



Volume 4, Issue 1

Fall 2013

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Welcome!

Deepika Mohan, Board Liaison (P2)

UCSD-ASCP wrapped up the fall quarter successfully. The past several months have been exciting as we created new events and at the same time kept the traditional ones. We started off with the social event for the P1's to experience our organization. We formally introduced ASCP to new and old members at the membership drive. This was followed by elections. Nikki Mulligan was elected as the VP of Immunization and Cindy Lau was elected as the P1 Board Liaison.

We were able to show the workings of the VA hospital. We were fortunate to host several informational outreach events such as the hypertension outreach and MUST presentation. In addition, we had the fall round table to introduce the students to the local pharmacists. Our president, Jin Pao had the opportunity to attend ASCP annual conference at Seattle. This was another successful year that the Medicare Part D elective was offered to UCSD pharmacy students, providing an overview of the policy and also providing hands on experience at outreach events. We concluded this quarter with our traditional rocking stocking fundraiser.

P1 Social

Cindy Lau, P1 Board Liaison (P1)

It's that time of year again when we welcome the newest Student Pharmacists to the Skaggs School of Pharmacy. What better way to do that than to have our ASCP P1 Social? On September 25, 2013, our officers introduced the ASCP organization to the Class of 2017 via the P1 social. The event started with an opportunity for P1s to bond with the officers over food. The officers explained to the P1s all the exciting events that ASCP was planning for the up coming year. After everyone had enough food, a game of "I love my neighbor" was started. In the game "I love my neighbor," everyone stands in a circle with one person in the middle. The person in the middle say, "I love my neighbor" and fills in the sentence with a description. If you fit that description, you run to another spot in the circle that is not directly next to where you were previously standing. The last person who didn't make it to a spot in the circle ended up in the middle. Many of the P1 and executive officers came up with really creative categories and we learned a lot of interesting facts about our fellow classmates. Overall, it was a great opportunity to mingle with the P1 and the ASCP officers.



Left to right. Top row: Vi Nguyen, Jaye Kim, Jeff He, Estelle Kim, Carmen Truong, Cindy Lau, Deepika Mohan, Mira Zurayk
Bottom row: Yu Jin, Carol Ma, Phuong Thoi, Jin Piao, Jennifer Han

Left to right: Estelle Kim and Lillian Nguyen getting to know each other better

UCSD-ASCP VA Tours

Phuong Thoi, VP of Professional Education (P2)

On October 28, UCSD-ASCP members went on a tour of the VA hospital in La Jolla. At the beginning of the tour, Resident Michael Tran gave members a presentation of the residency program. After the presentation, Resident Elizabeth Jackson, Ariel Ma, and Heidi Chen took members to many areas within the hospital such as the IV room, the newly remodeled palliative care floor, and the home infusion center. After the walking tour, there was a question and answer session where members asked questions regarding pharmacy school, residency, and the UCSD VA track. Overall, this was a very exciting opportunity for our members since the VA is so close to UCSD, yet many of the members have never been inside the hospital. Also, having the Q&A session allowed members to have many of their questions answered.



ACSP members and VA residents.

From left to right: Heidi Chen, Sammi Tam, Jennifer Vu, Minh Nguyen, Lily Wong, Michael Tran, Lisa Ferris, Siu Ma, Cindy Lau

GBM and P1 Elections

Jamie Sanders, President- Elect (P2)

ASCP UCSD student chapter held our fall general body meeting on October 17. This was a great opportunity to get to know our members better and help them get to know the organization and what it is about. During this event, the executive board informed the chapter members about upcoming events that included fundraisers, hospital tours, classes and outreaches. Following these updates, the P1 elections were held. Two positions were open for the class of 2017 to run for: VP of Immunizations and P1 Board Liaison. The candidates gave speeches and answered questions posed to them from other members of ASCP. All of the nominees did a great job and we are honored to have our two newest executive board members: Nikki Mulligan, our VP of Immunizations and Cindy Lau, our P1 Board Liaison. They have already contributed so much to the chapter and there are only more great things to come from them and all of the executive board.



