

SCRIPTS

Volume 15 | Fall 2022



Committed
TO OUR COMMUNITY

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Pharmacy Phun

Our Mission

The mission of the University of Charleston School of Pharmacy is to prepare pharmacists who will provide comprehensive patient care, to advance the profession through research and advocacy, and to serve the community as leaders in rural health care.

Our Vision

The vision for the University of Charleston School of Pharmacy is to:

- Become nationally recognized for an emphasis on rural health care and service to the Appalachian region
- Maintain its status as an innovative leader in the use of technology in pharmacy education and practice
- Advance the profession of pharmacy through leadership, education, research, and advocacy
- Elevate the profile of the University of Charleston as a leading comprehensive university



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Brock Burwell

ON THE COVER

SOP Students at the 2022 White Coat Ceremony
L to R: **Adalberto Lopez Nieves, Christopher Perez Hernandez, Nathaniel Wheeler, Brenton Carney**

DEAN'S WELCOME



Welcome to the latest edition of Scripts from University of Charleston School of Pharmacy.

We are proud of how well we prepare pharmacists and scientists to have a positive impact on the community through advocacy, scholarship, and innovation; and our graduates provide the highest level of interprofessional patient care with an emphasis on serving rural and underserved populations. This issue offers a glimpse into everything we do, and the success of our students.

The strategic location of our school – at the heart of West Virginia’s capital, yet only a short drive to areas of great need – gives us the best of both worlds in pharmacy and healthcare training: the ability to practice skills and learn at the largest and most advanced medical centers in the state, and the ability to serve smaller, hometown pharmacies where pharmacists may be among the only healthcare providers available to address public health needs.

We prepare future pharmacists to serve the profession across a diverse spectrum of practice areas, including community, hospital, outpatient, industry, research, government, and academic settings. Our curriculum features a longitudinal approach, bridging the gap between the foundational sciences and clinical practice and allowing students to build upon knowledge and skills each year.

Our preceptors fill a vital role in our students’ education – allowing us to include nearly 2,000 hands-on experiential hours where UCSOP students can experience a wide variety of pharmacy settings as close as West Virginia and the surrounding states, as far away as Alaska and Puerto Rico, and at prestigious institutions such as the Cleveland Clinic, FDA, CDC, and Indian Health Services.

UCSOP students come from all over the country and world to develop into pharmacists who are prepared to practice at the top level of their training as valuable members of the interprofessional patient care team. They live our mission of community outreach, problem-solve by demonstrating innovative leadership, collaborate as well-respected professionals and succeed as students during training here at UCSOP.

We are proud of our graduates because they make a difference in the world around them. We make great pharmacists!

I hope you enjoy reading about all the great things happening at the UCSOP.

Sincerely,

Kristy H. Lucas, Pharm.D.

Kristy Lucas, Pharm.D., FCCP, CTTS
Dean | University of Charleston School of Pharmacy

Thank You

2021-2022 FISCAL YEAR DONORS

Thank you to our founding partners!
We would like to express our sincere gratitude for your generous donations.

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Pharmacy Class of 2022

Robert Pumo

Martin Roth

Mychal S. Schulz

Aymen Shatnawi

Walt K. Stern

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Biomedical Research Excellence

Tony and Lynne Zande

Commencement

ACTIVITIES

Commencement Activities took place on **April 30, 2022.**
The UCSOP Hooding and Oath Ceremony took place on April 29, 2022.



Class of 2022



OATH CEREMONY

Keynote Speaker

DR. MATT RAFA
CLASS OF 2010
WEST VIRGINIA PHARMACISTS ASSOCIATION

Born and raised in Wheeling, WV, Matt graduated from West Virginia University in 2004 with a degree in chemistry. During that time, a summer job working as a pharmacy technician changed his passion and life. In 2006, Matt became an inaugural member of the University of Charleston School of Pharmacy. He graduated in 2010 and returned to Wheeling to start working as a pharmacist for Kroger around the northern panhandle – Ohio Valley area. In 2012, Matt was assigned to his hometown as the pharmacy manager at Kroger Pharmacy and has worked diligently to provide the Warwood community with outstanding healthcare since.

Upon returning to Wheeling, Matt became involved in his community. He is the president of the newly formed Ohio County Virtual Lions Club; has been involved with the Boy Scouts Ohio River Valley Council as a board member and was vice president of programs from 2017-2021; has served as the employed pharmacy director for the WV Pharmacists Association – representing chain pharmacists – from 2016-2020; and recently joined the Warwood School Local School Improvement Council as a community representative. He has served in all these roles for a combined 22 years of service and leadership. Matt is also an Eagle Scout.

In Matt's 11-year tenure as a pharmacist, he has been awarded Kroger's Shining Star Award twice in 2010 and 2011; WV Society of Health Systems Pharmacists Young Pharmacist of the Year in 2011; Ohio-Marshall County Pharmacist of the Year in 2014; Kroger's Leader in Clinical Care Award in 2016; an award for volunteerism at the 2019 State of the City address by Wheeling City Council; WVPA Distinguished Young Pharmacist in 2019; and WVPA Excellence in Innovation Award in 2021.

Matt has also been a champion for the COVID vaccine by providing ample access to it. He has provided COVID-19 vaccinations since December 30, 2020, vaccinated Ohio County Schools employees and healthcare professionals, and continues to volunteer at the Greater Wheeling Soup Kitchen two to three times every week to offer vaccinations to an underserved population.

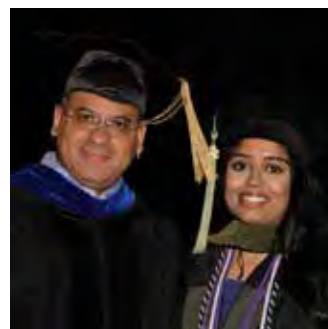


Matt currently serves the West Virginia Pharmacists Association as president and membership chair.

Hooding CEREMONY



For the first time, students were permitted to choose the individual who placed their doctoral hood at the hooding ceremony. The hooders included Ms. Jane Condee, Dr. Michaela Huddleston, Dr. Jessica Robinson, Dr. Michelle Knight, Dr. Alice Gahbauer, Dr. Karrie Murphy, Dr. Leah Hall, Dr. Sarah Embrey, Dr. Tamer Fandy, Dr. Mohamed Rashrash, Mr. Dave Bowyer and several other special guests pictured below.



Honors & AWARDS

ACADEMIC EXCELLENCE AWARDS

Petir Abdal & Anthony Carfagna – *Class of 2023*
Hanh Nguyen & Botao Peng – *Class of 2024*
Matthew Ballard & Grace Honaker – *Class of 2025*

RITA CARRICO MEMORIAL SCHOLARSHIP

Asjad Gariballa – *Class of 2024*

MAGGIE KING MEMORIAL SCHOLARSHIP

Grace Honaker – *Class of 2025*

DR. NNEOMA IMO MEMORIAL SCHOLARSHIP

Aminah Anderson – *Class of 2024*

DR. ZACHARY LONG MEMORIAL SCHOLARSHIP

Harrison Yoo – *Class of 2024*

CATHERINE S. BOWYER MEMORIAL SCHOLARSHIP

Grace Honaker – *Class of 2025*

BRAYDEN ELI AWARD

Nidici Richards – *Class of 2023*

PIONEERING SPIRIT AWARD

Baleigh Winnell – *Class of 2025*

FRUTH SCHOLARSHIPS

Tara Evans – *Class of 2022*
Baleigh Winnell – *Class of 2025*

WALGREENS DIVERSITY & INCLUSION EXCELLENCE AWARD

Carmelita Brown – *Class of 2023*

WALGREENS MULTILINGUAL SCHOLARSHIP

Stephany Vazquez Rios – *Class of 2023*

WALGREENS DIVERSITY & INCLUSION RECRUITMENT AWARD

Alondra Alfonso Gonzalez – *Class of 2025*
Baylee Beaver – *Class of 2025*
Vanessa Colon Lozada – *Class of 2025*
Laura Gonzalez Lozada – *Class of 2025*
Natalia Rodriguez Mercado – *Class of 2025*
Sheila Roman Gallegos – *Class of 2025*
Autumn Smith – *Class of 2025*

