



Amarillo • Lubbock • Dallas/Fort Worth • Abilene

## Dr. Quentin Smith named pharmacy dean



Smith

Texas Tech University Health Sciences Center (TTUHSC) President Tedd L. Mitchell, M.D., recently announced the appointment of Quentin Smith, Ph.D., as the second dean for the School of Pharmacy.

Smith began serving as dean Sept. 17.

As one of the pharmacy program's earliest faculty members, Mitchell said Smith has helped the school build a strong foundation.

"Dr. Smith came to our university in 1997 as professor and chair of the Department of Pharmaceutical Sciences to help build the School of Pharmacy," Mitchell said. "He is an outstanding teacher and has mentored many graduate students and postdoctoral fellows over the years. He will build on the successes of his predecessor, Dr. Arthur Nelson, and our distinguished faculty and staff. With this appointment, our School of Pharmacy will sustain its upward trajectory in the years to come."

Smith has received numerous teaching awards from the School of Pharmacy and has twice been voted Most Influential Professor by graduating pharmacy students.

"During my time at TTUHSC, the faculty and I have developed courses and programs that have proven successful," Smith said. "I have had the privilege of being a part of the growth of this school. What an honor it is to now have the opportunity to lead the School of Pharmacy."

Smith holds a bachelor's degree in chemistry from Oberlin College and a Ph.D. in pharmacology from the University of Utah. Prior to his recruitment, he served as chief of the Section on Neurochemistry and Brain Transport, Laboratory of Neurosciences, National Institute on Aging at the National Institutes of Health (NIH).

Prior to being named dean, Smith served as the pharmacy school's senior associate dean for sciences.

TTUHSC honored Smith as a University Distinguished Professor in 2007, and he was named the sixth recipient of the Grover E. Murray Professorship, the highest honor TTUHSC bestows upon its faculty members, in 2009.

In 2011, Smith was one of 13 faculty members from the Texas Tech University System (TTUS) to receive a Chancellor's Council Distinguished Teaching and Research Award, the highest recognition given to TTUS faculty members.

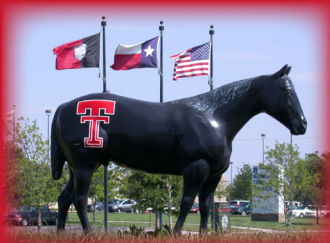
Smith's primary research interests include the development and delivery of drugs to the central nervous system for treating brain tumors, strokes and neurodegenerative diseases. The NIH, the Department of Defense Breast Cancer Research Program and the Cancer Prevention Research Institute of Texas fund his research.

Smith is a fellow of the American Association of Pharmaceutical Sciences. He served on several NIH study sections, numerous grant review panels and the Amarillo American Heart Association board. He was chief organizer of the Cerebral Vascular Biology 2003 International Symposium and was elected chair of the Gordon Research Conference on Barriers of the Nervous System in 2012.

Thomas Thekkumkara, Ph.D., served as interim dean since July when Dr. Arthur Nelson, R.Ph., Ph.D., the school's founding dean, stepped down. Thekkumkara will return to his position as the school's Amarillo regional dean and professor for the Department of Biomedical Sciences.



Smith speaks to attendees at the 2012 School of Pharmacy Research Days in Amarillo.



The Texas Tech University Health Sciences Center (TTUHSC) is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award baccalaureate, masters, doctoral and professional degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Ga. 30033-4097 or call (404) 679-4500 for questions about the TTUHSC accreditation.



## New academic year begins with White Coat ceremonies

The 2012-2013 academic year officially opened Aug. 13, but the pharmacy school began a bit earlier in the month by presenting the incoming Class of 2016 students with their white pharmacy coats.

Abilene hosted its White Coat Ceremony Aug. 5 at the historic Paramount Theatre. The Amarillo ceremony was Aug. 12 at the Globe-News Performing Arts Center.

"I extend my gratitude to all of our staff and faculty who were involved with planning and coordinating this event, and to the faculty and alumni who took time out of their schedules to participate in the program," Interim Dean Dr. Thomas Thekkumkara said. "I also want to thank CVS/

Caremark for sponsoring the event. Their support is greatly appreciated."

The White Coat Ceremony serves as an early induction into the profession for pharmacy students. In addition to receiving their white pharmacy coats, they also sign the Pharmacist Code of Conduct and recite the Oath of a Pharmacist for the first time.

