

PCP-SSHP Student Society Showcase

- **Name of the Event:** Project C.O.L.D.S: Collaboration on Learning Disease Self-Care
- **Name of your School of Pharmacy:** Philadelphia College of Pharmacy, University of the Sciences
- **What We Did:** Project C.O.L.D.S (Collaboration on Learning Disease Self-Care) was a community education volunteer initiative in three local pharmacies in Western Philadelphia, Pennsylvania. The objective of the project was to provide patient education on differentiating between cold and flu symptoms, selecting over-the-counter cold symptom relief products, comparing allergy medications, and understanding the importance of vaccinations. SSHP student members from first undergraduate year (U1) to fourth professional pharmacy year (PY4) participated by creating and dispersing educational materials (i.e. informational flyers and cartoons depicting antibiotic resistance awareness) to the community.
- **Objectives:**
 - Collaborate with a continuum of U1 through P4 pharmacy students to create and disseminate educational supplies for community members
 - Educate Western Philadelphia community members on cold, allergy, and flu self-care in multiple local pharmacies as a service for Martin Luther King Jr. Day
 - Promote yearly influenza immunizations through pharmacists and emphasize the value of immunizations in disease prevention
- **Plan:**
 - Determine the time of the event (i.e. 10:00am - 2:00pm)
 - Determine the location of the event (local pharmacies) and contact general store managers (i.e. Rite Aid, CVS, Babis Pharmacy)
 - Contact student pharmacies with information regarding the volunteer opportunity
 - Delegate tasks to student pharmacists volunteers (i.e. create posters, print flyers/pamphlets, purchase water bottles)
 - Ensure that appropriate resources are available for the event (i.e. tables to place posters on, common cold and allergy products to display)
 - Communicate with faculty members to assist with event (at least one faculty member per site)
 - Determine transportation of supplies and volunteers to the three sites on the day of the event
- **Outcome:**
 - Communicated with almost 100 community members
 - Participation by 12 SSHP student members and faculty
- **What You Can Do:**
 - Determine a volunteer opportunity that SSHP students are interested in (gauge interest during general meetings)
 - Select a location with access to community members (does not have to be a pharmacy!)
 - Locate healthcare resources from credible sources that can be provided to educate the public (i.e. pamphlets on vaccinations from CDC)
 - Engage all members in the project through assignment delegation and committee involvement
 - Request feedback from student pharmacists and faculty members
- **Resources:** Educational materials were obtained from the Centers for Disease Control and Prevention (CDC) online resources.
- **Contact Information:**
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