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MIDYEAR, LAS VEGAS

THE RUTGERS ROAD TO SUCCESS

AN INTERVIEW WITH FELLOWSHIP ALUMNUS, DR. ROBERT KOWALSKI

By Dr. Payal Patel

Fourteen years after he finished his post-doctoral fellowship, Dr. Robert Kowalski is returning "home" again. Approximately three months ago, Dr. Kowalski rejoined Novartis as the Senior Vice President, Global Head of Regulatory Affairs. This role, which he says is broader in scope and allows him more interface with global colleagues and executive management than his previous positions, is bringing him back to the company which was his initial stepping stone into the pharmaceutical industry.

Dr. Kowalski admits that he did not initially want to pursue a pharmacy-based career and was considering going back to school for a law degree, when his rotation preceptor introduced him to Dr. Joseph Barone, Founder of the Rutgers Pharmaceutical Industry Fellowship Program. This encounter led him to the ASHP Mid-year Meeting, where he interviewed for a Rutgers fellowship and was hired for the clinical research position at Sandoz.

That fellowship quickly came to an end, however, when three of the projects he was assigned to work on fell apart a few weeks later. His preceptor presented him with two options: change into a different therapeutic area or consider moving into Regulatory Affairs. "So, I went into Regulatory and never left," Dr. Kowalski recalls.

Dr. Kowalski's career launched after he completed the two-year fellowship with Regulatory Affairs and he was hired full time by Sandoz Pharmaceuticals. He was promoted six months later, and he completed the first electronic (PDF hyper-linked) NDA submission to the FDA. After spending nine years with the company, which is now Novartis, he moved to Pharmacia for two years and then accepted an offer to join Schering-Plough.

During his five years at Schering-Plough, Dr. Kowalski worked with his colleagues to bring the RPIF Program to the company. After two years, they were successful in starting a small program of three



Robert Kowalski, Pharm.D., Senior VP, Global Head, Regulatory Affairs; Novartis

fellows, which has since expanded to 15. Dr. Kowalski says he was determined to bring the program to the company because he recognized its value as a great training program and "on a personal level, I love going to Midyear and seeing the faces of the innocent candidates who are hungry for pharma, and giving them the opportunity to get involved in industry. I love watching these pharmacists grow into professional and savvy individuals."

"I would never have this job

See Dr. Kowalski, pg. 4

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A NECDOTES FROM AFRICA

By Dr. Imbi Ichile



Attentive patients listen closely as Dr. Ichile provides medication counseling services and answers questions related to drug therapy.



Students take a break from class to gather around Dr. Ichile and Sherell McDearmon during a National Pharmacy Week visit to a local high school.

As part of her residency program in conjunction with Rutgers, The State University of NJ and the Bristol-Myers Squibb Foundation, Dr. Ichile has traveled halfway across the world to South Africa (SA). She is spending six months there as a part of BMS's Secure the Future (STF) program, which is dedicated to supporting communities by providing HIV/AIDS education and medical care.

Dr. Ichile has kindly offered to share some of her experiences with us in this second of a 3-part series.

Pharmacy in Action!

Needless to say, things have been very busy! The need for trained medical personnel at all points of care has been made very evident throughout my travels. Unfortunately, pharmacy has been somewhat of a neglected specialty here, mostly due to the lack of staff.

For more information about STF, please visit:
www.securethefuture.com

There seems to be a greater need to train nurses and health-care workers who have the vested capacity to diagnose, dispense, and administer. I suppose that this is why I feel most fortunate for the opportunity to shed some light on the utility of pharmacists, not only as gatekeepers for medicines, but as experts on drug therapy management. It never ceases to amaze me how strong a single person's impact can be. Of course, I only have the positive responses of audiences and individuals that I have interacted with as my compass. However, I believe that they are the best gauge . . . do you agree? There have been so many enjoyable and memorable experiences so far . . . too many to name, so I will only share some highlights.

Estcourt National Pharmacy Week, South Africa (September 7-11, 2009)

I worked with a wonderful team of pharmacists, interns and technicians from Estcourt Hospital, as well as physicians, nurses, and PR staff from all over the province of KwaZulu Natal on conducting a wonderful week of service. It was a lot

of work, but it proved to be an excellent example of public-private partnership. I was joined by another BMS US team member, Sherell McDearmon in Marketing and Sales. We had an opportunity to visit local high schools and secondary schools, speak with patients in hospital wards, and consult HIV support group members about their antiretroviral (ARV) medications, all keeping with the theme of National Pharmacy Week, "Knowledge is Powerful Medicine." The week culminated with a large community health fair. Over 500 residents from the surrounding area were able to receive free medical services!