The Pharmacist Code of Conduct defines the roles and responsibilities of pharmacists and forms the basis for student conduct when they interact with patients and colleagues, not only during their years in the TTUHSC pharmacy program, but also when they graduate and enter the profession.

### *White Coat Ceremonies - Class of 2016*





### ***A letter from Deborah Preston - Hendrick Health System***

At Hendrick Medical Center, we recognized — like so many hospitals — that the first and most important step in successful medication reconciliation is creating a complete and accurate home medication list from the patient. To assist physicians with electronic order entry in the Emergency Department (ED), we enlisted the help of TTUHSC pharmacy students here in Abilene. Many of them wanted summer internships anyway, so our administration approved the hiring of about 16 interns to work in our ED from mid-May to August.

It was initially thought that coverage by one intern from 11a.m. to 11p.m. would be sufficient for the project. Nurses and physicians were notified that these students would assist with the collection of home medication lists from the patients and entering the data into our new electronic medical record system. The goal was to provide an accurate medication list, to help train nurses on using the program and to enter information for as

many patients as possible since the data is also maintained for subsequent visits.

We soon realized our patient volume would require additional interns and extended hours for coverage. We also found that there were multiple entry points into our health care system and that coverage in these areas made an even greater impact on our project. We expanded our ED coverage to utilize two interns, seven days a

week, from 7 a.m. to 11 p.m. In addition, we placed an intern in our pre-admission department from 8 a.m. to 4 p.m. on weekdays. Several interns also entered home medication lists for our home health patients and assisted nurses with gathering that information during the patient's initial assessment. The project continued until the students returned to classes in mid-August.

During those three months, the interns entered home medication lists for more than 3,500 patients and more than 10,000 medications.

Because of the great work and dedication of the interns, our Performance Improvement (PI) Department honored them with our PI Champion Award.

Congratulations to all the interns for a job well done.

Sincerely,

*Deborah Preston, R.Ph.  
Director of Pharmacy  
Hendrick Health System  
Abilene, Texas*



*Hendrick Health System pharmacy interns and PI Champion honorees from the Abilene campus included (from left): Jeremiah Kruckemeyer (P3), Aaron Goodwin (P3), Muriel Garza (P4), Kelley McGinnis (P2), Jacob Sellers (P4) and Corbin Carlson (P2).*

### **TPA selects Klein as Distinguished Young Pharmacist**

The Texas Pharmacy Association (TPA) named Dr. Mary Klein, assistant professor for pharmacy practice at the School of Pharmacy's Abilene regional campus, as the recipient of its Distinguished Young Pharmacist Award for 2012.

Klein, a 2007 TTUHSC pharmacy school graduate, was recognized in July at the TPA Annual conference & Expo in The Woodlands, Texas.

The award, sponsored by Pharmacists Mutual Companies, recognizes a pharmacist that has graduated within the last 10 years for their individual excellence and outstanding contribution to their pharmacy association and community.

As a member of the pharmacy school's ambulatory care division, Klein operates a diabetes, hypertension and hyperlipidemia management service at the Presbyterian Medical Care Mission in Abilene.

"I get to see patients that work very hard each day but have no health insurance," Klein said. "My goals are to help them achieve better health, a better understand-



*Texas Pharmacy Association CEO Dr. Joe DaSilva presented the group's Distinguished Young Pharmacist Award to Dr. Mary Klein.*

ing of their diseases and the medicines they take and to find ways to help them adhere to their medication regimens."

Klein has served TPA in various leadership positions during the last five years. She believes serving professional organizations like TPA is one way she can give back to the profession.

"I have always believed that being involved is a key component of being a part of the profession of pharmacy," Klein said. "This kind of involvement gives us an opportunity to shape the direction that the profession is headed."

Klein said she is honored to receive the TPA award and that it's

personally gratifying to be recognized for doing something she enjoys so much.

"I love my practice," Klein said. "I enjoy teaching students, both in the classroom and in practice, and I enjoy being involved in shaping the profession of pharmacy for the future through involvement in lobbying and professional service. To be recognized for doing those things is truly humbling."

## Students, faculty pitch in at Dallas/Fort Worth ADA camp

During the week of June 18, a group of pharmacy students and faculty from the Dallas/Fort Worth volunteered at the American Diabetes Association's Camp New Horizons in Dallas.

The day camp was offered to children with diabetes and their siblings. It included daily outdoor activities like swimming, fishing, cooking, arts and crafts, dancing, basketball and other sports. The campers were also educated about diabetes management.