COUNSELING COMPETITIONS:

AMERICAN COLLEGE OF CLINICAL PHARMACISTS – CLINICAL PHARMACY CHALLENGE WINNERS

Alejandra Albino Ramirez
Darius Berry
Anthony Carfagna
Thanh Huynh

AMERICAN PHARMACISTS ASSOCIATION PATIENT COUNSELING COMPETITION WINNER

Petir Abdal

AMERICAN SOCIETY OF HEALTH-SYSTEM PHARMACISTS CLINICAL SKILLS COMPETITION WINNERS

Mena Kualleny & Stanley Ogwotu

LEADERSHIP ACHIEVEMENT AWARDS

Alejandra Albino Ramirez – *Lambda Kappa Sigma President*
Aminah Anderson – *Class of 2024 President*
Darius Berry – *Pharmacy Student Governance Association, President*
Vanessa Semke – *Pharmacy Student Governance Association, Secretary*

PRECEPTOR & FACULTY MEMBERS OF THE YEAR

Dr. Michelle Knight – *Class of 2022 Recipient*
Dr. Jessica Robinson – *Class of 2023 Recipient*
Dr. Aladin Siddig – *Class of 2024 Recipient*
Dr. Aladin Siddig – *Class of 2025 Recipient*

GOLDEN APPLE AWARDS

Dr. Jessica Robinson and Dr. Aladin Siddig

STAFF MEMBER OF THE YEAR

Ms. Jamie Bero

PROFESSIONAL ORGANIZATION OF THE YEAR

Rho Chi

FALL 2022

Dean's LIST

**Received a 4.0*

CLASS OF 2023

Alejandra Albino Ramirez
Darius Berry*
Anthony Carfagna*
Nicholas Cavender
Lauren Coccari*
Zourayz Kamran
Mary Heather Walsh*

CLASS OF 2024

Valentine Ajulufoh
Johnna Ball
AlexiAnn Drouin
Madison Loyer
Minh-Hanh Nguyen*
Olukemi Omotola*
Botao Peng*
Jonathan Robles Diaz
Ghina Sabag
Harrison Yoo

CLASS OF 2025

Matthew Ballard
Bryn Calhoun
Paola Colon Cruz
Haley Flick
Grace Honaker
Vien Kieu
Natalia Rodriguez Mercado
Victor Rojas

Alumni ACCOMPLISHMENTS



UCSOP Class of 2010 alumna Dr. Amy Bryan has been honored as Pharmacy Manager of the Year for Weis Pharmacy in Pennsylvania. Dr. Bryan continues to sponsor annual scholarships for UCSOP students committed to post-graduate residency.



Dr. Taylor Schliesser (UCSOP Class of 2021) presented at Charleston Area Medical Center's (CAMC) Research Day. Dr. Schliesser completed a PGY-1 residency at CAMC and started a PGY-2 residency in critical care at Mercy Health

St. Vincent Medical Center. Her research focused on the incidence of hyperglycemia after antipsychotic use for management of acute agitation in the emergency department.



Dr. Danielle Hoff (UCSOP Class of 2020) also presented at CAMC's Research Day. Dr. Hoff finished a PGY-2 geriatrics residency at CAMC. Her research, "The Paradox of Insulin Regimen Complexity and A1c Control in Older Primary Care

Patients," was awarded second place and helped lay the foundation for a future quality improvement project. Dr. Danielle Hoff also presented her PGY-2 residency research about the complexity of insulin regimens and glucose control in older adults at the American Geriatrics Society 2022 Annual Scientific Meeting in Orlando, Florida.



Dr. Matt Rafa, UCSOP Class of 2010 alumnus, was selected as the 2021 winner of the Upsher-Smith Laboratories' Excellence in Innovation Award. This award recognizes an individual who has improved patient care through innovative pharmacy practice. Dr. Rafa practices at Kroger Pharmacy in Warwood, WV, and expanded the role of the pharmacist to meet the needs of an underserved population by being the medical volunteer at The Soup Kitchen of Greater Wheeling, Inc.



Dr. Jill Ashworth Distad, UCSOP Class of 2011 alumna, was highlighted by the UC Alumni Association. She currently works for Alliance RX Walgreens Prime as a sales solutions director and has previous experience in hospital pharmacy,

managed care, and pharmacy benefits management. She lives in Forest, VA, with her husband, David; son, Parker; and daughter, Millie. Here is an excerpt from her story: "UC reached out to me during my search for pharmacy schools. When I went for my interview, everyone was so helpful and welcoming. It was a great opportunity to be one of the first few to graduate from the new program. I enjoyed the interactions with my classmates and all the professors who were like family. Dr. Easton was very open to getting to know the students. She was certainly a driving factor in attending, and I want to give a lot of recognition to her. If it wasn't for UC, I wouldn't be where I am today; I'm very thankful for all that UC did for me and the opportunity that they gave me to become a pharmacist."



Dr. Brooke Campbell, UCSOP Class of 2021 alumna, finished the UCSOP/Fruth PGY-1 Community-Based Pharmacy Residency. Dr. Campbell is pictured here presenting her research at the APhA 2022 Conference, "A Quantitative Analysis of

COVID-19 Vaccination, Infection, and Death Rates per County in West Virginia Based on Demographic and Socioeconomic Factors." Dr. Campbell accepted a position with Walgreens.

FACULTY HIGHLIGHTS

THE UCSOP FACULTY

have been busy with contributions to the profession of pharmacy and scholarly endeavors. Below is a sampling of some of their activities:

ERIC DIERKES

- Research

- Evaluating the Impact of Pharmacy Students Integrated in a University-based COVID-19 Task Force. Professional poster presented at ASHP Midyear 2021.

BARBARA DOAK

- Service

- October 2021 - Healthy Heart Event at Cox Family Pharmacy/Piggly Wiggly in South Parkersburg with P3 students. Healthy Heart Wellness Event - Script Your Future - at the YMCA in Marietta, Ohio with P3 students on February 17, 2022. Activities included a display board and literature display focusing on heart health: blood pressure, stroke, heart attacks, eating healthy, and the connection between diabetes and heart disease. We also had an information display about these topics as well as UCSOP recruitment materials, safe medication disposal, and vaccine confidence.

TAMER FANDY

- Publications

- Elsibai H, Kullany M, Fandy TE. Management of Parkinson's Disease Psychosis. Sr Care Pharm (In Press).
- Hamed A, Fandy TE, Tkaczuk KL, Verspoor K, Lee BS (2022). COVID-19 Drug Repurposing: A Network-based Framework for Exploring Biomedical Literature and Clinical Trials for Possible Treatments. Pharmaceutics. Mar 4;14(3):567.
- Malkaram S, Shatnawi A, Fan J, Carraway H, Denvir J, Primerano D, Abd Elmageed Z, Fandy TE (2022). Differential Histone Posttranslational Modifications Induced by DNA Hypomethylating Agents. Cancer Control. Jan-Dec;29:10732748221074051. DOI: 10.1177/10732748221074051.