Senkatana Clinic ARV Pharmacy, Lesotho (September 14-25, 2009)

The pharmacy technician and three pharmacy assistants at Senkatana were excellent to work with. I had the opportunity to observe a pharmacy technician-run ARV pharmacy as a model for resource-constrained countries. The pharmacy staff was very positive about gaining new information about ARVs, specifically adverse drug reactions and drug interactions.

With their help and insight, I was able to launch what seems to be a very promising computerized Pharmacovigilance Program: **Better Monitoring = Better Outcomes!** Let's keep our fingers crossed. We are looking forward to it being a great success, and most of all, we are looking for sustainability.

Thank You!

A huge "Thank You" to all of the Rutgers Fellows, Carol Rutgers, and especially the Community Development Committee for the drive. Your donations will be greatly appreciated!

**Goodbye for now!
Sala Hantle!**

If you have any questions or comments for Dr. Ichile, please email your editors!

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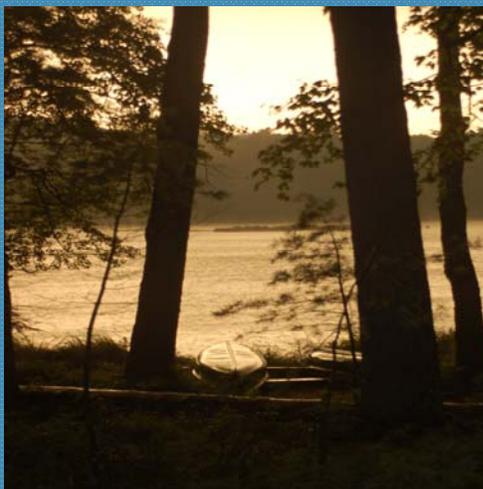
ALTERNATIVE MEDICINE

Photographs by Dr. Christie Williamson

Photograph by Dr. Payal Patel



Ferry boat in the British Virgin Islands



Summer Evening on Echo Lake, Forestburgh, New York



Sculpture outside northern-Indian temple

HEALTHCARE REFORM - IN A NUTSHELL

By Dr. Matthew Klimek

There is universal agreement that our healthcare system needs reform, but the question is how? Approximately 45 million Americans are currently uninsured. In 2007 the US spent \$2.2 trillion on healthcare - \$7,421 yearly per person. It is estimated that by 2025, \$1 of every \$4 will be healthcare dollars. The ongoing efforts of Capitol Hill to pass healthcare reform legislation will affect nearly every resident and business in the United States.

The top Healthcare Reform goals of the Obama administration are:

- Guarantee choice of doctor and health plan
- Shift from paying for volume to paying for quality
- Eliminate barriers for pre-existing medical conditions
- Reduce long-term growth of healthcare costs

Politics are a key barrier to achieving these goals. Democrats accuse Republicans of privatizing without controlling cost while Republicans accuse Democrats of increased government oversight of personal issues. Democrats support a government-funded public option,

tax surcharges on wealthy Americans, coverage for those with pre-existing conditions, and required participation - all opposed by the Republican Party. No definitive plan from either party exists to fund the approximately \$800 billion overhaul without increasing the deficit. While pharmaceutical and insurance companies support reform in an effort to shape and profit from the inevitable overhaul, real business concerns exist. The possibility of a public option, Medicare negotiated prices, drug reimportation, and the desire for more industry money is being balanced with the opportunity to profit from expanded healthcare coverage.

Healthcare Reform will affect insurance premiums, taxes, and access to care with the intent to make quality, affordable healthcare available to all Americans. Although politics remain a barrier, strong companies will find ways to profit and adjust their business model. Without successful bipartisanship focused on the American people, a golden opportunity will be lost as politics will again prevail over the public interest.