Pharmacy team members served as the medical staff for their assigned campers and were responsible for monitoring each child's blood sugar throughout the day, treating episodes of hypoglycemia or hyperglycemia and providing support for medical situations.

Two pharmacy faculty members were responsible for providing insulin injections and pharmacy students provided education sessions for the campers.

Pharmacy students chronicled their experiences by writing a journal throughout the week.

"Overall, my take-away point from this camp is that living with diabetes can be tough unless you're willing to accept it and learn how to manage it," P4 Rosa Hoang said. "I could also tell that parents can greatly influence the way the children view their condition."

P4 Detty John said participating in the camp gave her a sense accomplishment and satisfaction.

"I made sure that none of the kids were in distress, I got to encourage them and — above all — they taught me how brave and strong they were," John said. "They showed me how easy it was to lead a very normal life regardless of all the trouble they had to face with diabetes. It was a blessing to get the opportunity to attend this camp and meet such a wonderful group of kids."



*New Horizons Diabetes Camp student volunteers from the Dallas/Fort Worth campus included P3 and P4 students and a resident. Back row (left to right): Detty John, Nima Ruhani, Jonathan Head, Ryan Choma and Dr. Krystal Rendon. Front row (left to right): Meredith Sigler, Karen Lee, Rachel Seka and Rosa Hoang.*



*Dallas/Fort Worth faculty who volunteered for the New Horizons Diabetes Camp included: back row (left to right) – Drs. Megan Stapleton, Krystal Edwards and Lisa Chastain. Front row (left to right) – Drs. Cole Kildow and Shane Greene.*

P3 Ryan Choma also considered the camp to be a valuable learning experience.

"I had never worked with Type 1 diabetic patients before, let alone children with Type 1 diabetes," Choma said. "I was able to gain an appreciation for how to handle a child with diabetes and still allow for them to be a kid and to play. There were so many nuances to helping our kids maintain an adequate blood glucose level to help them avoid experiencing low blood sugar symptoms. I learned to anticipate blood glucose levels for certain activities and a little bit more about the insulin pumps the kids were using."

Associate Professor Dr. Krystal Edwards has participated in the camp for eight years. Because she typically works with adult Type 2 patients, Edwards said the opportunity to work with the younger Type 1 diabetes patients is exciting and challenging.

"I am amazed at how the children adapt to their disease and how fearless they appear," Edwards said. "I have seen so many children grow up over the years and it's great to watch them mature and grow into

adults who seem to forget they have diabetes at times."

Edwards, who works with pharmacy students on their rotations at the Veteran's Affairs Hospital in Dallas, said she enjoys taking students to the camp and exposing them to a completely different experience from that of their rotation.

"They see the difference between Type 1 and Type 2 diabetes in addition to working with children who use insulin pumps and pens, most for the first time," Edwards said. "Every year I enjoy witnessing how the students grow in their knowledge and comfort level by working with the children and also seeing them relax a bit and have fun with them too."



## Scholarships recognize student achievements



*Absar*

Mohammad Absar, a Ph.D. student for the Graduate Program in Pharmaceutical Sciences in Amarillo, has been named a recipient of the Dean's Scholar Award by the Graduate School of Biomedical Sciences (GSBS). The award allows GSBS to recognize outstanding students by providing an additional \$5,000 to their stipends by for the duration of their degree plan.



*Sneller*

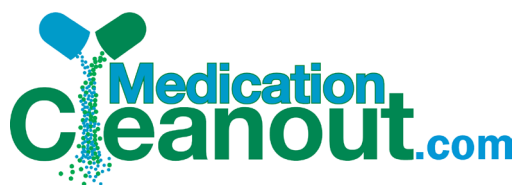
In addition, Megan Sneller was named the recipient of an education scholarship by the National Community Pharmacists Association (NCPA). The NCPA Foundation awards the scholarships to help high achieving NCPA student members realize their aspirations of pharmacy ownership. The McKesson Foundation is the newest sponsor of the foundation's scholarship program.

## Fall Medication Cleanout collections begin in Amarillo

The Texas Panhandle Poison Center (TPPC) kicked off its fall 2012 Medication Cleanout cycle with a Sept. 8 collection in Amarillo. Collections are also slated for Lubbock (Sept. 29) and Abilene (Oct. 13).

TPPC Director and Assistant Professor Dr. Jeanie Jaramillo said the program is important because it gives communities a safe option for disposing unused medications.

