through teaching and evaluation responsibilities. With 10+ years of hospital experience and a specialized focus in IV validation, Leslie draws from her extensive background to impact vital inpatient pharmacy practice skills to PharmD students. Beyond the lab, Leslie embraces her passion for food and family travel. Actively involved in the UH community, she volunteers for student functions and was nominated for community service. Notably, Leslie played a key role in organizing the successful Back to School event with the Mayor in August, contributing to GCSHP's impactful initiatives. Committed to enhancing the student experience, Leslie's dedication shines through her work at the intersection of education, community service, and professional development.



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OUTSTANDING INDUSTRY ASSOCIATE

Emily Hobaugh, MS

Takeda Pharmaceuticals, Inc.

Emily Hobaugh is a Transplant Account Manager at Takeda Pharmaceuticals, Inc. In her 20+ year career at Takeda (formerly Shire Pharmaceuticals), she has held multiple roles working across Rare Disease, Oncology, Hematology, GI, and Neuroscience. Emily also serves as the US Development Lead for Takeda's Gender Parity Resource Group. She volunteers for multiple non-profit organizations in Houston and was recognized by the Houston Business Journal in 2020 for her leadership with DE&I initiatives.

Emily graduated from North Carolina State University with a Bachelor of Science in Textiles and from University of Maryland - University College with a Master of Science in Management, specializing in Project Management. Emily played an instrumental role in organizing the GCSHP Annual CE Seminar, and her insight into the pharmaceutical industry is invaluable. She currently serves as a Membership Co-Chair within GCSHP and is involved within TSHP as well.



OUTSTANDING STUDENT

Adam Siddique

University of Houston College of Pharmacy

Adam Siddique is a P4 student at the University of Houston College of Pharmacy. In addition to being a participant in the Methodist Internship Longitudinal Experience Program and a Longitudinal APPE student at Houston Methodist, he is actively involved in various external organizations. Adam serves on the ASHP Pharmacy Student Forum Executive Committee and the Career and Leadership Development Advisory Group. Within UHCOP, he holds leadership roles such as SSHP Vice-President of Communications, Antimicrobial Awareness Chair, and Pharmacy Student Council President.

Adam is characterized by his high level of motivation, combined with humility and a genuine enthusiasm for learning and ongoing professional growth. His commitment to excellence is evident in his notable achievements, including his participation and consecutive first-place awards with his team in the TSHP Leadership Challenge for two years. Adam attends community service events with GCSHP whenever possible and looks forward to continuing his active participation and networking with the organization.



MEMBERSHIP PUNCH CARDS



GCSHP is piloting a membership engagement punch card to reward members for active involvement in the organization! The punch card consists of many fun events that GCSHP hosts throughout the year – members can win prizes just by attending and documenting their attendance.

The events on the punch card are listed, providing 9 opportunities for members to get “punches” on their punch card. Any member who collects 6 or more “punches” will have an opportunity to win prizes, including a potential complementary registration to the 2024 TSHP Annual Seminar – 75th Anniversary!

To participate: Complete the survey [linked here](#) to document your attendance at events (even past ones)! Responses will be collected until **January 31, 2024** and winners will be announced shortly thereafter. Please remember to take the survey one time per event to document a “punch” and ensure you receive credit. Thank you for participating – we look forward to seeing you at our many upcoming GCSHP events!

SAVE THE DATE: UPCOMING EVENTS

GCSHP Resident Grand Rounds

Each month, you can tune in to our general membership meetings for updates and opportunities to get involved with your local organization! Each meeting is followed by an ACPE-accredited continuing education program from a local pharmacy resident.

January 11: Noemie Senawong (Harris Health System)

February 8: Khyati Amin (The University of Texas Medical Branch – Galveston)

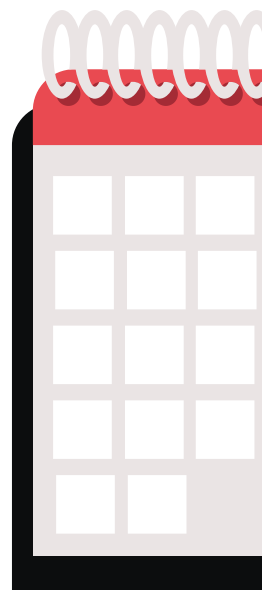
February 22: Trina Mercado (HCA Houston Healthcare Clear Lake)

March 14: Steven Duong (Baptist Hospitals of Southeast Texas)

May 9: Alyssa Carmichael (Memorial Hermann Katy)

June 13: Dianalyn Ulep (HCA Houston Healthcare Kingwood)

July 11: Anuki Wijeratne (HCA Houston Healthcare Kingwood)



Industry-Sponsored Dinners

Join us for our monthly industry-sponsored dinners, held every fourth Thursday at 6:00 PM at a local restaurant! These events provide an excellent opportunity for education on emerging drug therapies and networking with pharmacy colleagues. Check the list of upcoming dates and sponsoring companies. Event locations will be announced at the beginning of each month.