TOP TEN THINGS YOU SHOULD KNOW ABOUT THE H1N1 VIRUS

By Dr. Sabrina Meyers

1. **Get your H1N1 vaccine!**
2. Vaccine is available as a nasal spray or injectable.
3. Wash your hands frequently to prevent the spread of germs.
4. High risk patients who should get the vaccine include pregnant women, healthcare and emergency services personnel, people living with/caring for children <6y/o, people between ages 25-64 who have chronic medical conditions, and people between the ages of 6 months - 24 years.
5. Antiviral treatments include Tamiflu® (oseltamivir) and Relenza® (zanamivir).
6. H1N1 virus contains genes from pigs, birds, and humans. Not just pigs.
7. Fever and diarrhea/vomiting are symptoms that distinguish it from seasonal influenza.
8. The virus cannot be obtained through eating properly cooked or uncooked pork products.
9. The virus spreads from person-to-person, probably similar to how the regular seasonal flu spreads.
10. **No cause for panic!**

STORY TIME AT THE WATER COOLER

Rutgers Fellows Share their Thoughts about Teaching Pharmacy Students

Dr. Hiliary Johnson

Pharmacy Communications

Teaching has been a great experience so far. I feel like I not only teach the pharmacy students, but many times am learning new things or re-teaching myself. Through the quizzes, lectures, and counseling sessions, I stay on top and up to date on my pharmacy skills and statistics knowledge, of which the latter definitely needed some refreshing!

Dr. Bijal Pandhi

Pharmacy Communications

Teaching Pharmacy Communications has been an ideal outlet for me to both inspire and impact the next generation of pharmacists at Rutgers University. I have been able to share real-world situations from my role as a part-time pharmacist at ACME Markets, Inc. Additionally, teaching provides me with the opportunity to deepen my own understanding of the subject matter through the necessary preparation and presentation of the material. Most importantly, I truly enjoy interacting with the students. Beyond mentoring the students, I am excited to learn new perspectives from them, such as creative approaches to counseling patients and enhancing my knowledge of newly approved drugs, thus bettering myself as a practitioner. Without a doubt, this has been a very rewarding experience for me.

Dr. Sabrina Meyers

Leadership for Pharmacy Professionals

Teaching PharmD students has been more rewarding than I had anticipated. I have grown both personally and professionally during my last two years of co-coordinating the Leadership for Pharmacy Professionals course. The most important thing that I have learned from teaching is that it has given me the confidence to stand up in front of my peers and motivate young professionals in

the field of pharmacy. I thoroughly enjoy teaching the Pharmacy Leadership course at Rutgers. The students are always willing to participate in class discussions and they are never boring!

Dr. Alyson Sous

Pharmacy Communications

Teaching in the same classroom where I once sat as a student, I appreciate having a true understanding of both perspectives. Being able to share my experiences and real world examples with the students is something I enjoy, and helps to enrich their classroom experience. Teaching has also kept me up to speed on my drug and medical terminology knowledge!

Dr. Teresa Patel

Physical Assessment

I am truthfully enjoying every moment of teaching physical assessment. Not only does it reinforce the material for me, I enjoy helping future pharmacists understand the different diagnostic tests. I feel that I am playing an active role in shaping the quality of our future pharmacists by using my knowledge and skills to help shape theirs. Every time I walk into that class and answer the students' questions, I walk out feeling like I truly made a difference on a one on one level, and that to me is the most remarkable reward when it comes to teaching!

Dr. Suzanne Thomas

Leadership for Pharmacy Professionals

Teaching has been a rewarding experience so far. I especially enjoy engaging the students in class discussions. It has been interesting to see how six years of pharmacy school has shaped our views and to realize how our opinions may be different than the students' perspectives.

Dr. Josh Cirulli

Leadership for Pharmacy Professionals

Teaching has been one of the most rewarding experiences of my fellowship. Engaging a lecture hall filled with students for an hour can be very challenging. However, the professional development that I have gained from teaching has far surpassed any presentation I've delivered. Specifically, co-coordinating the Leadership for Pharmacy Professionals course has helped me to focus on strengthening gaps in my own leadership qualities. I enjoyed this experience so much that I'm hoping to continue teaching periodically after the fellowship.

Dr. Wilson Liu

Pharmacy Communications

Teaching has always been a passion of mine and the small group interactions in this class are perfect. It enables me to give more personal attention and feedback. I have also developed a new level of respect for our faculty members. It can be a challenge to present lectures, to get participation from the class, and to ensure that the students understood. However, the experiences are very rewarding and it's interesting to see how these future pharmacists will interact with patients (some better than others).

Dr. Adrienne Aiello

Pharmacy Communications

I've greatly enjoyed teaching Pharmacy Communications the past two semesters. I look forward to the challenge of answering difficult questions every week, and interacting with the students is very rewarding. In addition, teaching has been an excellent way to enhance my presentation and communication skills.