"People are told not to flush these drugs or throw them in the trash because this may result in contamination of the water supply, but they are not really provided with alternatives," Jaramillo said. "The Medication



Cleanout events provide a safe and responsible alternative."

Jaramillo said the goals of Medication Cleanout are to prevent poisonings that may result when old medications are left around the home and improperly stored; stop the abuse of medications that are left around the home; prevent the misuse of left-over medications like antibiotics and pain medications; and avoid environmental contamination.

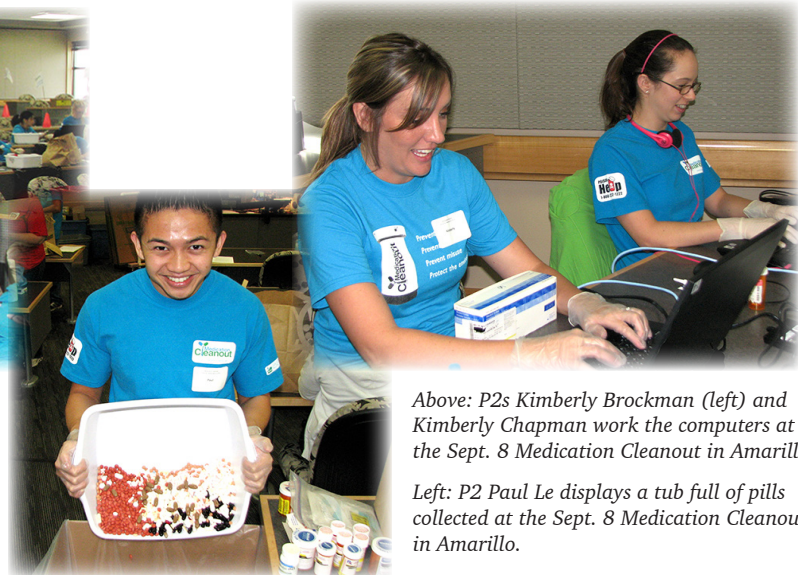
The Amarillo collection was TPPC's 20th Medication Cleanout since the program started in September 2009. During that time, more than 3,200 vehicles have visited Medication Cleanout collection points and volunteers have collected roughly 8,600 pounds of unused, unwanted and expired medications.

In addition to Lubbock and Abilene, collections have been organized in smaller West Texas communities like Borger, Canyon, Pampa, Shamrock and Sweetwater.

For more information regarding the Medication Cleanout program, call (806) 351-5626 or visit [www.MedicationCleanout.com](http://www.MedicationCleanout.com).



The Pharmacy Academic Center was buzzing with activity during the Sept. 8 Medication Cleanout in Amarillo.



Above: P2s Kimberly Brockman (left) and Kimberly Chapman work the computers at the Sept. 8 Medication Cleanout in Amarillo.

Left: P2 Paul Le displays a tub full of pills collected at the Sept. 8 Medication Cleanout in Amarillo.

## Abilene hosts pharmacy student leadership conference

In August, 42 pharmacy students from the Amarillo, Abilene and Dallas campuses met in Abilene for a two-day student leadership conference.

The students, who were recommended for the retreat by their faculty advisors, participated in exercises designed to enhance communication, teamwork, professionalism and overall leadership. Events included:

- An ice breaker where students passed around a bowl of M&Ms and provided to the group a fact about themselves for each piece of candy they took.
- A conflict resolution group exercise led by alumni and Target pharmacists Dr. Shea Hudson (SOP '06) and Dr. Dustin Andrews (SOP '12) that required the students demonstrate ways to the drama that surfaced when they confronted a case study member who did not fulfill their commitment to their team.



From Left: P4 Kevin Aloysius and P2s Kylie Schott and Michelle Sterrett teamed up at one of the student leadership presentations.

- A True Colors Personality Assessment where students determined their color, then met with other students of the same personality color to create a list of strengths and challenges when dealing with their unique personality color group.

- A Minefield obstacle course designed to teach listening and communication skills, teamwork, followership and trust.

In addition, Assistant Dean for Student Affairs Summer Balcer gave a presentation stressing the importance of saying thank you and writing personal notes.

Following the first day of activities, students traveled to an Abilene hotel for a Wurstfest. After dinner, students were provided cardboard and duct tape and given 30 minutes to build a boat that would sustain one person and float in the hotel swimming pool.



From left: Dr. Shea Hudson from Target and Carrie Croley discuss their presentations at the student leadership retreat in Abilene.

