



UC San Diego
SKAGGS SCHOOL OF PHARMACY
AND PHARMACEUTICAL SCIENCES

ASCP American Society of CONSULTANT PHARMACISTS

Welcome Back!

UCSD-ASCP had a very eventful and productive Winter Quarter! The past few months have been filled with numerous educational presentations, health outreaches, fundraisers, and social events. The quarter kicked off with our Winter GBM, where we talked about future events for the quarter and announced Michelle Park as the member of the quarter for Fall Quarter! We kept some of the traditional events, but also added some new ones. One of the new events added was the Kaiser Permanente/UPAC health fair, where we provided education about osteoarthritis and essential vitamins. We continued our traditional Immunizations Education presentation and self-care outreach (focused on Type 2 Diabetes) presentation. We also held a medication safety workshop at Pharmacy Day. In addition, to celebrate Valentine's Day, we made Valentine's Day cards for seniors and also held our annual Rose Grams fundraiser. We followed these events with a PharMerica Tour, where students gained exposure to long-term care pharmacy. Additionally, we had the pleasure of having a lunchtime talk with Dr. Hart, where she talked about her career as a geriatric pharmacist. To destress and celebrate the end of the quarter, we hosted a Karaoke and Board Game night, where members had the opportunity to not only bond but also have a lot of fun! It was a successful quarter, and we want to thank all of those who came out and supported our UCSD-ASCP Chapter!

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Winter GBM

Yvonne Yap, VP of Internal Affairs

On January 22nd, ASCP held our Winter GBM to welcome members back and announce the line-up of events planned for the members. These events include the Kaiser/UPAC health fair, Immunizations outreach, Type 2 Diabetes presentation, lunchtime talk with Dr. Hart, Rose Grams fundraiser, Pharmacy Day and PharMerica Tour. Members also enjoyed a brief presentation from our ASCP Annual delegates Anh Nguyen (P3), Yvonne Pham(P3), and Kathie Tran. Lastly, we also announced Michelle Park(P1) as the member of the quarter for Fall Quarter!



Member of the Quarter Spotlight: Michelle Park!



“After attending the membership drive, I was very interested in learning how students and pharmacists could help the geriatric community, so I knew I had to join ASCP. During the fall quarter, I attended the ice cream social to meet some of the board members and learn more about the organization. I participated in a Medicare Part D Outreach at the UCSD Transplant Clinic and was able to apply what I had learned in the elective to help an actual patient find the most appropriate prescription drug plan. I had the opportunity to learn about the role of oncology pharmacists by touring Moore’s Cancer Center with Dr. Segal. I learned about the role of a trauma and surgical ICU pharmacist through the lunchtime talk with Dr. Elliot. Lastly, I attended the Senior Formal, which was my favorite event. I had so much fun dancing with the seniors and it was amazing seeing how much joy an afternoon of music and dancing could bring to the senior community. I’ve learned a lot about geriatric pharmacy through ASCP, and I hope to learn more.”

–Michelle Park, Member

Kaiser Permanente/UPAC Health Fair:

Osteoarthritis & Essential Vitamins

Elliott Lam, VP of Immunizations

At the Kaiser Permanente/UPAC Health Fair event, ASCP had two education booths, one on essential vitamins and one on osteoarthritis. The essential vitamins poster, presented by Jeffrey Rodriguez and Kenson Lam, outlined the importance of having a complete diet consisting of all the vitamins important to geriatric health and what to eat to achieve such diet. The osteoarthritis poster, presented by Allison Vu and Elliott Lam, explained what osteoarthritis is, its causes, and the various steps and remedies that can be taken to prevent or ease its negative effects. Every attendee that came by our posters was very interested in what we had to say about each topic! Many had questions about what osteoarthritis is which surprised me considering how common it can be amongst the geriatric population. We made sure that all questions were answered and that every attendee who left our booth fully understood what osteoarthritis is and what can be done to prevent OA from affecting their livelihood. This was the first year that UPAC held this event and I am grateful to have helped the seniors that had a chance to come by our booths. It was a great opportunity for many organizations to come together to promote the general welfare of that community and I hope UPAC continues this event next year!

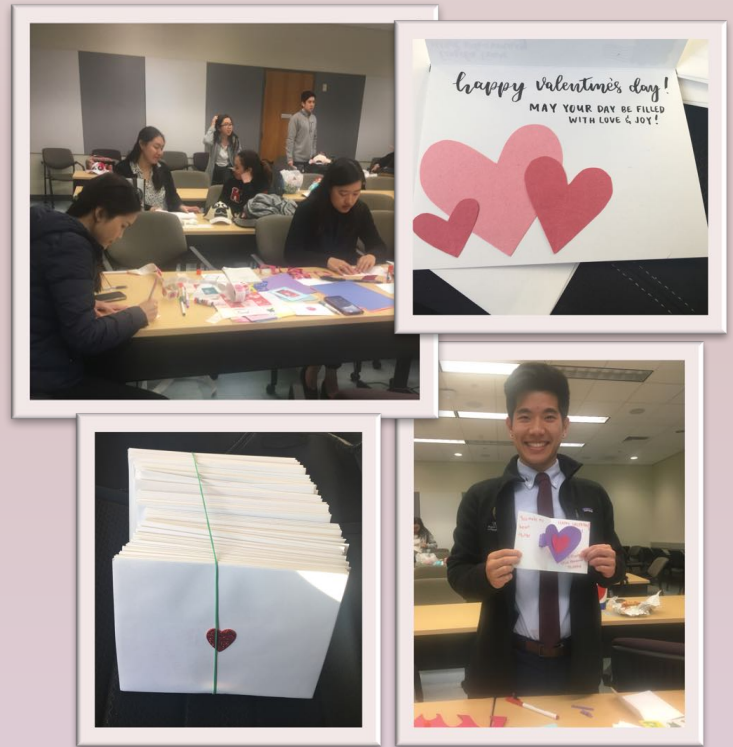


From Top/Down and Right/Left: 1. Group Photo of Volunteers 2. Pharmacist Preceptor, Elliott Lam, Allison Vu, and Tiffany Do 3. Pharmacist Preceptor, Kenson Lam, Jeffrey Rodriguez