JANUARY

Teva Pharmaceuticals

FEBRUARY

Abbvie

MARCH

Gilead

TSHP Annual Seminar 2024

Plan to join us in Round Rock, TX as we celebrate the 75th Anniversary of TSHP in April. The event is sharpening up to be packed with exciting and exclusive activities only available this year for the 75th Anniversary! Registration is now open, with an early-bird registration deadline of February 14. See more details on the [TSHP website](#).



STUDENT CORNER

Exploring the Efficacy of Milk Thistle in Type 2 Diabetes: Unveiling Components for Complementary Care



Autumn Ikimi
Texas Southern University
PharmD Candidate 2024

Question: Is there scientific evidence supporting the use of milk thistle as a complementary or alternative treatment for individuals with type 2 diabetes, and if so, what mechanisms or components of milk thistle are believed to contribute to its potential benefits in this context?

Background: Milk thistle (*Silybum marianum*) has an active component called Silymarin that is derived from the fruits and seeds of *Silybum marianum* plant. Silymarin possesses properties that are effective in the management of diabetes due to its effects on reducing glucose levels, increasing insulin sensitivity, and enhancing beta-cell regeneration.

Assessment: Milk thistle's mechanism of action in reducing blood glucose levels is associated with its ability to act as a peroxisome proliferator-activated receptor γ (PPAR γ) agonist. PPAR γ is a molecular target involved in insulin sensitivity. By activating PPAR γ , milk thistle may enhance insulin sensitivity, leading to improved glucose regulation and reduced blood glucose levels.

The suggested dosage of orally ingested milk thistle extracts ranging from 210 to 600 mg per day contributes to a reduction in blood sugar levels among individuals with diabetes.

In a randomized, triple-blinded, placebo-controlled trial, 40 participants were evaluated on the effects of silymarin supplementation on glycemic indices and serum lipid profile in type 2 diabetes mellitus (T2DM) patients. Silymarin supplementation resulted in a decrease in fasting blood sugar, serum insulin, homeostatic model assessment for insulin resistance, serum triglyceride, and triglyceride to high-density lipoprotein cholesterol ratio compared to the placebo, showing reductions by 11.01%, 14.35%, 25.92%, 23.7%, and 27.67%, respectively.

STUDENT CORNER

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The silymarin group exhibited a significant increase in high-density lipoprotein cholesterol levels and quantitative insulin sensitivity check index, showing an increase by 6.88% and 5.64%, respectively ($p < 0.05$). No adverse effects or symptoms related to silymarin supplementation were reported by participants throughout the study, indicating good compliance with the intervention.

Sixteen studies, involving a total of 1358 patients, were included in the analysis of the benefits of silymarin. The overall meta-analysis revealed that compared to the control group, silymarin led to a significant reduction in fasting blood glucose levels, insulin resistance as measured by homeostatic model assessment, hemoglobin A1c levels, total cholesterol, triglycerides, low-density lipoprotein-cholesterol, and C-reactive protein. Importantly, silymarin had no adverse effects on liver and kidney function indicators (alanine transaminase, aspartate aminotransferase, creatinine phosphokinase, creatinine) and the complication rate. Subgroup analyses revealed that insulin levels showed a significant decrease in patients receiving silymarin monotherapy for more than three months.

Recommendations: Milk thistle supplementation offers both safety and effectiveness in the complementary treatment of type 2 diabetes.

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STUDENT CORNER

Decline in Estimated Glomerular Filtration Rate After Dapagliflozin in Heart Failure with Mildly Reduced or Preserved Ejection Fraction



