

The Mortar & Pestle

*Black Student Pharmacist Organization
Quarterly Newsletter*

UPCOMING EVENTS

All February - Culture Quest

All month long, we will be hosting Culture Quest. This is an opportunity to learn more about topics that affect patients of color as we celebrate Black History Month! we will be posting riddles for participants to answer and secret locations for participants to find. Join the race to win a FREE PAIR OF AIRPODS!

Feb. 22nd - Black History Month Keynote Address

We are honored to have Dr. Marie Chisholm-Burns, PharmD, MPH, MBA, FCCP, FASHP, FAST, current Dean of the UTHSC College of Pharmacy and a graduate of the UGA College of Pharmacy, serve as our keynote speaker for Black History Month. The event is open to ALL. Please join us to hear her pearls of wisdom.

Mar. 15th - General Body Meeting

Mar. 29th - Race Based Medicine : Why it is a problem and how health care providers should oppose it

Join BSPO as we dive into Race-Based Medicine and discuss ways to shift to Race-Conscious Medicine

Apr. 7th- General Body Meeting

CONTACT US



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HEALTHCARE ABROAD

Written by: Angelle Newman

According to the World Health Organization (WHO), antimicrobial resistance (AMR) is when bacteria, viruses, fungi, and parasites mutate and resist the action of one or more antimicrobial agents. Resistance can be acquired via chromosomal genes or acquisition of exogenous resistance genes carried by mobile genetic elements spread horizontally between bacteria. Factors that contribute to AMR are antimicrobial misuse and overuse, poor infection control and prevention, lack of access to clean water, and lack of legislation enforcement. WHO has listed AMR as one of the top 10 threats to global health.

The 2020 data from Antimicrobial Resistance Surveillance in Europe 2022 was collected by The European Centre for Disease Prevention and Control in conjunction with the WHO Regional Office for Europe. The report includes 29 countries in the European Union/European Economic Area (EU/EEA) plus 12 other European countries and Kosovo, totaling data from 42 nations. Bacterial species included in the report are *E. coli*, *K. pneumoniae*, *P. aeruginosa*, *Acinetobacter* spp., *S. aureus*, *S. pneumoniae*, *E. faecalis*, and *E. faecium*.

The most reported AMR bacterial strains in the EU/EEA were *E. coli* (41.3%), *S. aureus* (21.9%), and *K. pneumoniae* (11.9%). Non-EU/EEA nations reported similar results. Generally, the lowest AMR percentages were reported by countries in northern Europe and the highest by southern and eastern countries. Seven of the nations had no national/area infection prevention and control program, and six reported having infection prevention and control and water programs without fully implemented standards.

The WHO European Region plans to remain devoted to integrated surveillance including infection prevention and control as a central focus. Evidenced-based antimicrobial stewardship is necessary to reduce the spread of resistant infections. The COVID-19 pandemic has further exposed the need for organized systems to prevent and control infections, as well as increase the quality and quantity of AMR surveillance data.

Resources:

1. WHO Regional Office for Europe/European Centre for Disease Prevention and Control. Antimicrobial resistance surveillance in Europe 2022 - 2020 data. Copenhagen: WHO Regional Office for Europe; 2022.

BLACK MOON

Written by: Adesuwa Utomwen



Black moon
Lifted up in the white skies that surround this earth
I watch.
Black man
Beautified by his internal armor of strength
I gaze.
Black man
Strong in stature and in intelligence
Hard brown eyes.
Thickest texture of black hair
Complemented by his white teeth
I smile.
Beautiful is black
Black is beautiful
Beautiful he is.

Black man
Stranded in an open land of tall white trees
Generational wealth stolen
Emotionally stripped and left empty:
Bearing no fruit.
Bruised hard brown eyes
Dark red blood runs down from his eye to his mouth,
Which has stopped smiling.
I stare.
Black man.
Denounced. Beaten. Crushed.
Black man
Swimming in the deep seas of filthy hate
Its vile stench is like a burden
Placed on him for generations.
I stare and take a few steps towards him.
Black man
No longer deemed beautiful
Or strong
Or intelligent
Or courageous.



BLACK MOON (cont.)

