



# GET SMART Newsletter

April 2017

## 2017 University of Pittsburgh School of Pharmacy Get Smart Workshop

On March 3, 2017, 120 pharmacy students gathered for the fourth annual Get Smart training workshops to prepare for their Get Smart Outreach Project. At the workshops, students learned about the Get Smart Program from Memo Sanchez, public health scientist with the Centers for Disease Control and Prevention. Kathy Brodala, a nurse from the Beaver County State Health Department, gave demonstrations on the use of Glo-Germ as an education tool for antibiotic resistance. The Get Smart Program thanks the School of Pharmacy for their dedication to antibiotic resistance!



Kathy Brodala showing students how to use Glo-Germ

## 2017 Get Smart Award Ceremony for Art Competition Winners and Volunteers

This year's Get Smart Award Ceremony honored the 2016 winners of the Get Smart Kids' Art Competition and Get Smart volunteers. Held at the state Capitol on Tuesday March 21, 2017, the event attracted 100 participants including award winners, parents, grandparents, award winner, government officials, a volunteer award winner and invited guests participated in the event. Dr. Sharon Watkins, director of the Bureau of Epidemiology and the state epidemiologists opened the event. She encouraged award winners to continue with their shared interest of communicating science through art. Other speakers included Anne Dodds, child care consultant for the Keystone STARS, Ian Lentz, who offered a kids' perspective, and Shelley Heffner, who shared her view as a volunteer. Dr. Cheston Berlin, a professor at Penn State Pediatric Hospital



Shelley Haffner addressing the audience

shared the importance of art in medicine, "I use one of the drawings from previous competitions in my lectures about antibiotics." Pennsylvania Physician General Dr. Rachel Levine, presented the awards to the winners and volunteers. Dr Levine expressed gratitude to all the participants and officially kicked off the 2017 art competition. In his closing remarks, Dr Nkuchia M'ikanatha shared a childhood memory, which he connected with his interest in microbes. "Most of the 3.9 trillion microbes in our bodies help us but we want to keep away the minority that cause illnesses."

Dr. Cara Bicking Kinsey, a participant, shared her feedback. "The ceremony was a wonderful way to showcase the children's artwork and the importance of their achievement ... we can all make a difference."

## Remarks from the Get Smart Award Ceremony

By: Shelley Haffner,  
Infectious Disease Manager, Student Health Center at Penn State's University Park,  
2016 Get Smart Volunteer Award Recipient

I'm honored and excited to be part of such a dynamic movement. I'm a wife, a mother, a grandmother, a daughter, a patient, and a healthcare consumer. I am also a nurse. I have needed to be an advocate for health and antibiotic stewardship in all of these roles.

At the time I was born, many vaccines were not available. By my second birthday, my younger brother and I had had measles, rubella, and chickenpox. These illnesses are not commonly seen in children today because of the success of vaccines.

Throughout my 37 year nursing career, I've seen the alarming rise of antibiotic-resistant diseases in all ages. The Get Smart program is an opportunity for us to do something about this. Get Smart advocates common sense approaches to prevent infections through use of vaccines, hand washing, covering coughs and sneezes, and re-examining the need for antibiotics. Get Smart provides us, the consumers, with practices we can use to prevent antibiotic infections. Get Smart provides educational programming for healthcare workers - from how to effectively prescribe antibiotics to how to talk to our patients who believe antibiotics are the only way to treat their illnesses.

I'm the infectious disease manager at the Student Health Center at Penn State's University Park campus. I am fortunate to work at a place where pharmacists, clinicians, nurses, and health educators are working together to prescribe antibiotics only when needed and to inform and educate our patients and even their parents on evidence-based antibiotic use. Our daycare centers, preschools, public, and private schools are teaching the importance of personal responsibility. Colleges and universities are an important link in the fight against antibiotic resistance - from ongoing research in the field to education in the classrooms to individual education provided by doctors and nurses.

Why am I excited about the Get Smart Program? Because it:

- encourage all of us, children, parents, grandparents, healthcare workers, and researchers to take responsibility for our own health:
- provides educational resources for our healthcare workers:
- says the recommended practices have been effective: and
- encourages us to be advocates for ourselves and others.

Those of us who remember the way it was, those of us facing the current problems of today, and those of you who are our future can be the difference in antibiotic resistance. We just need to be engaged, to speak up. Why am I excited? I'm looking at the faces of our future healthcare system and it's very encouraging.

# Congratulations to the Award Recipients!

## 2016 Get Smart Competition Awards

### Ages 11-12

First place: Courtney Keller, Kennett Square, Chester County

Second place: Madysen Isenhour, Harrisburg, Dauphin County

Third place: Keegan Carter Tilley, Harrisburg, Dauphin County

### Ages 9-10

First place: Sarah Watson, Atglen, Chester County

Second place: Ian Lentz, Camp Hill, Cumberland County

Third place: Alyson Park, Lorton, Fairfax County (Virginia)

### Ages 7-8

First place: Avery Moran, Palmyra, Lebanon County

## 2016 Get Smart Volunteer Award

Shelley Haffner – Pennsylvania State University, University Park, Centre County

Award for Leadership Skills in Public Health

Abigail Kraus – University of Pittsburgh, Mechanicsburg, Cumberland County

Award for Leadership Skills in Public Health

Tabitha Reefer – Pennsylvania Department of Health, Kittanning, Armstrong County

Communication Skills in Public Health

Second place: Romello Torres, York, York County

Third place: Naila Nicholson, Lancaster, Lancaster County

### Ages 5-6

First place: Wyatt Lentz, Camp Hill, Cumberland County

Second place: Aanya Govil, Mechanicsburg, Cumberland County

Third place: Alexa Rank, Dillsburg, York County

### Ages 4 and under:

First place: Kailee Park, Lorton, Fairfax County (Virginia)

Second place: Landon Moran, Palmyra, Lebanon County

Third place: Kendal Rank, Dillsburg, York County

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