ALICE GAHBAUER

- Publications

- Gruenberg K, Forrester C, Blackburn H, Lyons T, Lam A, Brock T, Gahbauer A. Active Hope: The Personal and Professional Roles of Pharmacists in Climate Action. Journal of the American College of Clinical Pharmacy. 2021; 4(12):1508-1510. DOI: 10.1002/jac5.1552.

- Service

- "Climate change in clinical practice: Inter-professional panel."
- Virtual panel discussion of a clinical case.
- Hosted by the Global Consortium on Climate and Health Education and the Columbia Mailman School of Public Health. December 8, 2021.
- "Pharmacists in Sustainability"
- Virtual lecture and panel discussion.
- Hosted by the Sustainable Pharmacy Project, broadcast to Virginia Commonwealth University, University of California, San Francisco, and University of Charleston, West Virginia. October 28, 2021.
- Serving on Judge's Panel for CAMC Research Day 2022.

LEAH HALL & KRISTY LUCAS

- Publications

- Hall LA and Lucas KH. "Using Enflux ActionPlans" to Impact Student Performance and Progression: A Case Study of Early Intervention." Poster. American Academy of Colleges of Pharmacy - Pharmacy Education 2022 Meeting July 25, 2022.

CHELSEY LLAYTON

- Publications

- Llayton C, Wagner T, Anderson A, et al. Introducing Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, Others (LGBTQIA+) Patient Care Through Laboratory-Based Exercises. Am J Pharm Educ. Oct 2021; In Press. DOI: <https://doi.org/10.5688/ajpe8569>.
- Eukel HN, Llayton C, Anderson AN, Ballou JM, Donohoe KL, Hunt AT, Meyer BA, Caldas LM. Insurance Adjudication Simulation Across Multiple Institutions and Levels of Learners. Am J Pharm Educ. Oct 2021. DOI: 10.5688/ajpe8766. Epub ahead of print.

- Service

- Passed exam to become a board certified ambulatory care pharmacist in Fall 2021.
- Attended AACP/University of Mississippi SOP Virtual Equity, Diversity, and Inclusion Institute in January 2022 for ideas of how to include DEI within the UCSOP curriculum.
- Kristy Lucas, Alice Gahbauer, Chelsey Llayton, Jane Condee, Gannett Monk, Maryheather Walsh, Alejandra Albino Ramirez and George Chalil

- Publications

- "Pharmacy Phellowship and Phun: A Student-led Initiative to Foster Professional Identity Formation" Poster presented at the AACP Annual Meeting 2022.

GANNETT MONK & JULIE TESTMAN

- Service

- UCSOP Preceptor Development Conference. "The Importance of Quality Feedback in Student Development" on May 13, 2022.

GREG POLSINELLI

- Publications

- Harrison Yoo* and Gregory A. Polsinelli (2022). Human Histone Deacetylase 8 Catalyzes the Deacylation of Acyl Lysine Residues. American Journal of Pharmacy Education, Volume 86, Issue 5, (Published Abstract).
- Harrison Yoo* and Gregory A. Polsinelli (2021). Kinetic Characterization of Human Histone Deacetylase 8 with Medium-Chain Fatty Acyl Lysine. Epigenetics Insights. Dec 10; 14:25168657211065685. DOI: 10.1177/25168657211065685. (Published Research Article).

*Denotes student author

- Service

- Poster Presenter and House of Delegates Representative, AACP Annual Meeting, Grapevine, TX, July 2022.

MOHAMED RASHRASH

- Publications

- Suhila Sawesi, Mohamed Rashrash, Olaf Dammann. "The Representation of Causality and Causation with Ontologies: A Systematic Literature Review" Submitted to Online Journal of Public Health Informatics on March the 28th 2022.
- Rashrash M, Sawesi S, Schommer JC, Brown LM. Predisposing, Enabling, and Need Factors Associated with the Choice of Pharmacy Type in the US: Findings from the 2015/2016 National Consumer Survey on the Medication Experience and Pharmacists' Roles. Pharmacy. 2021; 9(2):72. <https://doi.org/10.3390/pharmacy9020072>.
- Rashrash M, Sawesi S, Schommer JC, Brown LM. Patient Characteristics Associated with the Use of Pharmacist-administered Vaccination Services and Predictors of Service Utilization. Journal of the American Pharmacists Association. 2021 May 29.
- El-Dahiyat, Faris, Mohamed Rashrash, Sawsan Abuhamdah, and Rana Abu Farha. "Herbal Medicines: A Cross-sectional Study to Evaluate the Prevalence and Predictors of Use Among Jordanian Adults." Journal of Pharmaceutical Policy and Practice 13, no. 1 (2020).

AYMEN SHATNAWI

- Publications

- A Shatnawi, NM Ayoub, AE Alkhalifa, DR Ibrahim. Estrogen-Related Receptors Gene Expression and Copy Number Alteration Association with the Clinicopathologic Characteristics of Breast Cancer. Breast Cancer: Basic and Clinical Research 16, 1178223422108671.
- Shatnawi A, Ayoub NM, Alkhalifa AE. ING4 Expression Landscape and Association with Clinicopathologic Characteristics in Breast Cancer. Clin Breast Cancer. 2021 Aug;21(4):e319-e331. DOI: 10.1016/j.clbc.2020.11.011. PMID: 33334698.
- Shatnawi A, Abu Rabe DI, Frigo DE. Roles of the Tumor Suppressor Inhibitor of Growth Family Member 4 (ING4) in Cancer. Adv Cancer Res. 2021;152:225-262. DOI: 10.1016/bs.acr.2021.05.004. Epub 2021 Jul 1.
- A Shatnawi, T Salisbury: Abstract P5-09-04: Regulation of mTOR Signaling Pathway by ING4 in Breast Cancer: A New Target in Cancer Therapy. Cancer Research 82 (4, Supplement).

- Research

- Invited speaker:

- Aymen Shatnawi, The Emerging Role of ING4 Dysregulation in Breast Cancer Development and Progression. 2021 Southeast Regional IDeA Conference, November 12-14, 2021, San Juan, Puerto Rico.