Dr. Kowalski - Continued from Page 1

today, if it wasn't for the fellowship," he says. However, his advice to current and future post-doctoral fellows is that "you have to be patient with your career" and realize that, sometimes, you have to look beyond your job at the development and learning opportunities all around you. "There are a heck of a lot of things to learn," he says.

He encourages fellows to "learn to trust your gut" and make uncomfortable deci-

sions; these are usually the toughest, but they are often the best.

He emphasizes that knowing and being confident in the science and your craft is necessary, but being good at the "people part of it" is equally essential. It is important to be smart about who you support, he says, but above all, "You need to be a good person no matter what."

In regard to his future plans, Dr. Kowalski admits that, for now, two of his goals include having breakfast with his six-year old daughter and four-year old son every morning and coming home by 6:30 p.m. to play with them and put them to bed. "So far I've been mostly successful," he says. He doesn't know exactly what he'd like to do next with his career, but says "I would love to be the head of development someday."

A HISTORICAL REMINISCENCE: HOW FAR WE'VE COME!

By Dr. John Colaizzi

The observance of American Pharmacists Month brought to mind the long and sometimes rocky road our profession has traveled in our country. For much of the Colonial period,

Most of the citizens had to obtain their medications from shops owned and run by physicians.

pharmacists were so few and far between in what is now the United States, that most of the citizens had to obtain their medications from shops owned and run by physicians. Most of the drug supply had to be imported from England, and was based on the *Pharmacopeia Londonensis*, now known as *The British Pharmacopeia*. Prospects for the profession improved somewhat in the eighteenth century, as a few pharmacists who had been trained in England or Scotland opened pharmacy shops in the major American Colonial cities like New York and Philadelphia. Some of them made very important contributions in terms of drug supplies for use by the American patriots who served as soldiers in General George Washington's Continental Army. Pharmacists were important assets in the struggle for independence. One pharmacist, Hugh Mercer, served as an officer during the Battle of Princeton, and died of wounds he sustained during the fighting. Mercer County, which includes New Jersey's capitol, Trenton, as well as Princeton, is named for this brave American pharmacist.

Once America gained its independence and the nation began to expand beyond the original thirteen colonies, pharmacy expanded along with it. Pharmacy shops sprang up in most cities and towns, and the classic "American drugstore," emerged. As the nineteenth century unfolded, American "drugstores" increasingly added non-drug items, which was different from the classic European model. The American public obviously liked this arrangement, and the practice continues in the majority of American pharmacies today, including the large and impressive chain drug corporations, a uniquely American phenomenon that began and flourished during the twentieth century. The nineteenth century also witnessed the emergence of an American-based pharmaceutical industry. Companies with names like Johnson & Johnson, Eli Lilly, Merck, Squibb and others came into being, and in virtually every case, pharmacists were either the founders or pivotal innovators in the birth of these companies. The pharmaceutical industry expanded amazingly throughout most of the twentieth century as well. The nineteenth century also saw the emergence of American pharmacy colleges in many of the major cities, as well as the formation of national pharmacy organizations like the APhA and the NCPA.

Professional developments during the twentieth century have been so profound, that even the most visionary pharmacists who were around in 1900 could hardly conceive of how the profession looks today, as we complete the first decade of the twenty-first century. Advances in pharmacotherapy during that period have been astounding. Antibiotics, Insulin, corticosteroids, antipsychotics, cardiovas-

cular drugs, drugs derived from recombinant DNA biotechnology to treat cancer and other diseases, to name only a few, have transformed the practice of medicine and pharmacy. By the second half of the twentieth century, it was apparent that the role of the pharmacist, for so long focused strictly on compounding, would shift its focus from the drug dosage form solely, to the management of complex pharmacotherapy in the interest of the patient, and with a focus on the patient. Terms like clinical pharmacy,

In 1900 . . .
pharmacists were independent owners who worked in rather isolated settings often seven days a week.

patient-centered pharmaceutical care, and medication therapy management began to describe our roles.

Back in 1900, the vast majority of pharmacists were independent owners who worked in rather isolated settings, often seven days a week. Now the variety of career options pharmacists have is impressive. We work as hospital pharmacists, clinical specialists in hospitals, in nursing homes, and in the expanding managed care arenas. The variety of important roles pharmacists play in the pharmaceutical and biotechnology industry expanded greatly with the introduction of the Pharm.D. degree. Community pharmacists now routinely administer immunizations in all fifty states. Pharmacists also work as members of teams in medical clinics.