Left to right. Back row: Minh Nguyen, Jamie Sanders, Phyo Aung, Sarah Ross, Deepika Mohan and Phuong Thoi
Front row: Lillian Nguyen, Mira Zurayk, Jin Piao, Lauren Aragon

Top: Cindy Lau (P1 Board Liaison)
Bottom: Nikki Mulligan (VP of Immunization)

ASCP Fall Roundtable

Phuong Thoi, VP of Professional Education (P2)

On November 13th, ASCP had its first Fall Quarter Roundtable Event. Five pharmacists participated in this roundtable, including: Dr. Karen Dang, Dr. Iyas Masannat, Dr. Eric Cooper, Dr. Beverley Freedman, and Dr. Nathan Painter. Each pharmacist was paired with five students. A short introduction was made and then for the next 40 minutes, students were able to ask the pharmacist, at their table, questions about the field of pharmacy and their current positions. At the end, everyone was thanked for making this event possible. This roundtable allowed our ASCP members to interact with our preceptor and created a closer bond between them.



From left to right: Top row- Cindy Lau, Minh Nguyen, Nikki Mulligan, Dr. Beverley Freedman, Lauren Aragon, Dr. Eric Cooper, Sarah Ross, Dr. Iyas Masannat, Dr. Karen Dang, Dr. Amie Nguyen, Dr. Nathan Painter. Bottom row- Jamie Sanders, Lillian Nguyen, Mira Zurayk, Deepika Mohan, Phuong Thoi, Siu Ma, Phyo Aung, Jin Piao

Hypertension Presentation and Blood Pressure Screening

Lauren Aragon, VP of Community Outreach (P2)

On October 29th, 2013, Jamie Sanders, Phuong Thoi and Lauren Aragon visited Guadalupe Plaza to educate the residents on the effects of hypertension and how to prevent high blood pressure. Dr. Jonathan Watanabe was the preceptor for the event. A large number of the residents attended and were excited to get their blood pressure checked. Many of them were already taking blood pressure lowering medications and were eager to learn some of the non pharmacological tips we had for them to maintain a healthy lifestyle. Most of the residents spoke Vietnamese. So we were lucky to have Phuong with us to translate and help counsel patients. The residents really seemed to enjoy having us and we gained valuable teaching and counseling experience.

Honor Pin Requirements:

- Be a member all 4 years
- Attend 6 GBMs total (P1-P3 year)
- Accumulate 10 honor pin points throughout the 4 years by:
 - Participating in Community Outreach Events (1 pt)
 - Attending Professional Education Events (1 pt)
 - Writing an article for ASCP Newsletter (0.5 pt)
 - Helping with fundraisers (0.5 pt)

*Other events are at the discretion of the exec board



Medicare Part-D Elective

Minh Nguyen, Medicare Part-D Outreach Coordinator (P3)

It was another successful year for the Medicare Part D elective!!! Learning from the overwhelming enrollment from last year, the Fall 2013 class's enrollment was capped at 40 students in order to ensure every student could participate in a limited number of outreaches. After three days (October 3, 17, and 24) of didactic training in the classroom, the students were well prepared and ready to help seniors at the outreaches. This year, eight outreaches were held at the Medical Office South Clinic (two outreaches), the Vietnamese Federation, College Avenue Center, and Brookview Village, Wesley Terrace, Renaissance, and Horton House Apartments in late October and November. The pharmacy students sat down with the seniors individually, went over their medications, obtained information, and