"The purpose of the boat exercise is to build teamwork, creativity and the ability to recognize each others strengths and weaknesses," Abilene Regional Dean Debra Notturmo-Strong said. "The students also learned that sometimes you have to rely on others to get the job done."

On the second day, Amarillo Regional Dean Dr. Thomas Thekkumkara spoke to the students and alumna Dr. Traci Metting (SOP '00) led two communication exercises.

During one of Metting's exercises, each student was given a piece of a puzzle and had to figure out how to put it together as a group. The students also had to navigate a chocolate river with marshmallows with one member who couldn't hear and one who was blind folded. They had to get from one end of the river to the other working in tandem, each person with a foot on the marshmallow as they attempted to advance down the river.

"They had to figure out how to communicate, decide who took the lead and see how innovative they could work to get everyone

down without drowning in chocolate," Notturmo-Strong said.

Retired Senior Master Sergeant Jay Strong gave a three-hour presentation based on the book, "Seven Decisions for Success." At the end of the retreat, each student was presented with a copy of the bestselling book, which was written by self-help author and corporate speaker Andy Andrews. In addition, six students were selected to receive a copy of another of Andrews' bestselling books, "Mastering the 7 Decisions."

The retreat also included a session led by Carrie Croley, development director for the pharmacy school. Croley presented the students with tips on pitching their organization during fundraising efforts.

Notturmo-Strong said feedback from the retreat has been positive and she would like to make it an annual Abilene event.

"It was a very busy 24 hours, so perhaps we could do it earlier — even before school starts — to spend more time with the students," Notturmo-Strong said. "Part of the goal for the event was to get each student involved so they could understand more about themselves and their style of leadership. Life is full of obstacles and sometimes we have to step back and let someone else lead. If your point is not getting across in communication, then step back, regroup and try again and know when it is important to 'hand off' leadership to someone else."



From left: P3 Danielle Rodgers and P4 Candis Massingill give the 'Guns Up' during a break at the student leadership retreat in Abilene.



## Amarillo students organize Helping Hands Day

In September, the student chapter of the Student National Pharmaceutical Association (SNPhA) organized the pharmacy school's second Helping Hands Day as a way for students to spend a day volunteering for various local charities.

Helping Hands Day was established in 2010 by Crystal Campbell, currently a P4 in Amarillo, to bring the pharmacy school an event similar to one she experienced as an undergraduate at the University of Texas at Arlington.

Because the first Helping Hands Day was a success, SNPhA President Mohamed Barrie (P3-Amarillo) and Olga Shvarts (P2-Amarillo), the organization's fundraising chairperson, decided to revive the event this year.

"SNPhA is a community service-focused organization with the aim of making a difference in the well-being of the underserved," Barrie said. "With this in mind, we felt compelled to go out in the community and help out the best way we could.

Furthermore, we wanted to promote pharmacy as a profession and make the community more aware of the TTUHSC School of Pharmacy."

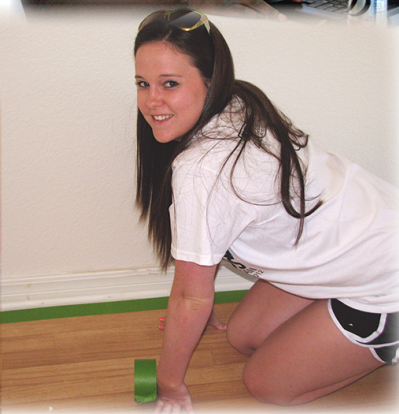
Shvarts said more than 100 pharmacy students participated in the event. Their time was spent serving several local groups, including Amarillo Habitat for Humanity, the Downtown Women's Center, Eveline Rivers Christmas Project, the High Plains Food Bank, Girl Scouts of the Texas Oklahoma Plains and the Texas Panhandle Poison Center.

Although SNPhA had some difficulty in finding sponsors for the event, Shvarts said the effort was worthwhile because it gave the pharmacy school an opportunity to come together and benefit the community.

"Mohamed asked Chick-fil-A to help; they gave us a really good deal on breakfast and we are very thankful for their generous contribution," Shvarts said. "Everyone was so thankful and enthusiastic about our students helping out and some people were not previously aware that there was a pharmacy school right here in Amarillo. It also gave the Amarillo community a glimpse into what our students are capable of doing and how passionate we are



P2 Carolyn Johnson helps sort through and hang donated clothing at the Downtown Women's Center Thrift City retail store warehouse.