Zaynab A Omisade
The University of Texas at Austin
PharmD Candidate 2024



Hieu Nguyen
University of Houston
PharmD Candidate 2024



Michael Kolandjian
The University of Texas at Austin
PharmD Candidate 2024

Sodium-glucose cotransporter 2 (SGLT2) inhibitors decrease the likelihood of heart failure (HF) exacerbation and mortality related to cardiovascular causes in patients with diagnosed heart failure regardless of ejection fraction.¹ Additionally, this class of medication has been shown to reduce the risk of kidney disease progression in patients with chronic kidney disease (CKD) who are already taking a renin-angiotensin system (RAS) inhibitor, irrespective of the presence of type 2 diabetes.^{2,3} Similar to RAS inhibitors, a class-related effect of SGLT2 inhibitors is an initial reduction in the estimated glomerular filtration rate (eGFR) during the first few weeks of therapy which was demonstrated in several recent randomized controlled trials of these agents, including the landmark studies conducted in the CKD population.³ The specific pathophysiology of this phenomenon remains elusive however one theory involves reduced sodium and glucose reabsorption in the proximal tubule by SGLT2 inhibition which results in higher sodium delivery in the distal nephron and ultimately afferent arteriolar vasoconstriction and eGFR reduction.⁴ A notable concern of this expected reduction in eGFR when initiating SGLT2 therapy is concern for acute kidney injury on the part of the provider which might lead to discontinuation of the medication.

Recently, a prespecified analysis of patients enrolled in the DELIVER trial was conducted to examine the consequences of an initial decline in eGFR in patients with heart failure with mildly reduced ejection fraction or preserved ejection fraction.^{5,6} In this study, 5788 patients with heart failure who had an EF greater than 40% and an eGFR greater than or equal to 25 were administered dapagliflozin 10 mg per day or placebo.⁶ The median change in eGFR from baseline to one month was -1 for the placebo group and -4 for the dapagliflozin group.⁶ The difference in eGFR of -3 between groups was found to be statistically significant ($p < 0.001$).⁶

STUDENT CORNER

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Consistent with previous studies, there was also a higher percentage of dapagliflozin patients (40%) versus placebo patients (25%) who developed an initial decline in eGFR of greater than 10% ($p < 0.001$).⁶ Although there was a numerically higher number of patients with an initial decline in eGFR in the dapagliflozin group, this importantly did not translate into a higher risk of primary cardiovascular or adverse kidney outcomes.⁶

A key message for providers and patients alike is that the initial decrease in eGFR associated with SGLT2 inhibitors does not necessarily increase the risk of adverse cardiovascular or renal events. Instead, discontinuation due to concern for acute kidney injury may prevent the patient from receiving therapy with proven cardioprotective and renoprotective effects. Therefore, SGLT2 inhibitor therapy should not be discontinued due to mild decreases in eGFR on initial laboratory tests and other causes of acute kidney injury should be investigated if eGFR declines by greater than 30% during initiation.⁶

References:

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STUDENT CORNER

University of Houston SSHP Chapter Update

Kevin Huynh, PharmD Candidate

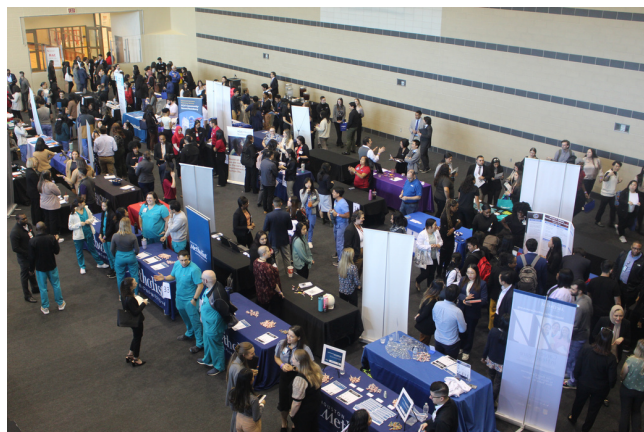
As the fall semester concludes, we will take time to reflect on the various events organized by our UH SSHP local chapter.

In September, our chapter participated in the annual ASHP Clinical Skills Competition, where we had 25 groups (50 students) compete to represent our college at ASHP Midyear Meeting this year.

In October, we held our 14th Annual Residency Workshop, featuring a panel of 4 residents and 1 residency program director, providing our members with a comprehensive introduction to residency followed by a Q&A session. During this time, we also collaborated with UH IPhO and SCCP to conduct a Networking Workshop for our students. This session featured three pharmacists who shared valuable insights on making and maintaining connections, finding a mentor, and what research to do before a networking event.

In November, we held our annual Residency Showcase, allowing students from all Texas pharmacy schools to network and interact with participating residency programs. This event, which hosted at least 50 residency programs and over 200 students and representatives from the Houston Area, significantly contributed to the growth of professional connections. Additionally, we organized our 2nd Dinner with a Pharmacist of the semester in collaboration with GCSHP. This event provided students with a unique opportunity to connect with a current health-system pharmacist, gaining valuable insights into the intricacies of their profession.

Upcoming events to look forward to includes an End of Year Social for our members as well as hosting our annual Residency Mentoring Social in the Spring semester!