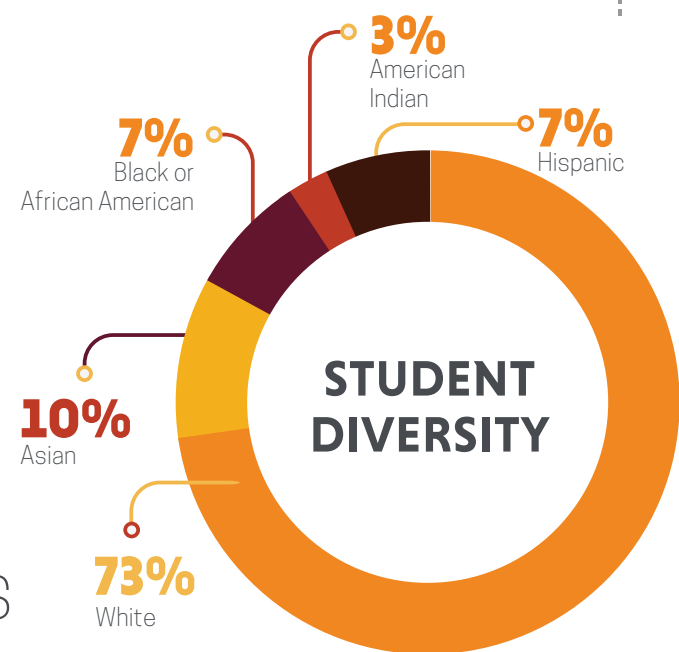
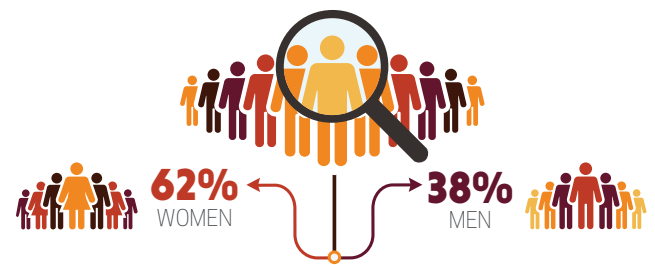
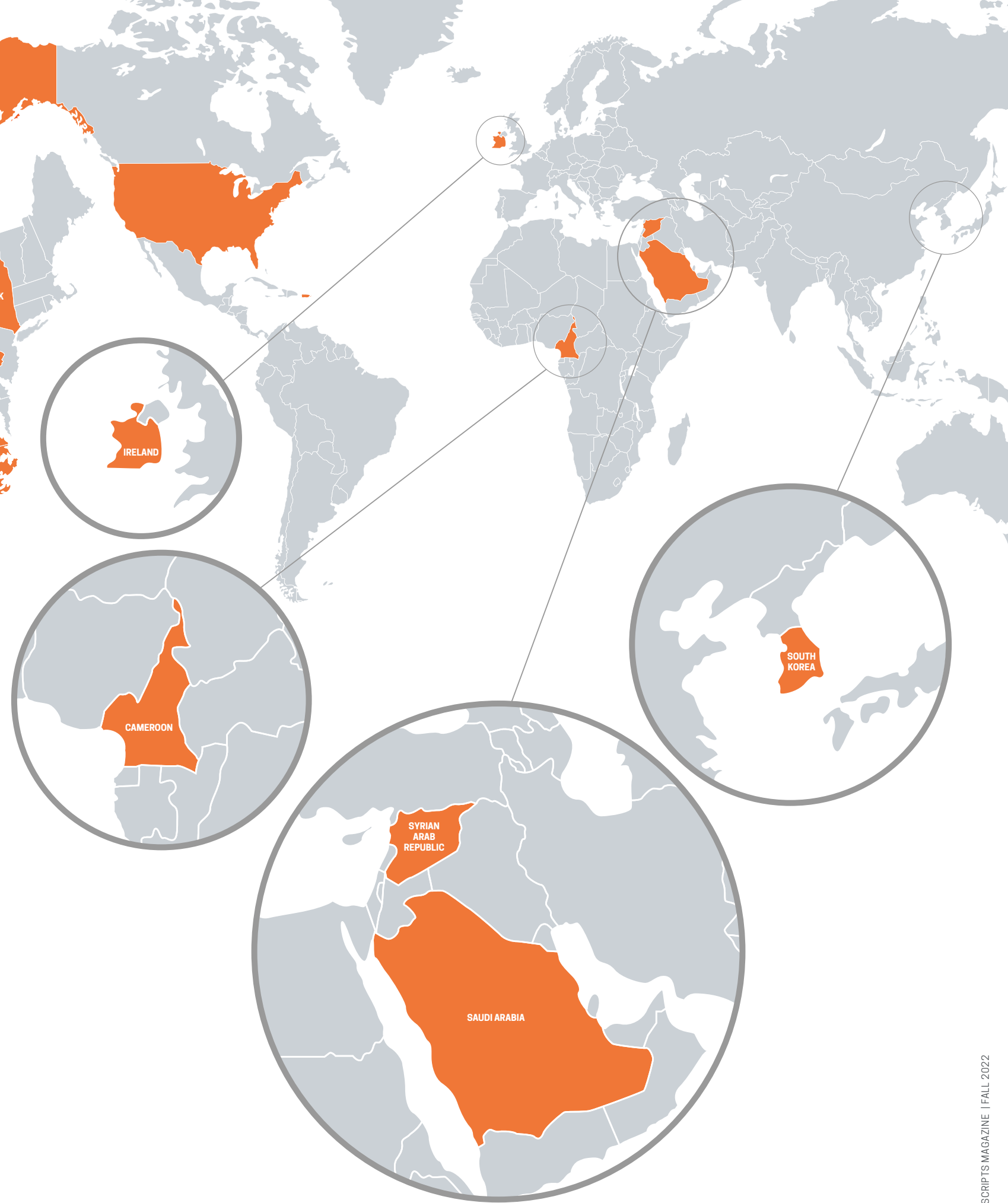
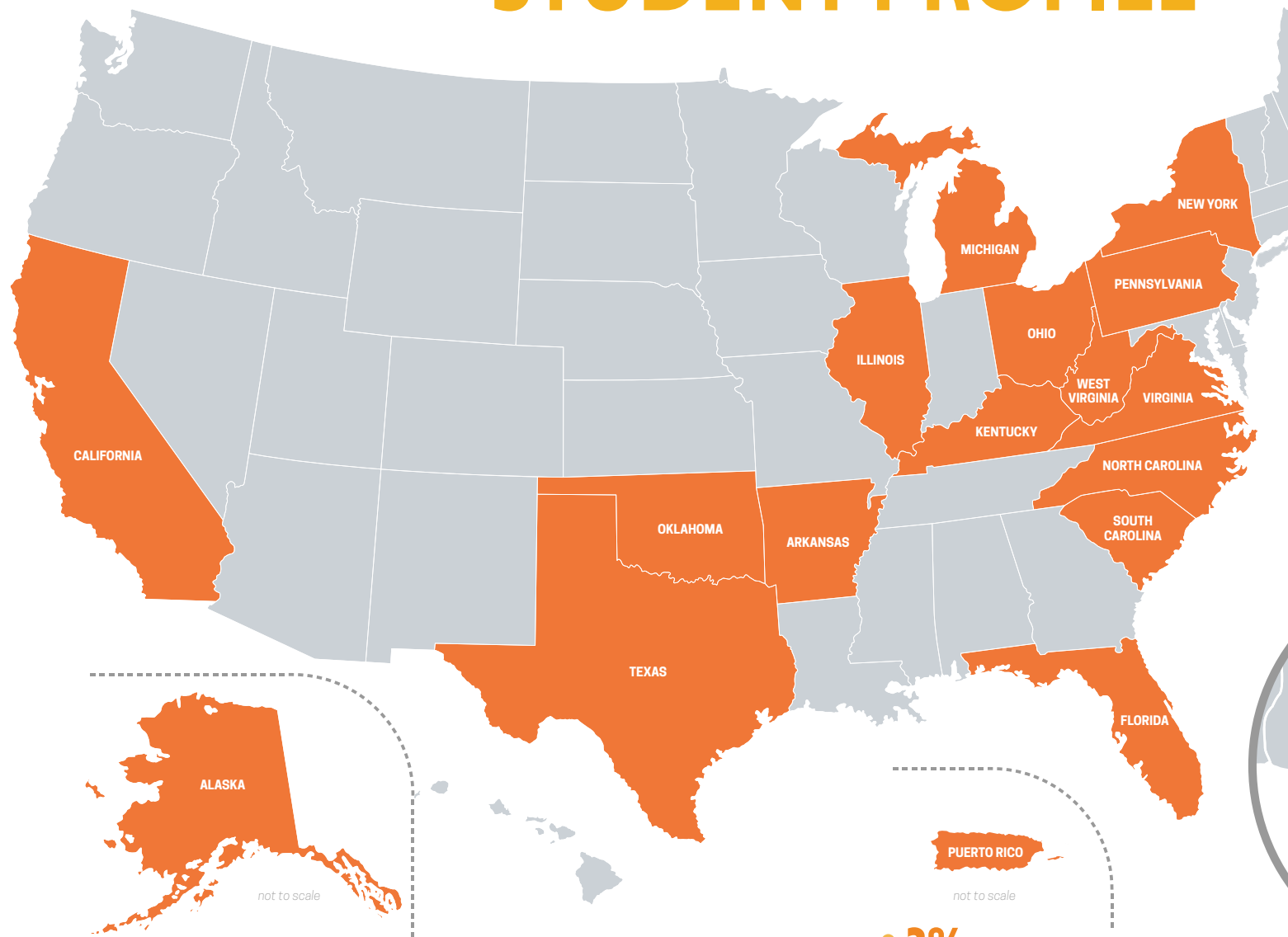
BETH TODD

- Awards

- Passed recertification examination for Board Certified Ambulatory Care Pharmacist (BCACP) in Fall 2021.

