

# The Black Apothecary



## The South African International Rotation Experience of a Lifetime

Ginika Ezeude, Fourth-year Student Pharmacist

### Muli Bwanji!

This was the first greeting that was hurled at us in ‘Nyanja’ (one of Zambia’s native languages) upon our touchdown in the Kenneth Kaunda International Airport in Zambia. Having come from a week spent in South Africa, where the Howard University Global Initiative Southern African (HUGISA) office was headquartered, we were familiar with the idea of one country possessing 50+ different spoken languages. Thankfully, English was a close second to what was spoken by the masses, so we weren’t

totally lost. On June 24<sup>th</sup>, 2018, Alanna Diggs and I embarked on an international rotation in both South Africa and Zambia that would change our lives forever!

We landed first in Johannesburg South Africa; this is because the HUGISA office is based in Pretoria and all HU projects done in neighboring countries (i.e. Zambia, Zimbabwe,

Mozambique, etc.) all came from this office. The Director, Dr.



**NFF: Dr. Miranda Law**  
PG. 3

**Life & Style Rx**  
PG. 4

**Midyear Magic comes to HUCOP**  
PG. 5-6

**NFF: Dr. Jamila Jorden**  
PG. 6-7

**Howard University's Pharmacy Day Impact**  
PG. 7-9

**NFF: Dr. Diana Solomon, Dr. Dhakrit Rungkitwattanakul, and Dr. Estela Lajthia**  
PG. 10

**Off Campus Spotlight**  
PG. 11

Henry Fomundam, along with the rest of the staff oriented us well to the region and the host of projects Howard University had their hand in. They also told us that we'd be posted to Matero Level One Hospital in Lusaka, Zambia (the capital), a government hospital that is considered one of the better healthcare institutions in the country that also recently underwent some renovations. Due to the significance of Zambia's high prevalence of HIV/AIDS and the fact that this international rotation was an infectious disease experience, I was assigned a Pharmacovigilance project centered on improving the identification, recordkeeping, and reporting of adverse drug reactions amongst HIV positive patients receiving antiretroviral (ART) care. Alanna was assigned a project on Linkage and Retention that was centered on determining how individuals were retained and linked to ART care from as far back as their initial diagnosis in 2016 till now. She also got to categorize individuals as lost to follow up, etc. When we weren't working on our independent projects, we were able to see how pharmacy is practiced at both a hospital outpatient pharmacy as well as a community pharmacy setting. We also went on rounds in the various departments within the hospital (i.e. Pediatric Ward, Surgical Ward, Internal Medicine, and Labor/Delivery).

I also got the opportunity to report all of my identified ADRs to Zambia's Medicines Regulatory Authority (ZAMRA). Aside from work, we did a fair amount of sightseeing: we went to Victoria Falls on the Zambezi River, which is the largest curtain of falling water in the world! We got to visit Nelson Mandela's House in Soweto and we even got to see up close wildlife in Chobe, Botswana! Between South Africa, Zambia, Zimbabwe, and Botswana, we got to see it all! Overall the trip was definitely worthwhile. I walked away from Zambia, not only with a new appreciation for life and certain privileges afforded to us here in the States, but also with having finally learned the response to the local greeting: *Bwinu Bwanji!*



## *New Faculty Feature: Dr. Miranda Law*



### *Rukiya Umoja: What path led you to Howard?*

Dr. Law: I'm from the DMV area—I was born and raised in Maryland. I went to school here pretty much my whole life until pharmacy school. I went to Maryland for undergrad and pharmacy school in Philly. I went to Jefferson College of Pharmacy. I came back for a PGY1 residency and went to UNC for a 2-year fellowship and after that, I came here.

### *What are you currently teaching?*

I teach IT1A. It was previously Dr. Pittman's class and I think it's hard because the topics are all over the place but I think it's important that the students learn it right because it sets the foundation for later. I try really hard to run it in a way that they can learn it.