Pharmacists occupy important positions at the FDA and in other governmental agencies.

What will pharmacy be like at the dawn of the next century? History clearly tells us that none of us can be certain from this vantage point. But history also tells us that if we continue to strive for professional excellence, and always keep the best interests of our patients in mind regardless of which specialty area of pharmacy we work in, the profession will continue to advance and prosper.

We have certainly come a long way. But the road extends ever forward, no matter the twists, turns, and occasional detours. Given the many dedicated, competent and innovative pharmacists around today, I think there is one prediction that is a safe bet once the next century rolls around. Pharmacy will still occupy an important place, even though it will probably look quite different than it does today.



Dr. John Colaizzi, former Dean of the Ernest Mario School of Pharmacy, is now a professor at the school. Among other courses, Dr. Colaizzi teaches the History of Pharmacy elective to students in their first professional year of pharmacy school.

MARK YOUR CALENDAR

SEEN AND HEARD

Upcoming Community Development Events:

Fellowship Information Day

When: 11/20/09, 3:30-8:00 p.m.

Where: Busch Campus Center

Take the opportunity to meet and interview our eager future fellows and share your fellowship experiences!

Registration will start at 2:30

CDC Event: Paint Ball

When: 11/07/09, Noon - 4:00 p.m.

Where: Fireball Mountain, Old Bridge, NJ

Bond with fellows and relieve some stress with paintball!

\$25/200 paintballs; late sign-up: \$45/200 paintballs

Contact Julie Chang, Christopher Morrison, or Puja Patel for more information.

CE Credits: Case Studies in Pharmacy Law and Professional Ethics

When: 11/14/09, 8:00 a.m.

Where: Pines Manor, Edison NJ

More Info: <http://pharmacy.rutgers.edu/files/Case%20Studies%20in%20Pharmacy%20Law%20and%20Professional%20Ethics%20Program.pdf>

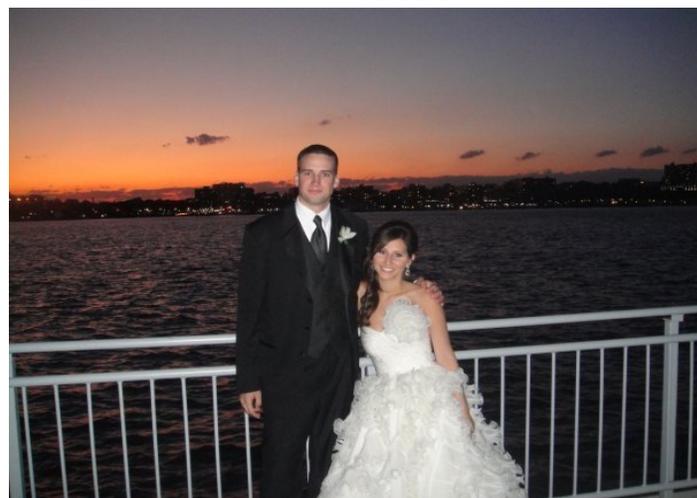


Fellows are energized (and dry!) as they gather at Columbus Circle in NYC on October 3 to prepare for CDC's scavenger hunt.

TIME TO CELEBRATE

HAPPY BIRTHDAY TO YOU:

- | | |
|-------------------------|---------------------------|
| 10/3 Ryan Goedecke | 11/11 James Dvorsky |
| 10/5 Maria Berkhin | 11/14 Wendy Hong |
| 10/5 Duong Nguyen | 11/20 Bijal Pandhi |
| 10/19 Tiffany Kung | 11/30 Amy Patel |
| 10/26 Julie Chang | 12/1 Jan Bhagwakar |
| 10/28 Elbert Chang | 12/16 Jessica Wang |
| 10/29 Hannah Weisberger | 12/17 Brett Kritzerberger |
| 11/10 Todd Okamoto | 12/20 Jamie Holmes |
| 11/10 Jennifer Poon | 12/22 Irfan Tejani |
| 11/11 Kaleen Barbary | 12/29 Mercy Matthew |



Congratulations to Maria "Masha" Berkhin and Ryan Miglin on their wedding!

Check the web for important forms and guides:

<http://pharmafellows.rutgers.edu/>

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