CLASS OF 2026

STUDENT PROFILE



*Totals include one Class of 2025 transfer student

White Coat

CEREMONY



The White Coat ceremony, an annual event where incoming first-year pharmacy students receive their first official pharmacy lab coats, showcased a new way for future pharmacists to have a positive impact: the life-saving medication naloxone was added to one of the white coat pockets. Pharmacy students were previously trained to properly administer naloxone, a medication used to reverse an opioid overdose.

“West Virginia leads the country in the rate of overdose deaths; therefore, it is extremely important to get naloxone into the hands of individuals that may be able to save a life,” said Dr. Lindsay Acree, assistant professor in the Pharmacy Practice Department and certified naloxone trainer. “This includes our students just beginning their pharmacy education.”

The ceremony serves as a visual reminder of a pharmacy student’s dedication and commitment to the community. The coat is white to represent the desired purity and goodness of the pharmacy profession. The cost of the incoming class coats was covered by the “More than a White Coat” donor event, which allows friends, family, and past graduates an opportunity to support the incoming class financially.

The students were coated by UCSOP Class of 2026 Advisor Dr. Beth Todd and Executive Director of Professional Affairs Dr. Karrie Murphy.



First Scholar in Geriatric Pharmacy Graduates

The healthcare needs of an aging population present an opportunity for students to gain specialized knowledge and differentiate themselves in an increasingly competitive marketplace. Class of 2022 graduate Jennifer Wine was the first student to complete the UCSOP Scholar in Geriatric Pharmacy track this past spring. She was awarded a Scholar in Geriatric Pharmacy certificate, in addition to official recognition on the University transcript for demonstrating competency in the track learning objectives.

The purpose of the UCSOP Scholar in Geriatric Pharmacy track is to prepare selected students to provide optimal patient-centered care for older adults. The track is intentionally designed to emphasize the broader aspects of care for older patients, focusing on social determinants of health and age-related pharmacokinetic/pharmacodynamic changes that influence therapy management. Scholars complete geriatrics-focused coursework (didactic and experiential), professional development activities, service to the community, and research to achieve track outcomes and to allow for a well-rounded experience.

“My favorite aspect was getting to interact with older adults while doing community service at senior centers. The track helped me in residency with interacting with older adults and will continue helping me in my future career.”

- Jennifer Wine, Pharm.D.

The Scholar in Geriatric Pharmacy track consists of six outcomes:

1. Advocate for medication safety and preventative health measures to optimize the overall health, safety, function, independence, and quality of life of older adults.
2. Display commitment to geriatric pharmacy by developing and maintaining competence, enhancing professional practice, and supporting achievement of career goals through active participation at the local, state, and regional/national levels.
3. Recognize geriatric syndromes and the biological, physical, cognitive, psychological, and socioeconomic changes commonly associated with aging.
4. Describe how population-based care influences patient-centered care, and the development of practice guidelines applied to older adults.
5. Design and modify safe and effective individualized treatment and monitoring plans for older adults including non-pharmacologic and pharmacologic options.
6. Demonstrate the ability to conduct a geriatrics-focused research project.

Dr. Wine is pictured with the three track Co-Directors: Leah Hall, Pharm.D., BCPS, BCPS; Karrie Murphy, Pharm.D., BCGP, CDCES; and Julie Testman, Pharm.D., BCPS, BCGP, FASCP



A 17-year Journey

The Building of a Pharmacy Program through My Eyes

By David Bowyer, RPh, FASHP
Retired Associate Professor and Chair, Department of Pharmacy Practice

The Beginning

On one of the walls at the School of Pharmacy, you will see a copy of a Charleston Daily Mail article announcing the opening of the school on August 8, 2006. The instructor pictured in the article was me. I was hired in July 2005 to serve as the experiential director for the school. (I was hired a year before the opening, as we knew it would take time to convince pharmacists to take students from a new program.) At that time, I had been a pharmacist in West Virginia for almost 20 years.

In those early days, the role of experiential director was straightforward: find pharmacists (and other healthcare professionals) who were willing to provide training to fourth year pharmacy students at their practice sites, assist them in developing their rotation, and coordinate the evaluations of the students.

Then, new accreditation standards for pharmacy education were released, and for the first time, introductory practice experiences in the first three years of the program were required. I felt first-year pharmacy students weren't ready to be placed in a pharmacy but knew that communication was an important part of being a pharmacist. As a result, the first-year pharmacy experiences at our program consisted of service learning with students visiting nursing homes, senior centers, and other settings where they could interact with patients and understand the challenges people face in their lives.

When we debriefed with the students at the end of the year, I always asked, "what did you learn from your experience?" One student shared that she learned that not everyone has insurance. She explained that she grew up in a home with parents that worked and had insurance and she assumed everyone had insurance. This experience opened her eyes to the struggles faced by those who were not as fortunate.

Another humorous response that had serious underpinnings was, "I learned that senior citizens take their bingo very seriously." This student called the bingo games at a local nursing home. He was amazed that the residents would be so serious about a game where the prizes were so small. When asked what the prize was, he replied that they played for meal tickets that could be provided to family members or others who could join them for a meal. This led to a discussion about how that small ticket could take on an additional meaning if it allowed a resident to provide for someone they love.

My role continued to grow over the years. We added an assistant director of introductory practice experiences, a quality assurance person (who provided some relief to me from all the site visits) and

an administrative assistant to handle all the paperwork involved with managing a growing program.

We grew the number of practice sites to over 300 and the number of individual rotations to almost 500. We had rotations in many different parts of West Virginia and surrounding states as well as some as far away as Alaska and New Mexico. Our farthest rotation site at one time was in Guam.

In the spring of 2013, the Department of Pharmacy Practice (of which I was a member) was experiencing some challenging times. The current department chair had departed as had several faculty. I knew the department needed stability and in August 2013, I took on the role of interim chair, continuing as experiential director as well. I was then named department chair and later, Dr. Julie Testman was named to the experiential job.

My early years as department chair were spent rebuilding the department. In recruiting new faculty, I was looking for three things: an excitement for teaching, a dedication to the profession of pharmacy and a good fit for the department.

A good fit for the department was the most important, as I believe we are a family and colleagues. During my time here, I lost my first wife to cancer. I still remember my colleagues attending the memorial service and bringing brownies to the hospice house. One item hanging on my wall today is truly cherished – a photograph signed by all my faculty that I received for Boss's Day, which I look at often.

While my primary role at the school was administrative, due to interest areas or program need, I have taught in many different areas of the curriculum over the years – from Pharmacotherapy lectures to Communications and Law. Over the years, I have developed four courses, coordinated seven courses, and lectured in an additional 13 courses in the curriculum, and discovered that I really like teaching. In retrospect, it shouldn't have been surprising. As pharmacists, we are always teaching, and it is always great to see that "light bulb moment" when patients or students get it.