compared the advantages and disadvantages of different Medicare Part D plans that were available to the seniors. Then the students discussed with Dr. Nathan Painter, the course chair, to decide which plan would be the most beneficial and should be recommended to the seniors. There was one special case; the students helped an elderly man find a plan that would reduce his annual drug cost from \$2,064 to \$93, and the man agreed to change his current part D plan right away. That was just one example. Also helping out at two outreaches were the undergraduate pre-pharmacy students. They were the communication bridge between the pharmacy students and the seniors, helping translate English into Vietnamese and Chinese and vice versa. After all of the outreaches were finished, I received quite a

few emails from the site coordinators, expressing their appreciation to the students. Kelly Zatlin, the site coordinator at Horton House and Renaissance Apartments, emailed Dr. Painter and me, informing us of how grateful the seniors were for our students' assistance. "They hope you will come back every year," she wrote. "Kind, knowledgeable, well prepared and easy to work with" were the adjectives that Elissa Landsman, the coordinator at College Avenue Center, used to describe our students. She also said that the seniors appreciated the help every much. All in all, it was such an excellent experience with the Medicare Part D elective this year, and I am so happy and proud to be its coordinator.



Pharmacy students helping seniors with their Medicare-D plan under the guidance of Dr. Painter

MUST Presentation

Sui Mei Ma, VP of Community Outreach (P1)

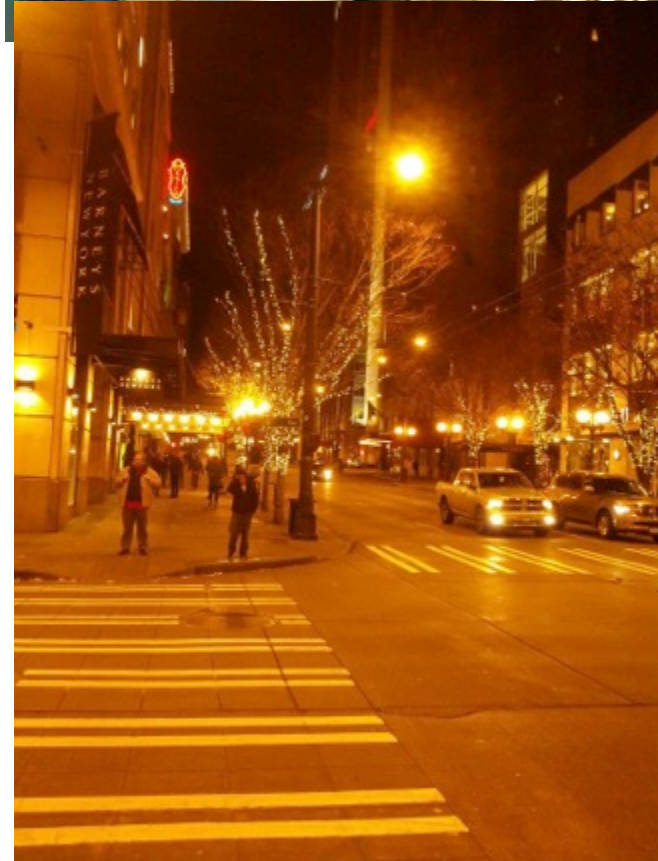
Members of ASCP—Lauren Aragon, Estelle Kim, Carmen Truong, and I—visited the San Diego LGBT Community Center on November 14th, 2013 to educate seniors about using medications safely, correctly, and effectively. Dr. Beverly Freedman, who is extremely passionate about this event, was the preceptor for the outreach.

We arrived in a quiet library, where a group of eager seniors gathered to fulfill their curiosities. Some of the concepts we emphasized in our presentation included: medications should be reviewed by a pharmacist or doctor, what side effects are and how to minimize their occurrences, common drug-drug and drug-food interactions, as well as how to read a Drug Facts label. I was very surprised that many seniors came with questions written on paper. A couple of them were very proactive about the interactions of grapefruit juice with Statins. As a P1, I had very limited knowledge on this particular topic, but luckily, Dr. Freedman came to the rescue and enlightened all of us. For many seniors, a scramble of pills becomes a typical, undesired side-dish to their meals and we know it's not easy. The least we could do is make the best out of their situation by teaching them proper medication use.