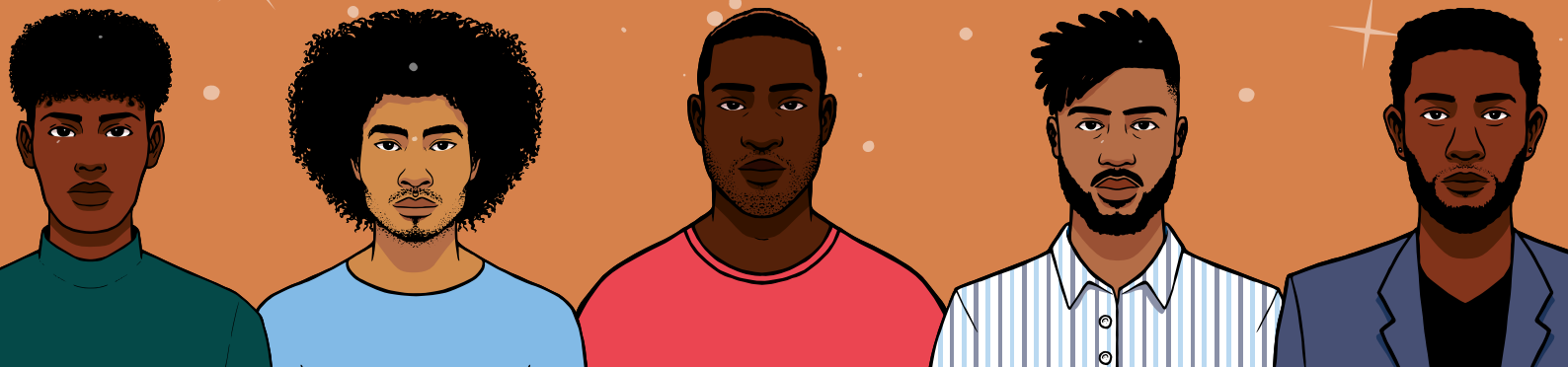
Written by: Adesuwa Utomwen

I can't get too close
For I'll see the fear in his eyes.
I can't stray too far
Far: a distance I never want to experience,
For his presence still leaks strength and courage
I can't get too far.
So, I drag my legs and inch my way closer.
By his side.

I am left staring at my black man with tears in my eyes
Knowing well that he is still beautiful.
He is left to shine those pretty white teeth in pain
He is left to walk through life with a bruise that probably won't heal
He is left to find his way through the dark tunnels of society
He is left to build trust again
He is left to lead and to protect
He is left to face the fear of life, the fear of oppression
The fear of the false view of internal poverty that this society displays.
He is left to open his bruised eyes.
Beautiful hard brown eyes
And envision himself free again.
He must, for he is strong.
Black man.
He is strong and not defeated.

I move away from his side to face him.
I am left staring at my beautiful black man with tears in my eyes.
I see a mixture of fear, of courage, and of resilience.
I see him try to smile.
His chest still rises and falls to the rhythm of his heart.
Tears still in my eyes, I smile back at him, knowing well that
He will one day rise up again.

Black man.
Beautiful is black
Black is beautiful
Beautiful he is.



COMMUNITY OUTREACH

COMER HEALTH & REHABILITATION

We want to give a huge thank you to all the ladies that came out to help us at our vaccine clinic at Comer Health and Rehabilitation. Our wonderful members traveled to administer third doses and booster vaccines to both patients and staff. While at the clinic, we administered over 50 vaccines!

Pictured L to R: Alyssa Elmore, Adesowa Utomwen, Kyra Leonard, Kyana Morris, Araven Thompson, and Chelsey Strowbridge.



BETHEL BAPTIST CHURCH



We also want to recognize our volunteers that helped administer booster doses and perform point of care testing at Bethel Baptist Church in Watkinsville. This event was in collaboration with the UGA SNPhA chapter. We appreciate all of your hard work and dedication!



