

# The Black Apothecary



## How has the virtual Fall 2020 semester been?

*HUCOP Pharmacy Students*



"I have been utilizing innovative and creative approaches to counsel patients during my virtual rotation. This was the best part this year."

-Sophia, P4

"It has been an opportunity for some and an adversity for some. "

- Semhar, P2

"It was very convenient since it was easier to balance school and family life. We had early morning classes as well as classes that ran late. It could have been difficult."

-Anonymous

"Online learning took away a lot of interaction and bonding from classes."

-Anonymous

"The virtual semester has been challenging to say the least. I needed to channel my inner self motivation more than ever, and despite the conveniences of not having to drive to class or not worrying about moving my car to avoid parking tickets, I truly missed the face to face interaction with my classmates especially since this is our last didactic year before we go our separate ways to rotations."

Tadesse, P3

"Virtual semester has been challenging since it was hard to separate personal and professional life. The best part of it is not having to school since it saves so much time."

Dagi, P3

"It has required so much discipline and self control."

-Anonymous

"I found it difficult to stay motivated at first, but once I got used to it, things started getting easier."

"I saved so much money on gas!"

-Anonymous

"Amidst everything that is happening, staying motivated for classes and exams has been the most challenging part of online learning.

"Let's just hope I'll be better prepared for another virtual semester"

# News Rx

## The Clinical Track Program

**DERRICK AMENYEDOR**, *Fourth-year pharmacy student*



### **What is the Clinical track program?**

Derrick: It is a program that aims to provide a structured training for Doctor of Pharmacy students at an institution during their Advanced Pharmacy Practice Experiences (APPE) in order to prepare them for post-graduate residency training and a career as a clinical pharmacist

### **How and when do you apply for it?**

Derrick: You usually apply for it during you're the fall semester of you P3 year. Most programs require a letter of intent, CV, transcript and an interview. It is a matching process where you rank them, and they rank you.

### **What hospitals does HUCOP have agreements with?**

Derrick: During my year, the programs that were available were

- Yale New Haven Hospital
- Children's Hospital D.C
- The Washington Veterans Affairs Hospitals
- Medstar Washington Hospital Center

### **How has your experience been so far? What are some main things you learned?**

Derrick: I got to Yale on July and I will be here until December. I have had 4 rotations so far: General Surgery, Solid Organ Transplant, Health Systems and Cardiology. My preceptors have been very supportive, encouraging and most importantly great teachers. The work is challenging and demanding but as long as you put in the work you will be fine. Overall it is a great learning atmosphere and everyone there wants to help you succeed.

I can say that this program truly prepares you for post graduate residency. I was usually on the same rotation as a resident, so it really forced me to prepare each and every day so I could keep up. I was also matched with a resident to work on a longitudinal project. The experiences and getting the opportunity to witness first-hand what is expected from a resident has mentally prepared me for when I become a resident.

### **How do you make the best out of the experience?**

Derrick: The best thing you can do is be humble and establish good relations with everyone around.

### **Is there anything students can do to better prepare themselves for the experience?**

Derrick: There really isn't anything to read or study to fully prepare yourself before you get there but what I can say is once you get here, going above and beyond on assignments you are given and also being willing to accept feedback and implementing them in your work will go a long way. The preceptors are there to teach you so it is up to you as the individual to soak in as much information, so they can keep challenging you.

# News Rx

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## New Faculty Highlight: Dr. Andrew Yabusaki



Welcome

### **What's your educational background?**

I graduated from University of Washington for my undergraduate degree, and went to Washington State University College of Pharmacy for my PharmD. I went on to complete a fellowship at Washington State University after graduation.

### **When did you join the HUCOP family? What is your role currently at HUCOP?**

I started in July 2020, so I am very new! I currently split my time between clinical service at Howard University Hospital, where I round with the Infectious Disease team and work with the pharmacy and medicine departments on antimicrobial stewardship, and HUCOP, where I lecture in several courses and will be coordinating the IT2 lab this spring.

### **How have you adjusted as a new faculty during the global pandemic?**

On the bright side, my commute is much easier than expected! On the downside, I haven't been able to meet many of our fantastic faculty in person yet. My heart goes out to all our students who may feel very isolated and alone during this time—it'll get better I promise!

### **Are you also new to the DC area? If so, any likes/dislikes?**

I am brand new to the DC area, and it has been a wonderful experience to try the international flavors of the restaurants here, and to explore the many world class museums. It's pretty humid in the summer though!

### **Any hobbies? Special talent?**

I have always had a strong desire to experience different cultures (especially their food!), and that has led me to more than 40 countries. I thoroughly miss being able to travel during this time, but I know that we will hopefully be back soon! Next on my list is Mexico City, and the Maldives for my honeymoon.

# Health & Fitness Rx



## *Healthy Holiday Recipe* *Garlicky Lemon Mahi-Mahi*

*Total time: 40 minutes*



### **INGREDIENTS**

3 tbsp. butter, divided  
2 tbsp. extra-virgin olive oil, divided  
4 (4-oz.) mahi-mahi fillets  
Kosher salt  
Freshly ground black pepper  
1 lb. asparagus  
3 cloves garlic, minced  
1/4 tsp. crushed red pepper flakes  
1 lemon, sliced  
Zest and juice of 1 lemon  
1 tbsp. freshly chopped parsley, plus more for garnish

### **DIRECTIONS**

\* In a large skillet over medium heat, melt 1 tablespoon each of butter and olive oil. Add mahi-mahi and season with salt and pepper. Cook until golden, 4 to 5 minutes per side. Transfer to a plate.

\* To skillet, add remaining 1 tablespoon oil. Add asparagus and cook until tender, 2 to 4 minutes. Season with salt and pepper and transfer to a plate.

\* To skillet, add remaining 2 tablespoons butter. Once melted, add garlic and red pepper flakes and cook until fragrant, 1 minute, then stir in lemon, zest, juice, and parsley. Remove from heat, then return mahi-mahi and asparagus to skillet and spoon over sauce.

\* Garnish with more parsley before serving.

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