One specific interest that I helped develop over the years is interprofessional education. I knew our students needed training with other healthcare professionals if they were going to be successful. Through another family member who was starting in a new role at the West Virginia School of Osteopathic Medicine (WVSOM), we worked with our respective administrations to develop a plan to hold an

education day each year for both our students. We have since expanded the program to include physician assistant and nursing students from UC. I feel this has provided a great benefit to our students and helped them become better practitioners.

We also developed a unique format which allowed a team of pharmacy and PA students to follow a standardized patient (actor) over time in a real-world scenario. Placing it in the third year of our curriculum provides our students with a good foundation for their fourth-year rotations. As the sessions progress, the students develop into a team and learn how to better communicate with other healthcare professionals.

Over the years, I have worn many hats here at the School of Pharmacy – including advocate for the profession. (As I write this today, my window looks out at the state capitol so it was obvious that the school should take an active role in shaping healthcare policy.) As I was the only native West Virginian on the initial UCSOP leadership team, I was asked to monitor healthcare legislation and educate legislators on pharmacy. With the support of the then dean of the SOP, we formed the West Virginia Pharmacist Care Alliance, with representation from both WVU and UC schools of pharmacy, the WV Board of Pharmacy, the WV Pharmacists Association, the WV Society of Health System Pharmacists, National Association of Chain Drug Stores, Walgreens, and Rite Aid.

Our first piece of legislation was a proposed bill to allow pharmacists to immunize. We all worked on the bill together and, despite significant opposition, were able to get it passed. This was a great victory for patients and provided our students a chance to work together with others for a common cause. All the schools of pharmacy now send significant student numbers to the Pharmacist Day at the Legislature. We continue to advocate for pharmacy and have been able to modernize the practice act and the collaborative practice rules among other legislation advancing pharmacy practice.

I always tell the incoming class that they are fortunate to be here, as we have one of the best departments of pharmacy practice in the country. This department has a dedication to excellence that is unmatched. Everyone in the department believes in a common goal and works diligently each day to ensure that we graduate excellent pharmacists.

There have been a lot of changes in the 17 years I have been at the University of Charleston. When I started, the building where I am sitting today did not exist. As I reflect on my career here, the one emotion that comes to the surface is gratitude. I am grateful that the founding dean, Dick Stull, took a chance on me, grateful that I had good mentors along the way, and extremely grateful for the many friends and colleagues I have encountered along this journey. I am proud of the department we have built and the impact we have had on the pharmacy's future. I am most grateful for the opportunity to impact so many students and share with them the things I have learned to help them become better pharmacists. As I move on to my next adventure, I hope I can continue to help others – and I hope you will also.

HONDURAS mission trip



UCSOP faculty member Ms. Jane Condee, P4 students Carmelita Brown and Duclos (Arnold) Yotat, and P3 student My'Kimbri Middleton embarked on a medical mission trip to Honduras in collaboration with Dr. Pack and the UC Physician Assistant program on May 7, 2022. They were able to help in a clinic at the Jungle Hospital and participated in three brigades by way of hiking (the longest was 10+ miles) to bring medicine and care to outlying villages. They enjoyed serving in the villages and overall, in public health. This was the first mission trip by any organization at UCSOP and was done by the Student National Pharmaceutical Association (SNPhA).

There will be another opportunity to participate in a mission trip if you missed the first one. P4 student Carmelita Brown is coordinating a mission trip to Jamaica scheduled for May 2023. If you are interested, please reach out to her at carmelitabrown@ucwv.edu or Jane Condee at janecondee@ucwv.edu.





A Prescription for a Greener Planet

By Ashley Lam, Pharm.D., Alice Gahbauer, Pharm.D.

Asthma, cardiovascular disease, cholera, depression, diarrheal disease, Lyme disease, malnutrition... what do they have in common?

The answer is that they are all part of a large group of disease states that are directly or indirectly exacerbated by climate change. In fact, the health consequences of climate change are so severe and wide-ranging that the World Health Organization has called climate change “the single biggest health threat facing humanity.” As essential healthcare providers, pharmacists play an important role in treating climate-related illnesses. However, there is a second, equally important way that we can reduce the negative impacts of climate change: by studying how the healthcare system inadvertently contributes to the health crisis of climate change through its high greenhouse gas emissions and how we can make it more sustainable. To give an idea of the scale of our contributions: the healthcare sector overall accounts for approximately 10% of all U.S. greenhouse gas emissions, and the prescription drug sector accounts for about 14% of that. Zeroing in more, the greenhouse gas intensity of the pharmaceutical industry overall was found to be as much or more than that of the automotive industry!

Fortunately, there are a lot of ways that our healthcare system can, and has started to, do better. Organizations such as Practice Greenhealth and Health Care Without Harm help and encourage hospitals and health systems to improve their carbon footprints in a variety of ways, from building more energy-efficient buildings to serving more local foods in their cafeterias...even to changing their drug formularies! For example, realizing that the anesthesia (and greenhouse) gas sevoflurane is a clinically comparable but much less potent greenhouse gas than desflurane, many hospitals' anesthesia departments have switched from using desflurane to sevoflurane as their go-to agent.

We started learning about encouraging examples such as this (as well as about how much work there is still to be done!) in 2020, when

we decided to research the role of pharmacists in climate change in order to develop a new lecture on Environmental Justice for the “Barriers to Health in Underserved Patients” elective. During our research, we discovered a pharmacist, Katherine Gruenberg, who was recognized for doing sustainability work at her institution. We reached out to her, and she generously agreed to meet us on Zoom to share her knowledge and insights. Soon, we were meeting regularly and growing a network of sustainability-minded pharmacists across the country as well as in Australia, the United Kingdom and Spain. Eventually, we formed an official group, “Rx for Climate,” with the aim of spreading awareness of pharmacists' role in climate change and empowering pharmacists to take action. To that end, we published a call to action, “Climate care is health care: A call for collaborative pharmacy action,” in the Journal of the American College of Clinical Pharmacy, as well as an invited follow-up op-ed, “Active hope: the personal and professional roles of pharmacists in climate action.” We also presented “From bench to bedside to bin: Teaching environmental sustainability principles across the pharmacy curriculum” at the 2021 American Association of Colleges of Pharmacy meeting. This led to more opportunities, such as taking part in a PharmacyTimes webcast, “The Impact of Environmental Conditions on Patient Health.” Dr. Lam (at the time, a P4) also led a group of students in authoring the article “Considerations for Environmentally Conscious Students” for Pharmacy Times and appeared in the monthly Pharmacy Times student podcast “Study Break.”

The best part of being involved in this work has been watching others who have been inspired to act, especially here at UCSOP. For example, P3 Maryheather Walsh worked with the student-led Sustainable Pharmacy Project at Virginia Commonwealth University to bring an event to campus called “Plant the Seed and Painting the Bigger Picture.” The SOP community was invited to decorate flowerpots and plant seeds while Maryheather gave a presentation on the environmental impact of pharmacy. P3 George Chalil combined his

interest in oncology with his interest in sustainability to develop a short “envirominute” presentation on green oncology, which he delivered during the oncology lectures in Pharmacotherapy. Based on the success of this pilot, he and other students have committed to producing more envirominutes focusing on other topics in the future.

Another exciting project that Maryheather and George collaborated on with Dr. Lam and pharmacy students in the U.S. and United Kingdom was implementing the first ever Pharmacy Planetary Health Report Card (PHRC). The PHRC is an initiative that was started by medical students at the University of California, San Francisco in 2019. It was inspired by the White Coats 4 Black Lives's Racial Justice Report Card. It was a report card that evaluated how well their school supported sustainability initiatives in five areas: curricular coverage; research; community outreach and advocacy; support for student-led initiatives; and campus sustainability. The PHRC initiative caught on quickly, and in just three years participation grew to over 75 medical schools in seven countries. This year, our students helped expand the PHRC into pharmacy, and the University of Charleston got the honor of being one of the first three pharmacy schools to participate!