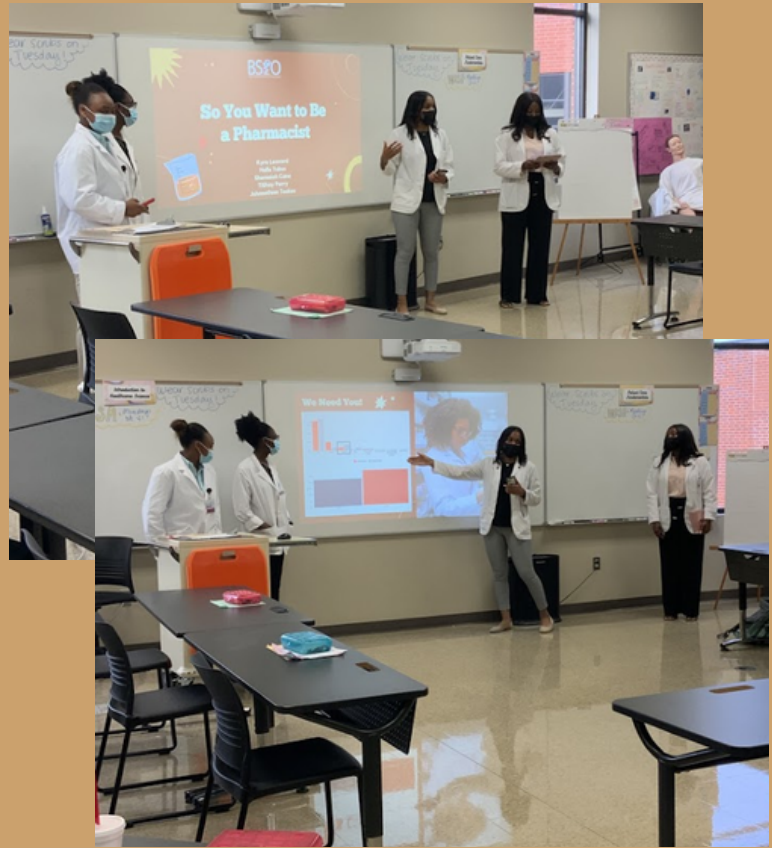
Pictured L to R: Elizabeth Echols, Kyra Leonard, Halle Tukes, Pamela Diokpara

COMMUNITY OUTREACH

ATHENS COMMUNITY CARE ACADEMY

Last semester, we gave a presentation to Athens Community Care Academy students to provide information about the pharmacy profession and encourage them to look into pharmacy as a career. Representation matters! Providing early exposure to minority students is crucial in diversifying our profession. While this was only a small step, it laid a great foundation for these students!

Pictured L to R: Halle Tukes, TiShay Perry, Kyra Leonard, and Shemiah Caine.



PHARMTOBERFEST



Our booth at Pharmtoberfest provided information about Sickle Cell Disease. After reviewing the information, students were allowed to play our game for the chance of winning a giftcard. Congrats again to all of our winners for making our booth such a success.



COMMUNITY OUTREACH

TOILETRY DRIVE

For the month of January, we hosted our annual toiletry drive to benefit Family Connection - Communities in Schools (FCCIS) of Athens.

Family Connections - Communities in Schools serves at-risk students in Athens. They provide a support system to empower students to reduce drop-out rates and encourage them to succeed in school and life.



Once the drive concluded, we delivered the items and assisted in stocking their shelves. Thank you to everyone who contributed to making this toiletry drive a success!

Pictured here are some of executive board along with the FCCIS team at drop off.



NAPLEX QUESTIONS

Written by: Tierra Jackson



1. What antiarrhythmic drug has the potential for causing taste disturbances?

- A. Norpace (disopyramide)
- B. Mexilit (mexiletine)
- C. Betapace (sotalol)
- D. Rythmol (propafenone)

39% of users answered correctly.

2. Select the dose(s) of aspirin utilized in the management of peripheral arterial disease (PAD). Select all that apply.

- A. 81 mg
- B. 162 mg
- C. 50 mg
- D. 325 mg

97% of users answered correctly.

3. Which of the following is an appropriate fibrinolytic dosing regimen for a 78-kg person with ST-elevation myocardial infarction (STEMI)?

- A. Streptase 1 million units intravenously over 20 minutes
- B. Reteplase or rPA 10 units IV bolus twice 30 minutes apart
- C. Tenecteplase or TNK 80 mg IV bolus once
- D. Alteplase 100 mg IV over 2 hours

36% of users answered correctly.