### *Did you always envision working in academia?*

No. I love my job and I love what I do. But if you'd ever asked me when I was a student if I would have ever become a teacher, I absolutely would have said that's on the never ever list. I just never thought that it would be an area I'd be interested in. I never thought I had the patience for teaching. And some would argue now I still don't have the patience for it. But I'm teaching adults. I could never be a grade school teacher. But I think as I went through residency and fellowship, the things that I love doing are not monotonous jobs. I can't do the same thing everyday—I get bored a few weeks in and once

I've learned it, I'll need something new. And there aren't a lot of jobs that afford that kind of working environment where everyday something is brand new. And you never know what you're going to get or who's going to walk through your door or what the students will say to you. And I think academia allows me to do a lot of different things rather than just one thing. So interestingly enough, here I am. So when students say I don't want to do that, I always say never say never. Because that was me. But here I am.

### *What does a job well done look like for you?*

I would say creating an open-learning environment. So it's not just about how well I can stand up there and deliver something. It's about how comfortable students feel coming to me if I haven't said something in a way that they can understand it—or that they feel they can come to me or learn from me. What I say is not going to resonate with everyone the first time, or perfectly. We're all human. They'll ask me a question and maybe I won't know the answer. But I think the important part is that they know that it's a very open learning environment. And they can ask these questions. And I will do my very best to teach them to the extent that I can. I think as long as at the end of the day, the students feel they are learning, that's what is most important to me.

### *You head the international APPE rotations and seem really passionate about it. Is there a specific reason for that?*

Yeah! So I guess it all started when I graduated from college. Me and one of my best friends decided to celebrate by going to Italy and Ireland. That was the first trip I had taken overseas alone without family. And I think it just really opened up my eyes to what is out there. And since then, I had probably left the country every year after that, at least once. But when I got to pharmacy school, I knew I

didn't want to stop doing this. What about what pharmacy is like overseas? And how does culture affect pharmacy in other countries? I ended up doing a student exchange program through APhA my first year. I went to Egypt and it was amazing! I think that experience propelled me into the whole international realm. I have really great friends that I met through international pharmacy associations. Like what Yetunde is doing now, I used to do a ton of that during pharmacy school. It got me to places like the World Health Assembly in Geneva. I got to go and sit in the rooms and impact policy. It really made me think if students could tap into this more, how much could they learn on a larger scale or a global level? I know it's not a huge thing particularly in America. But I feel like just open up your mind a little bit. I'm hoping if I'm really passionate about it because I learned so much from it, other students will be also. It just takes a step of going.

### *Are there any extracurricular activities you're doing outside of Howard—maybe precepting or research?*

I'm also a student. I'm getting my Master's in Public Health. I do school when I leave school and have another year. I finish next winter. It's a 2.5 year program. I mainly do that. Hopefully it won't last forever. I also bake when I have time.

### *What does life look like for you in the next 5 years?*

Dr. Law: So I've been trying to work on my whole work-life balance. Most of my life I've been very career-driven. Career first. Life will work itself out later. When I went to UNC, I met my now-husband. So I'm hoping in the next five years I can figure out that work-life balance a little bit better. I would like to be here to have made some kind of impact. I think my goal is to just get better at balancing things.



trendsetters

beauty

fitness

style

business

life tips

# Welcome

Life & Style Rx delivers the very best in business, fashion, beauty, fitness, and HUCOP's trendsetters to The Black Apothecary.

## HAPPY THANKSGIVING!

BEST BLACK FRIDAY DEALS ON AMAZON IN 2018

- Chico's = 35% off on women's items
- Nine west = 50 % off watches
- Under armour = 30% on apparel & shoes
- Canon = 35% off on camera lenses
- Lenovo = 49% off on lenovo 2019 laptop

## Trendsetter Feature



### David Shelton

Your style in 3 words?

Classic. Iconic. Versatile

Why is it important to look your best?

"I always felt that how a person dress is somewhat a reflection of that person. First impression is everything and style can be personalized to portray how that individual may feel or what goals that person may have. I believe that you can achieve anything in life as long as you work hard and dress for the occasion."