The magnitude of the climate change problem and the amount of work needed to address it can be overwhelming. But, in the words of Joan Baez, “action is the antidote to despair.” It has been extremely rewarding to get involved in this work and to meet more and more people who share the same goals.

If you are interested in sustainable pharmacy, consider joining Rx for Climate at rxforclimate.org to stay current with climate-related pharmacy news. If you would like to get more involved, please reach out to Ashley Lam (ashleylam@ucwv.edu) to learn more about participating in next year's Pharmacy PHRC initiative, or to Alice Gahbauer (alicegahbauer@ucwv.edu) for potential research or other opportunities.



2021 March Induction ceremony (Class of 2023 students) left to right: Zourayz Kamran, Carmelita Brown, Nicholas Cavendar, Mary Heather Walsh, Petir Abdal, George Chalil, Lauren Coccari, Sarah Govender, Thanh Nguyen, Alejandra Albino-Ramirez. Front: Michaela Huddleston (advisor)

Professional Organization of the Year

The Rho Chi Society Delta Lambda Chapter received the Professional Organization of the Year award. The mission of the Rho Chi Society is to encourage and recognize intellectual development in the pharmacy profession, promote curiosity and further the pharmacy profession, promote the advancement of the science of pharmacy, and to encourage research in the pharmaceutical sciences.

The UCSOP chapter logged over 145 tutoring hours during the fall 2021 semester and 250 free tutoring hours were logged throughout the entire academic year. The organization also held convocations for students to learn about strategies for studying and self-care and encouraging them to get involved in research projects.



Photo in the lobby from the 2022 Induction ceremony for members of Class of 2024 (left to right): Harrison Yoo, Jessica Adams, Botao Peng, AlexiAnn Drouin, Minh Hanh Nguyen, Michaela Huddleston (advisor), Madison Loyer, Johnna Ball, Jonathan Robles Diaz, Sindy Canales Diaz, Olukemi Omotola

STUDENT Accomplishments & Internships



Cleveland Clinic Program

Harrison Yoo

Harrison Yoo was selected for the operational track internship program with the Cleveland Clinic. The internship is with the inpatient pharmacy longitudinal program on the Clinic's main campus. This paid, year-round program challenges student pharmacists to think creatively and critically while emphasizing diversity, innovation, and the commitment to putting patients first.



CVS Spanish Immersion Summer Internship

Yairisis Rivera Serrano, Natan Perez Sola
& Ariadna Rigol Prat

UCSOP Students Yairisis Rivera Serrano and Natan Perez Sola joined classmate Ariadna Rigol Prat in being selected for the CVS Spanish Immersion Summer Internship. They participated in the care of patients with a variety of acute and chronic conditions, focusing on the Hispanic community and utilizing the Spanish language.



FDA Fellowship

Dharinee Kuvadia

Dharinee Kuvadia accepted a Clinical Pharmacology Postdoctoral Fellowship at the United States Food & Drug Administration (FDA).



Johns Hopkins Internship Program

Aminah Anderson

Aminah Anderson was accepted to the Johns Hopkins Pharmacy Internship Program. This selective nine-week summer internship program offers 20 pharmacy students a structured learning experience during the summer, intended to provide exposure to health system pharmacy practice.



Mayo Clinic Internship

Asjad Gariballa

Asjad Gariballa was selected for an internship at the Mayo Clinic in Rochester, Minnesota. Gariballa was one of only nine students selected for the 10-week program, which took place during summer 2022. The internship is designed for pharmacy students interested in experiencing nearly every area of pharmacy practice. Interns work side-by-side with world class pharmacists, providers, scientists, and allied health staff. Its purpose is to develop and refine skills in project management and professional development while participating in mini-rotation experiences that offer insight into different career paths.

Some of the projects she worked on comprised of conducting an insulin pen labeling audit and presenting the findings to the P&T Safety Subcommittee, creating pharmacology educational material to further develop their Pharmacy Technician Program, and developing an outreach program educating youth about the profession of pharmacy through interactive hands-on activities. The Pharmacy program also included professional development workshops where Asjad was given the opportunity to network with leaders and discuss topics such as residency, financial literacy, burnout and well-being. In addition to exploring pharmacy, she explored the rich history of Mayo Clinic. She visited the offices of Drs. William and Charles Mayo, the house of Dr. Plummer who designed the medical record system and saw the displayed vial of one of the first batches of cortisone discovered by Mayo providers.



SAS Summer Research

Khanh Phuong Truong, Minh-Hanh Nguyen,
& Cindy Canales

Pharmacy students Khanh Phuong Truong, Minh-Hanh Nguyen, and Cindy Canales were selected for the American Association of Colleges of Pharmacy Social and Administrative Sciences (SAS) Section Summer Research Exchange Mentorship Program. The selected students participated in a research experience with a SAS faculty member outside their home institution, building their professional network and skills for residency, fellowship, and further graduate studies. Truong worked with Dr. Sakharkar at Roosevelt University College of Pharmacy to assess health policy issues and barriers to medication access among populations with chronic health conditions. Canales worked with Dr. Elizabeth Unni from Touro College of Pharmacy, New York, on a survey about medication adherence and the analysis of interview/focus group data. Nguyen worked on a systematic literature review for type 1 and type 2 diabetes mellitus.



SGO Annual Meeting Presentation

Sarah Govender

UC pharmacy student Sarah Govender presented an informational poster at the Society of Gynecologic Oncology Annual Meeting held March 18-22, 2022, in Phoenix, Arizona. The poster was titled, "Educational Intervention for Providers Addressing the Diversity Gap in Cervical Cancer Clinical Study Participation."

The Society of Gynecologic Oncology (SGO) is a global, diverse, and inclusive society elevating the entire world of gynecologic oncology with the goal of changing "the future of gynecologic health for women and TGNC (transgender/gender non-conforming patients)."



Student Selected as National IPhO Officer

Sarah Govender

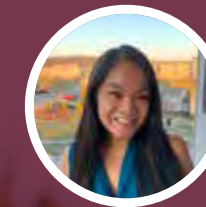
Sarah Govender was selected as a national student officer for region three of the Industry Pharmacists Organization (IPhO). Only 16 students nationwide were selected for these positions, and Govender's primary responsibilities will be training the executive boards at each school in this region, serving as their liaison to the national organization, and ensuring that they maintain the mission and expectations of the organization.



Students Accepted into Prestigious Academy

Olukemi Omotola, Cindy Canales,
My'Kimbri Middleton, & Shapel Bibbs

School of Pharmacy students Olukemi Omotola, Cindy Canales, My'Kimbri Middleton, and Shapel Bibbs were accepted into the 2022 National Community Pharmacists Association (NCPA) Pharmacy Ownership & Leadership Academy. Only 40 students nationwide were selected to participate in this week-long program, which focuses on the fundamentals of pharmacy ownership, leadership, and self-awareness.



USPHS Public Health Award

Ashley Lam

P4 student Ashley Lam was selected as one of the Top 10 recipients of the United States Public Health Service (USPHS) Excellence in Public Health Pharmacy Award. Only 90 pharmacy students in the U.S. are recognized for the award each year.

The award was established to recognize pharmacy students who make significant contributions to public health, including advancing the objectives of Healthy People 2030, the Surgeon General's priorities, and the pharmacy profession.