STUDENT CORNER

Texas A&M University SSHP Chapter Update

Oscar Corona, PharmD Candidate

In the Fall of 2023, TAMU-SSHP remained steadfast in promoting the ASHP mission of fostering professional growth, enhancing patient care, and championing the pharmacy profession. Throughout the semester, our chapter organized and hosted a series of engaging events, including monthly general meetings with guest speakers, national pharmacy week 2023, and the launch of our new Infectious Disease and Oncology committees!

We commenced the semester by hosting a panel of former TAMU-SSHP members who are now PGY-1 pharmacy residents to share insight in navigating the road to residency. Following this, we held a casual social gathering for our Kingsville members to welcome the class of 2027 and recruit new members for our student chapter. To celebrate National Pharmacy Technician Day and National Pharmacy Week in October, TAMU-SSHP spotlighted 8 hard-working student members who are also certified pharmacy technicians on social media and hosted a school-wide breakfast for students, faculty, and staff to celebrate our appreciation and dedication to the pharmacy profession.

Our 2023-2024 committee chairs have orchestrated a multitude of educational meetings and events for our members with topics ranging from CV and interview preparation, opioid safety, and chronic disease management. The fall of 2023 saw the launch of 2 new committees within our student chapter: Infectious Disease and Oncology. Both committees were developed in an effort to better serve and familiarize our members to these specialties. Inaugural meetings of both committees involved an in-depth overview of each specialty and the impacts made on patient care. The Infectious Disease Committee later hosted a Jeopardy luncheon for members to test their ID knowledge, and the Oncology Committee welcomed board-certified oncology pharmacist Dr. Jooyoung Park to share more about oncology pharmacy. Monthly general meetings welcomed PGY-1 Residency Program Director at Mayo Clinic, Dr. Abby Krauter, and TSHP liaison and fellow Aggie Pharmacist, Dr. Tatyana Barichovich.

Before ending the semester at ASHP Midyear Clinical Meeting, TAMU-SSHP coordinated mock residency interviews for fourth-year students with the assistance of some incredibly dedicated volunteers, including GCSHP Director and TAMU alum Dr. Niaz Deyhim. Our chapter extends our gratitude to everyone who has contributed to and supported our organization over the past year, and we look forward to the year ahead filled with impactful initiatives and shared accomplishments!



STUDENT CORNER

Texas Southern University SSHP Chapter Update

Ada Oyeka, PharmD Candidate



As the semester unfolded, the Texas Southern University chapter of SSHP (TSU-SSHP) has been a hub of activity and accomplishment. Our dedication to service and professional growth was evident throughout our actions and events. In October, our chapter took a stand against breast cancer with educational campaigns and advocacy efforts, tapping into the collective spirit of the TSU Tigers roaring against breast cancer. We continued to empower our members with professional development, hosting a mock interview session with representatives from Pharmacist Initiative Leaders (PILs), which provided invaluable practice and feedback for our aspiring professionals. Starting the semester strong, we organized a wellness talk to emphasize the importance of self-care among the rigors of academic life. This was followed by the Step Out Walk in collaboration with the American Diabetes Association, where we not only raised diabetes awareness but also underscored our commitment to public health initiatives.

A bustling membership drive, doubling as a celebration of Student Pharmacist Day, welcomed new students into our fold, ensuring the continued growth and vitality of our chapter. During Pharmacy Week, in a show of unity and collaboration, we joined hands with other student organizations. Together, we orchestrated the Pharmacy Olympics, a blend of fun, friendly competition, and pharmaceutical camaraderie, which became a highlight of our semester, celebrating the spirit of our profession.

The local clinical skills competition showcased the expertise within our chapter, with the winner going on to represent us at the ASHP Midyear conference in Anaheim, California. We also provided free headshots to students, supporting them in crafting a professional image for the digital world. Our service initiatives led us to the Lincoln Community Center and the Felix L. Baldree Community Center for volunteer work, directly impacting our local community with health screenings and education.

The insights from GCSHP representatives enriched our chapter's knowledge on TSHP membership benefits, residency preparation, and midyear conference planning, arming our members with the tools for success. At the ASHP Midyear conference, our presence was strongly felt with over 20 students presenting research across various health systems, a testament to the scholarly work and dedication of our members.

As we close this chapter, we are inspired by what we have achieved thus far and excited for what lies ahead. We look forward to carrying this momentum into the next semester, ready to embrace the opportunities that await. Join us as we continue to advance, learn, and serve.



BOARD OF DIRECTORS

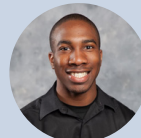
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@gulfcoastshp



gcshp.membership@gmail.com