What's your favorite movie & current artist?

My favorite movie is Paid N Full & my favorite artist is Gunna who is a fashion icon himself

Who is your fashion inspiration?

"I'm my daddy's son."

What style tips would you give our readers?

"When in doubt of your outfit, go simple. Too many patterns, stripes, or dots is tacky."  
"Wear the outfit, don't let it wear you."

## LADIES, HAVING DIRTY/BAD HAIR DAY?



Whenever you want to oil up your hair without worrying about washing it the next day, rock a cute scarf do to cover your oily roots.

## HUCOP ENTREPRENEURS

### Taylor Brother Investments LLC



Montrell Taylor started his real-estate investment business with his brother because he wanted to create a venue that allows him to have freedom while making income. He chose to do it because it didn't require money or credit.

In short, Montrell works as the middle man between home-owners and investors in getting properties off the market. The only thing that was required of him was his time and commitment to start a business from ground up. He says as uncomfortable as it may be, it's very rewarding to have something of his own. His biggest advice is to be willing to take a risk and learn from your failures. In addition, be willing to plan, execute, and avoid analysis paralysis.

To learn more, contact Montrell at:  
taylorbrosinvestments@gmail.com or  
240-514-4372

## BEST OF PHARMACY PODCAST NETWORK ON ITUNES

1. Episode 508 - The Value Strategy: A PBM Perspective
2. Episode 631 - PillPack Amazon and the Future of Pharmacy
3. Episode 628 - 7 Habits of Highly Effective Pharmacy Owners
4. Episode 521 - Medical Marijuana & Specialty Pharmacy



## Midyear Magic Comes to HUCOP

Rukiya Umoja, Second-year student pharmacist

For the first time in HUCOP's history, the midyear magic has come to Howard! The inaugural event was held in Chauncey Cooper Hall on November 10, 2018 from 9:30 a.m. to 3 p.m., providing the opportunity for P4s to get information about residencies and fellowships as well as opportunities to interview and network. Mini Midyear included a Regional Residency Showcase and a simulation of the Personal Placement Service (PPS) offered during ASHP's Annual Midyear Clinical Meeting.

In attendance were premier programs such as MedStar Washington Hospital Center (PGY1), Veterans Affairs Medical Center (PGY1), Novant Health Prince William Medical Center (PGY1), and Pfizer

Pharmaceutical Company, just to name a few. ASHP hoped to provide our student body with an opportunity to experience interactions with diverse pharmacy practice areas.

Four decades ago, ASHP created a bridge where health-system pharmacy practitioners could meet pharmacy students. Attended by more than 25,000 pharmacy professionals in December, the ASHP Midyear Clinical Meeting is a venue for sharing knowledge, networking with colleagues, and learning about the latest healthcare news and technologies. Although Midyear provides invaluable opportunities, the month of December is a stressful time for fourth-year pharmacy students.

Nevertheless, in an effort to create an environment where student pharmacists are exposed to a variety of postgraduate training programs and obtain



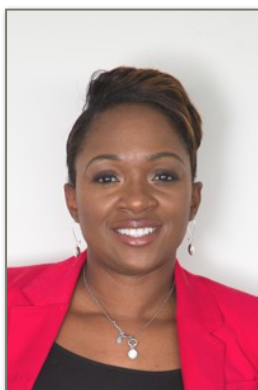
knowledge and skills to prepare for ASHP's Annual Midyear Clinical Meeting, the mini midyear visionary, Zulikhat Segunmaru planted the seed with Faoumata Bayo—current P2 students at HUCOP and the Vice President and Residency Chair of ASHP, respectively.

“Mini Midyear came in inception after learning about the competitive nature of residency programs and post-graduate opportunities. ASHP Midyear can be overwhelming with thousands of student pharmacist from all over the nation” said Segunmaru.

The Howard chapter of ASHP, wanted to ensure that Howard students have an advantage and are provided opportunity to receive early exposure to programs and people who might be able to give them career opportunities” Segunmaru added.