Top photo (from left): P3 Mohamed Barrie and P2 Olga Shvarts make final preparations for Helping Hands Day.

Bottom photo: P1 Britney Henning tapes baseboards for a Habitat for Humanity house in Amarillo.

about service. I also heard great feedback from the students, saying how much they enjoyed it and how many people in our community are now aware of our school and what we are capable of doing."

Shvarts said an event like Helping Hands day is not possible without support from the students, faculty and staff. She said SNPhA is planning to continue the event next year and hopes to get more students involved and increase the number of organizations they can help.

"We want to send out a great big thank you all the Amarillo members of SNPhA and all the students that took time out of their busy schedules and really made a difference for many people in Amarillo," Shvarts said. "We also want to thank pharmacy student Steven Tran, faculty and staff members Dr. Jeanie Jaramillo, Dr. Lisa Brinn, Janea Robinson, Toni Johnson, Mark Hendricks and everyone else that helped organize the event this year, get exposure about the various places where one would be able to help out and for their overall assistance in making the event a success."

## ***How to submit items for the Dean's Newsletter***

The mission of "From the Dean's Desk" is to communicate the news, events and achievements from the School of Pharmacy to all four of our campuses and to alumni and other friends of the school who enjoy hearing about your good work.

If you or your department, division, organization or class have something you'd like to include in this newsletter, or if you have a question about the types of items typically included in the newsletter, please contact:

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806/356-4000 ext. 245  
mark.hendricks@ttuhsc.edu



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School of Pharmacy

## ***Getting to know...***

**Michelle Sperbeck**  
**Coordinator**  
**Department of Pharmacy Practice**  
**Abilene**

Michelle Sperbeck grew up in Richmondville, New York, about 50 miles west of Albany. She attended the State University of New York at Cobleskill and received a bachelor's in information technology.

While attending college, Michelle worked as the admissions office supervisor at Howe Caverns Adventure Park, a pre-historic underground cavern located a few miles east of Cobleskill.

After college, Michelle moved to Lubbock and worked for five years as secretary for the Lubbock Independent School District English/Language Arts office while her husband, Steve Rosscoe, earned his M.S. and Ph.D. in geosciences from Texas Tech.

In 2008, Steve accepted a faculty position at Hardin-Simmons University and the couple moved to Abilene. Michelle has been working at the School of Pharmacy in Abilene since 2010.

Michelle and Steve have a 3-year-old beagle named Suzy. Most of their family still lives in New York, including their 6-year-old niece, Kayley, and 3-month-old nephew, Levi.

"Suzy is the center of attention in our house," Michelle said. "Every year we take Suzy on a road trip to visit our family and friends."

When she isn't working, playing with Suzy or visiting family and friends, Michelle enjoys spending her spare time baking, reading and watching TV.



*Above: Michelle Sperbeck and her husband, Steve Rosscoe, pose for a photo at Howe Caverns.*



*Right: 3-year-old beagle, Suzy, is ready for Halloween.*



## SOP Photo Gallery

*Phi Delta Chi encouraged students, faculty and staff to wear purple Sept. 7 to raise Alzheimer's awareness. The organization also participated in a Walk to End Alzheimer's on Sept. 8.*



*P1 Haley Maxwell shows off her home repair skills at a Habitat for Humanity house. Her effort was part of Helping Hands Day in Amarillo.*



*The Beta Rho chapter of Phi Delta Chi provided smiles and snow cones at the Back-to-School Picnic in Amarillo. From left: P2s Olga Shvarts, Jordan Light, Michelle Castelli, Katie Steele, Krista Heinrich and Miranda Jorgenson.*

*P2 Ola Olabode conducts a glucose screening at the Juvenile Diabetes Research Foundation Walk to Cure Diabetes/Family Fun Day Sept. 8 in Amarillo. The free screenings were conducted by members of the American Pharmacists Association student organization.*



*Dr. Shanna James (right) was named a recipient of a 2012 Texans Caring for Texans Award. The awards recognize state employees in the upper 26 counties of the Texas Panhandle who have made a positive impact on the communities.*



*Above: The burger line was long at the Aug. 30 Back-to-School Picnic in Amarillo.*

*Left: The water is rising to meet Dr. Quentin Smith inside the dunking booth at the Aug. 30 Back-to-School Picnic in Amarillo.*



*Students, faculty and staff give a 'Guns Up' to a two-day student leadership retreat that took place in August at the Abilene pharmacy school campus.*