4. Select a patient risk factor for the development of myopathy on statin therapy. Select all that apply.

- A. Larger body size
- B. Hyperthyroidism
- C. Female sex
- D. Vitamin D deficiency
- E. Young age

72% of users answered correctly.

5. Which of the following agents would be the best pain management option for TS to utilize while on chronic warfarin therapy?

- A. Celebrex®
- B. Excedrin®
- C. Aspirin
- D. Acetaminophen

85% of users answered correctly.

GOOD READS

The Quiet Trailblazer: My Journey as the First Black Graduate of the University of Georgia

by: Mary Frances Early

Written By: Elizabeth Echols



If you've been looking for a great read for Black History Month, then look no further. The Quiet Trailblazer is an autobiography of the life of the first Black Graduate of the University of Georgia, Ms. Mary Frances Early. The book narrates her childhood in Atlanta, GA, her ongoing interest in music, and what encouraged her to apply to UGA in 1961. Upon matriculation, she was one of only three African American students on the entire campus and the only African American student in a Masters Program. It details the many gut-wrenching experiences and injustices she faced starting from admissions to her historic graduation day in 1962 and how she remained hopeful throughout the journey.

It recounts how she overcame these adversities and continued to be a trailblazer in the Atlanta school system as an acclaimed educator and eventually music director of the entire school system. After retiring in 1994, she taught at Morehouse College

Spelman College, and served as the chair of music at Clark Atlanta University. She also details her reconciliation with UGA as they failed to recognize her as the first Black graduate for years. Since she's been presented with the President's Award in 2018 and been honored with the naming of the College of Education after her in 2022. Also, I would like to give huge shoutout to Dr. Seagraves who passed this great read on to me!

UGLY CHRISTMAS SWEATER PARTY

This year we hosted our very first Ugly Christmas Sweater Party. Members gathered for great food, good music, and fun games to enjoy a mini break before finals. Thank you to everyone who attended. We hope you had as great of a time as we did. Also, we would like to give a shout-out to our Events Coordinator, Alaina Lewis, who won the prize for the Ugliest Christmas Sweater.



LOCAL MINORITY OWNED BUSINESSES

Restaurants

Punta Cana Latin Grill

367 Prince Ave Ste 1, Athens, GA 30601

Phone: (706) 850-8960

Dawg on Good BBQ

224 W Hancock Ave, Athens, GA 30601

Phone: (706) 613-9799

Weaver D's

1016 E Broad St, Athens, GA 30601

Phone: (706) 353-7797

Food for the Soul

1965 W Broad St, Athens, GA 30606

Phone: (706) 546-0052

Cool World Ice Cream

1040 Gaines School Rd #218, Athens, GA 30605

Phone: (706) 850-8306

Hair Care

Studio 74

145 Epps Bridge Rd, Athens, GA 30606

Phone: (706) 543-9144

Religious

Hill Chapel Baptist Church

1692 West Hancock Ave, Athens, GA 30606

Phone: (706) 543-1377

Clarke County Church of Christ

1870 Danielsville Rd, Athens, GA 30601

Phone: (706) 363-0818

Businesses

Eric's Tailor Shop

630 Hawthorne Ave, Athens, GA 30606

Phone: (706) 247-6446

Barbara's Alterations

100 Northcrest Dr, Athens, GA 30601

Phone: (706) 548-2440

McRae Family Dental

995 Baxter St, Athens, GA 30606

Phone: (706) 480-9410



WAYS TO BECOME COMPETITIVE FOR EXEC POSITIONS!

As election season approaches, here are some tips to help attain that position you've been eyeing:

- Contribute to guest speaking engagements by asking questions
- Participate in organization events & competitions
- Prior executive board experience
- Express interest to a current exec board member
- Offer up new innovative ideas for the organization
- Attend organization functions!

INSPIRATIONAL QUOTE

"Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly."

– Langston Hughes



Scan the QR code to enjoy a study playlist created by our Treasurer, Stanley Otiwu!

Answers to NAPLEX questions:
1. D; 2. A, B, D; 3. B; 4. C, D; 5. D