### *New Faculty Feature: Dr. Jamila Jorden*



*Nneka Okafor: Where are you from?*

Dr. Jorden: I was born in Pittsburg but grew up in South Jersey in a town called Willamsburg. I'm the oldest of three.

*Where did you come from before Howard University?*

I did not get a Bachelor's degree. When I came to Howard University, I did the two years of pre requisites and then matriculated into Pharmacy school. I was a part of a track team, received an academic and sports scholarships. She even still ran track while in Pharmacy school.

*What are you teaching and do you have a specialty?*

I will be teaching in the Spring semester for the anxiety and autism IT module (3B). I came from Managed Care and worked for 12 years at a Pharmacy Benefit Management company. For the last couple of years I wanted to get back



into education. At my previous company I worked as a Director for their Residency Program for the Managed Care Company and managed their IPPE and APPE program. When the opportunity opened up at here Howard, I was excited to come back to my Alma Mater!

*Are you doing any other extra curriculars, like precepting or research?*

I am the organization advisor for AMCP.

*What do you do on your free time?*

I like to workout, read and cook. I prefer fiction and historical books.

*What do you like most about Howard since you came back?*

I love the environment of Howard. I like being able to work at a historically black university and advance the mission of the university. I like seeing the students, and having the opportunity to help and work with them.

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## Howard University's Pharmacy Day Impact

Nneka Okafor, Second-year Student Pharmacist

It often surprises me that the impression of the pharmacist role among some is still that of a person who stands behind a counter, looking solemn, performing unseen tasks that result in delivery of labelled vials ready to be picked up. However, in reality, the practice of pharmacy today is one of the most important in the delivery of health services. Pharmacists are the health professionals who have the most detailed knowledge of drugs and how they work.

In fact, a pharmacist's duty goes beyond the typical duties that many people think when they hear the word "pharmacy". Pharmacists are able to deliver optimal pharmaceutical care, by assessing the suitability of the medication for a particular patient, taking into account their medical history, as well as all possible side effects and interactions with other drugs that are being used. Most importantly,



pharmaceutical care includes engaging and communicating with patients, so they fully understand the purpose of their medication, as well as the effects and the dosage regimen.

Being that the profession of pharmacy has not yet been able to reach the full recognition and important stature that it requires, it is important to be an advocate for our future profession. This will allow pharmacists to write the narrative for the desired direction of where they want the profession to head toward.

Howard University College of Pharmacy has been actively taking strides to do their part in making sure that we participate in advocacy amongst legislative issue. Recently APhA, SNPhA and WDCPhA held Pharmacy Day at the Wilson Building. During this event we met with all council members legislative staff and also talked to Mr. Vincent Gray (Chairperson on Committee of Health) about the

importance of the pharmacy profession as well as why we would like legislative issues to not only be passed but to be acted upon in a timely manner. Meeting with these members was so beneficial, especially being that many are running for reelection in this upcoming term. We wanted to make sure that are voices were heard and our presence was



known, and we did just that! From the professionalism, passion and overall welcoming demeanor from all the students and faculty that attended Pharmacy Day, it definitely did not go unnoticed. The legislative members from the Wilson Building had nothing but overflowing positive feedback to give. I firmly believe that Howard University College of Pharmacy will continue to do what we can until our profession meets the demand that we have earned.

For those who want to learn a few lessons on advocacy that I have been able to learn along the way, utilize the steps below. Although this list is not all inclusive, I think these points are necessary for effecting positive change.



**1. Strategic planning:** Positive changes unfortunately do not happen by themselves. They need to be carefully planned out. With the field of pharmacy, one needs to know where it wants to go and have the ability to communicate this vision to others.

**2. Operational plan:** It is not enough to agree that a strategy is correct. A detailed plan for accomplishing a goal must be developed.

**3. Collaboration:** Nothing significant can be achieved without the support of others. You cannot make progress alone. Ensuring help from others allows effective interaction and unification.