Largest Grant in UCSOP History

Due to her tireless work, Dr. Lindsay Acree has been awarded an additional \$6 million from the WV State Opioid Response Grant, sub-grantee of WV DHHR Department of Behavioral Health. This increases the total grant to \$7.95 million, making it the largest grant awarded in the history of the UCSOP program.

The increased amount – to be spent specifically on naloxone – will go toward the purchase of almost 95,000 naloxone kits (2 doses per kit) for the state of West Virginia. These kits will be provided to organizations that work in the area of prevention; corrections; those leaving jail; individuals in treatment programs (abstinence-based or pharmacologic treatment); hospitals to be distributed to those at high risk; Quick Response Teams (QRTs); health departments; and harm reduction programs to name a few.



Dr. Lindsay Acree and several P1, P2, and P3 students participated in a naloxone distribution event on Saturday, August 27 during Overdose Awareness Day at the West Virginia State Capitol.



Lindsay Acree informing people about naloxone and handing it out at the Labor of Love event in 2021.



– UCSOP students and faculty volunteered at Kanawha County's third Save a Life Day on September 8. Volunteers helped run naloxone distribution sites across the county. This was also West Virginia's first statewide Save a Life Day, as all 55 counties participated!



Class of 2023



Faculty and staff in attendance at the pre gala awards ceremony.

UCSOP Gala

The School of Pharmacy Gala was held April 1, 2022 – the first gala since the COVID-19 pandemic started. This event offers our pharmacy students an opportunity to network with fellow students and enjoy each other's company.



Students enjoying the Gala in the Rotunda.



Ashley Lam Named USPHS Excellence in Public Health Award Winner

By Jamie L. Bero, MA,
Director of Student & Alumni Affairs

Ashley Lam was awarded the United States Public Health Service (USPHS) Excellence in Public Health Pharmacy Award for graduates in the Class of 2022.

The pharmacists of the USPHS established this award in 2003 to encourage student pharmacists to become active in public health. They believe pharmacists are trusted, accessible healthcare providers with the capability and responsibility to produce a positive impact on our nation's health by educating members of their local community on the importance of living a healthy lifestyle. They also believe student pharmacists have similar opportunities to make positive impacts on public health and hope that they strive to continue to increase those positive impacts as pharmacists after graduation.

The USPHS award recognizes student pharmacists who demonstrate a commitment to public health. It recognizes student pharmacists who are active in developing innovative approaches to current public health challenges and those who will help lead our nation to a healthier future! Nominees for the award are reviewed by the Pharmacist Professional Advisory Committee; this group is comprised of highly qualified healthcare professionals who focus on public health leadership and clinical service in the federal government.

Lam was recognized for her substantial work on the future of pharmacy practice by co-founding RxforClimate. According to their website (<https://www.rxforclimate.org/>), RxforClimate is an independent, web-based community designed to support environmentally sustainable pharmacy practice and to promote the pharmacist's role in mitigating the impacts of climate change on human health. This forum enables pharmacists, students, and pharmacy educators to access high-quality evidence and practice-relevant resources and encourages collaboration and sharing of ideas. The organization's goal is to empower pharmacy practitioners to

minimize the environmental impacts of healthcare while optimizing patient outcomes. This coincides with the Healthy People 2030 objective to promote healthier environments to improve health.

Ashley is also a founding committee member for the Pharmacy Planetary Health Report Card (PHRC). The PHRC is a student-led initiative meant to inspire sustainable healthcare education in medical schools. A committee of students from each medical school evaluates their school with a set of metrics, created to evaluate how environmentally supportive each school is. This report card can then be utilized as a needs assessment. Recently, PHRC members reached out to UK and U.S.-based student pharmacists to see if they would like to modify the PHRC and apply it to pharmacy schools. They are still in the process of modifying the PHRC metrics to translate them from application in medical schools to application in pharmacy schools. They are also ensuring these metrics are applicable internationally because pharmacy schools can look different country-to-country. They aim to perform as a pilot during the spring semester. The optimism is the data gleaned from these report cards will inspire pharmacy schools to become more environmentally conscious, both in teaching and in practice because climate change and environmental sustainability is a looming threat to public health. To learn more about the PHRC, visit <https://phreportcard.org/>.

Lam was the student chair for the School of Pharmacy's interprofessional participation in the annual Script Your Future Medication Adherence Challenge where they were a national award winner. For the 2021 campaign, UCSOP collaborated with the Physician Assistant program, the School of Nursing, and the Kanawha-Charleston Health Department (KCHD). The University

was consistently mentioned as an active participant in the COVID-19 vaccination clinics in Charleston and the surrounding communities. As a result of their robust outreach, UCSOP was able to directly counsel over 45,000 patients on medication adherence and successfully vaccinated over 50,000 patients in the community. <https://scriptyourfuture.org/2021-team-challenge-winners/>

Ashley is an excellent student and student-pharmacist leader. She has held offices including current Vice-President of the Class of 2022; Student Society of Health Systems (SSHP) Secretary; Student Mentor; Script Your Future Student Chair; and Industrial Pharmacists Organization (IPhO) Secretary. She has served the local community by participating in health fairs providing blood pressure, blood glucose, medication safety screenings, and COVID-19 immunizations and medication adherence reinforcement during pandemic and non-pandemic times.

Through Ashley's perseverance and dedication to moving the field of pharmacy practice to be more sustainable, she has had the opportunity to be published in the Journal of the American College of Clinical Pharmacy (<https://accpjournals.onlinelibrary.wiley.com/doi/full/10.1002/jac5.1412>) and Pharmacy Times (<https://www.pharmacytimes.com/view/considerations-for-environmentally-conscious-pharmacy-students>). She has two other publications pending. She has presented a webcast for the Pharmacy Times as well as the AACP Pharmacy Education Special Session. Ashley is making the worldwide community aware of how pharmacists can make a difference while being an excellent role model and leader to her student pharmacist peers.

Class of 2022 Graduates Begin PGY-1 Residency Training

UCSOP RESIDENTS IN THEIR FIRST YEAR

ABIGAIL BIRIKORANG

West Penn Hospital
Pittsburgh, PAi

KAYLEE DAVIS

Hershel "Woody" Williams VA Medical Center
Huntington, WV

MICHAELA DAVIS

Charleston Area Medical Center
Charleston, WV

ZACHARY HARRIS

Charleston Area Medical Center
Charleston, WV

CASEY LABELLE

University of Minnesota College of Pharmacy
Minneapolis, MN

ASHLEY LAM

Beckley VA Medical Center
Beckley, WV

MATTHEW RICHARDSON

Charleston Area Medical Center
Charleston, WV

TAYLOR SCHLIESSER (CLASS OF 2021)

Mercy Health St. Vincent Medical Center
Toledo, OH

LAUREN SHELTON

McLeod Regional Medical Center
Florence, SC

KEREN HERNANDEZ

Carilion New River Valley Medical Center
Christiansburg, VA

RAJVEER KAUR

Fruth Pharmacy/University of Charleston SOP
Nitro, WV

JENNIFER WINE

King's Daughters Medical Center
Ashland, KY

Class of 2026 hike at Kanawha State Forest with some members of the SOP faculty and staff.



The UCSOP chapters of IPhO and SCCP partnered with the Kanawha-Charleston Humane Association to bring puppies to campus on the first day of finals week.



Rising P2 students Botao Peng and Minh-Hanh Nguyen enjoyed stand up paddle boards on the Kanawha River.



Class of 2026 day at the WV Capitol and Cultural Center.



Class of 2026 member Allison Given at the Labor of Love Walk.



Touma Museum of Medicine



UCSOP faculty & staff dressed in holiday spirit.



Out of the Darkness Walk

Class of 2025 member Alondra Alfonzo working in the sterile compounding lab.

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