“The sterile compounding workshop made me realize the importance of sterile environments in order to maximize a drug’s effectiveness and prevent pathogens from getting into the medications.”

- Jaymar Quedding

**Sterile Compounding**

P2 and P3 students, who are IV trained, educated P1 students about the importance of maintaining sterility in a clean room. The P1 students learned how to reconstitute vials and add solutions to vehicles. They also learned how to scrub in and how to clean a vertical flow hood.

**Burn Out Event: Slime Flies When You’re Having Fun**

In an effort to help prevent burnout, pharmacy students in all years were invited to come make slime and relax. The students thoroughly enjoyed being able to relieve stress by doing this simple, fun activity.
“The Midyear 101 Event was extremely insightful and helped to answer many questions regarding ASHP and the Midyear.”

ASHP-SSHP 1st General Meeting: Midyear 101

We kicked off the semester with our first general body meeting introducing the current executive board and going over what ASHP is and what benefits students can gain from the student society as well as national membership.

A panel of five P3 students that attended the 2018 ASHP Midyear Conference were invited to educate our members about what the conference is, what programs are offered and what opportunities students can gain from going!
NUSHP x SquashBusters Nutrition Series

At the beginning of this year, NUSHP’s service committee held its first collaboration with the SquashBusters afterschool program. SquashBusters is a registered non-profit organization, which offers academic college preparation, academic enrichment and squash practice to local middle and high school students. NUSHP partnered with SquashBusters in two events focusing on proper nutrition and healthy eating habits.

The first event addressed the stigma behind the word “diet” and introduced the concept of the healthy plate. The volunteers helped facilitate large group discussions about why diet is important and specifically how diet relates to the students’ athletic performance in squash. We also watched a short segment from the Netflix series Ugly Delicious regarding the historical relevance of fried chicken. The students were lively during this discussion and started to see the connection between culture and diet.

While the first event was more discussion-based, the second day was designed to engage the students through small activities. We had four different stations and had students rotated about every ten minutes. For one of the stations, we examined food labels to compare the nutritional value of whole fruit compared to fruit juice. At this station, we also explained to the students the importance of having a variety of colors on their plates. We were so impressed by how much the students knew about all benefits of different foods. Another station reemphasized the role of culture in diet. We had students share what factors they could or could not control, such as being able to request snacks from the grocery store or choosing what to eat for dinner. We also had the students watch a video showing breakfast foods from different countries. The students were so observant of the differences and similarities of these breakfast platters. At another station, we gave students a brief lesson on how to read food labels and which false statements to be cautious of. By far, the students’ favorite station was on sports nutrition. Students were given small samples of several popular sports drink and asked to guess the sugar and calorie content of each drink. We were really able to engage with the students and emphasize that water is the best beverage to have after exercising.

Overall, the students enjoyed the novelty of both events, and the volunteers were impressed by how engaged and eager the students were. We are truly thankful for all the volunteers who helped make these events possible. There was such a successful turnout that the SquashBusters staff has asked us to come back again next year. We look forward to working with them in the future!
Fall Events for Western New England’s SSHP chapter include many things including the drug take back day and the residency panel.

Drug Take Back Day
Our SSHP team helped the local police departments with their annual drug take back day.

Residency Panel
WNE’s residency panel this year featured insight from many of our recent graduates.