**4. Patience:** Advocacy does not result in immediate success. It requires timing, communication, consistency of leadership, and patience.

**5. Willingness to participate:** We need individuals who are willing to put in the time and effort. We need to commit ourselves to help change our state and national policies that prohibit the broad use of pharmacists.

**6. Celebrate victory:** We need to take time to thank everyone for their support and involvement in achievements so we can motivate future involvement when needs arise.



*New Faculty Feature:**Dr. Diana Solomon, Dr. Dhakrit Rungkitwattanakul, and Dr. Estela Lajthia*

Dr. Solomon is currently an assistant professor at Howard University College of Pharmacy. She is a lecturer for Integrated Therapeutics 1B: Cardiovascular and also conducts research. Originally from New York, she has pharmacy she received her Doctor of Pharmacy degree from the Philadelphia College of Pharmacy at the University of the Sciences in Philadelphia, Pennsylvania where she was inducted into Rho Chi Academic Honor Society.

After graduation, she completed a residency at Shore Medical Center in Somers Point, New Jersey and then specialized in critical care at the Philadelphia College of Pharmacy in conjunction with Cooper University Hospital. Dr. Solomon has a special interest in nutrition support therapy and is an active member of the American Society for Parenteral and Enteral Nutrition (ASPEN). She is also actively involved with ASHP

and ACCP. Outside of her passions for teaching and critical illness, she also enjoys playing volleyball and beach volleyball.



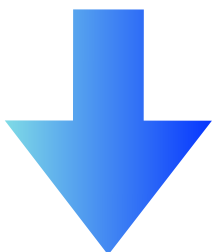
Dr. Rung is currently an assistant professor at Howard University College of Pharmacy. He is a lecturer for Integrated Therapeutics: Kidneys. He conducts research where he focuses on drug dosing in renal impairment, with a focus on antibiotics and anticoagulants. In addition, he works with dialysis patients at the Howard University Hospital and offers inpatient nephrology services. Dr. Rung is originally from Bangkok, Thailand and completed his undergraduate studies there. He graduated from University of Maryland's School of Pharmacy and recently completed PGY1 training at Georgetown University Hospital. As a member of ACCP, Kappa Psi, and ASHP, he also has interests in internal medicine, acute care, and

inpatient settings. Outside of pharmacy, he enjoys traveling and has visited several European countries, including Iceland and Italy. Dr. Estela Lajthia first came to Howard a little over a year ago. She obtained her PharmD from Shenandoah University and is a member of Phi Delta Chi Pharmacy Fraternity. Dr. Lajthia originally wanted to become a clinical pharmacist that specializes in oncology or infectious disease but her professor encouraged her to pursue a career in academia.



Dr. Lajthia plans while at Howard are to work on opening a PGY-2 ambulatory residency and becoming an associate professor. She would also like to open an international APPE site in Albania at her mother's pharmacy. The legacy Dr. Lajthia would like to leave behind to her students is to have positive thinking, fairness, honesty in teaching, and empathy in clinical practice.





## *Off Campus Spotlight*

The American College of Clinical Pharmacy (ACCP) is the professional organization for clinical pharmacy practitioners, scientists, educators, administrators, students, residents, and fellows committed to excellence in clinical pharmacy. From October 20th-October 22nd, 8 of our very own Howard University College of Pharmacy (HUCOP) ACCP Chapter members attended the '2018 Global Conference on Clinical Pharmacy' in Seattle, Washington! It was an excellent opportunity to network with other students and take advantage of career development resources provided. There were various workshop themes ranging from topics like "How to Prepare for The American Society of Health-System Pharmacists (ASHP) Midyear Clinical Meeting" to "How to Improve Your Local Student Chapter." Attendees learned from accomplished professionals in the clinical pharmacy field which allowed us to feel more integrated in the professional pharmacy community. The amount of HUCOP students that attended the conference doubled from last year. ACCP looks forward to the 2019 Conference in New York City with even more HUCOP students in attendance!

**Submitted by: Kodilorah Okoye, Second-year Student Pharmacist**

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