UCSD SSPPS students Estelle Kim, Carmen Truong and Sui Mei Ma (P1's) presenting their topics

ASCP Annual Meeting



The 2013 American Society of Consultant Pharmacists Annual Meeting and Exhibition was held on November 20th-November 22nd at the Washington State Convention Center in the heart of Seattle, Washington. The Annual Meeting was a wonderful event for pharmacists and students to learn more about improving the quality of care for older adults, and to network with other students and pharmacists from around the country.

There was a great variety of programs I got to choose from and attend, there were student focused programs such as “Jump on Board and Set Sail to a PGY-1 Pharmacy Residency”, to workshops that were informational for all health care providers and students such as the “Public Policy Lecture” and seminars for improving the quality of care of older adults such as “Geriatrics 101”.

Besides all of the educational programs, I got the opportunity to interact with many pharmacists and students from around the nation at events such as the Student Chapters Activity Posters Showcase and the first Student Geripardy competition. During the Poster Showcase, I spoke with many pharmacists and student members and exchanged many great stories and ideas about what we have done and can implement into our future activities.

Overall, it was a really great experience, not only was it educational and enriching but also humbling and eye opening to learn from so many pharmacists and students as we shared our passion and experience in caring for our geriatric population. I felt very fortunate to have had the opportunity to attend the conference. *–Jin Piao, President (P3)*



Meeting students around the nation, left to right: Cynthia Lee from University of North Carolina at Chapel Hill, Jin Piao, and Sabrina Truc from Touro College of



At the “Jump on Board and Set Sail to a PGY-1 Pharmacy



At the Public Policy Lecture



With pharmacy students from Chicago College of Pharmacy (CCP) at Midwestern University, left to right: Brittany Falk, Lauren Bullis, Jin Piao, Jessica Dewerff



Jin Piao presenting at the Poster Showcase

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Board Members

- President: Jin Piao
- President-Elect: Jamie Sanders
- Community Affairs Coordinator: Sarah Ross
- VP of Community Outreach: Lauren Aragon
- VP of Professional Education: Phuong Thoi
- Board Liaison: Deepika Mohan
- Geriatrics Elective Coordinator: PhyoAung
- Medicare Part D Outreach Coordinator: Minh Nguyen
- Secretary: Lillian Nguyen
- Treasurer: Mira Zurayk



Rocking Stockings Fundraiser

Mira Zurayk, Treasurer (P2)

This year's Rocking Stockings fundraiser was a great way to get into the Christmas Spirit. Students unleashed their hidden arts and crafts talents to decorate mini stockings with gems, glitter, Christmas themed stickers, and ribbons at two decoration sessions. The second decoration session was a joint event with the Office of Student Affairs, who provided students with a great Hot Cocoa Bar. It was a great way for students to relax before finals! The stockings were stuffed with a delicious assortment of candy and delivered to student and staff mailboxes during finals week. The fundraiser was an ultimate success, raising over \$200 for ASCP. We would like to thank the students at Skaggs for their participation and involvement in the fundraiser. We really appreciate everybody's enthusiasm and support!

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Who We Are

UCSD-ASCP is a student chapter of the American Society of Consultant Pharmacists. We are a non-profit organization dedicated to serving the needs of the geriatric community.

We are a relatively new chapter, established just five years ago, but we have seen an incredible amount of growth in our membership, and we have been involved in countless events. We go out in the community and do presentations on medications safety and vaccine awareness, health screenings and brown bag events, as well as provide educational lectures to our members.

For more information about our events, or us please visit our website or Facebook page!

UPCOMING EVENTS

- Winter GBM
- Senior Prom
- Osteoporosis Presentation
- Ron's Pharmacy Tour
- Pharmacy Day
- Lunchtime talk

We're on the Web!

<http://ascpucsd.wix.com/1>

Visit our Facebook Page!

www.facebook.com/ucsdascp