Valentine's Day Card Making for Seniors

Allison Vu, Member

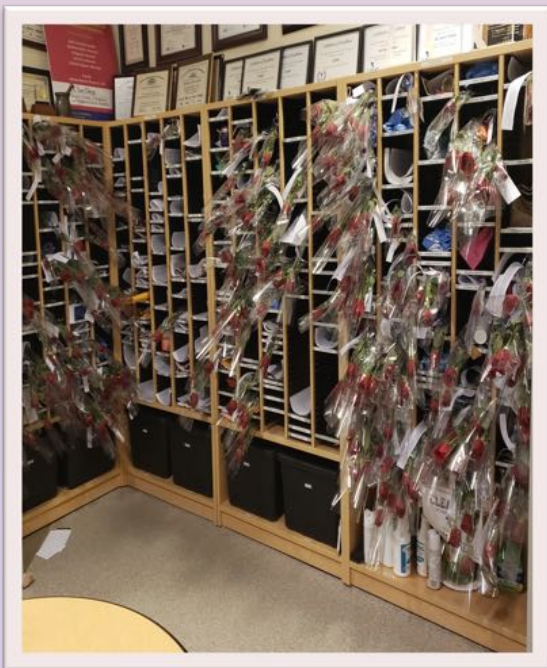
In the spirit of Valentine's Day, ASCP members took a break from studying and spent their lunchtime making cards for the residents of Vi at La Jolla Village. Students let their creativity shine as they decorated cards with construction paper, drew pictures, and added some sparkly stickers. Some even came up with their own puns. It was a great stress-relieving event for members to bond while making a nice, small gesture for our friends in the assisted living homes



1. Vi Nguyen, Dustin Huynh, Heidi Kim, Hailey Hirata, Thuy Nguyen, Michelle Park working on cards 2. Sample Valentines Card 3. Total Stack of Cards 4. Elliot Lam showing his card

Rose Grams Fundraiser

My Phung, Treasurer



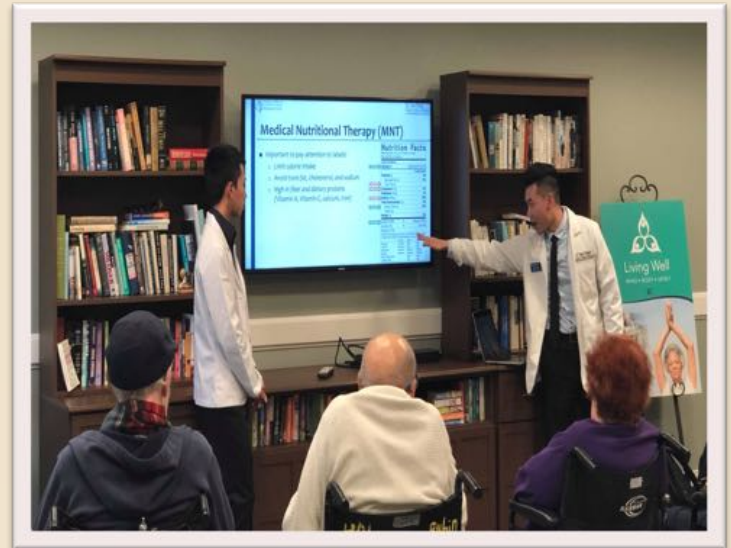
Roses delivered to students' mailboxes

On February 14th, ASCP held our annual Rose Grams fundraiser. The theme for this year's Rose Gram is Appreciation. Participants were able to purchase a rose with a personalized message showing their appreciation and gratitude for their peers, staffs, and professors of Skaggs. Roses were delivered to student mailboxes and to staffs' offices on February 14th. This year, there is a record high number of participants, and there were overflowing roses occupying the students' mailboxes. Many thanks to everyone that supported the fundraiser and helped contributed to another successful event!

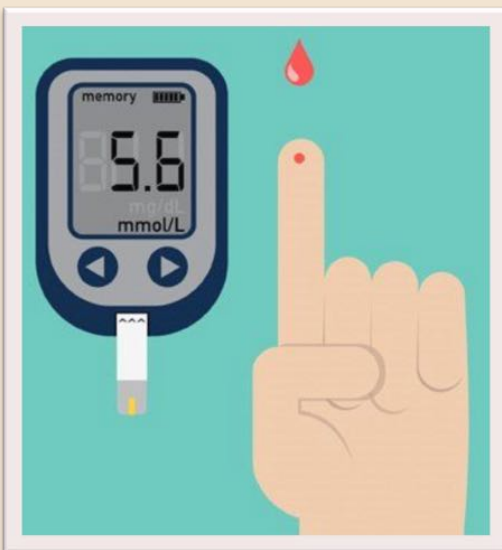
Type 2 Diabetes Presentation

“It was really exciting presenting at the Vi - Senior Living retirement community. The seniors were all enthusiastic and interested in our diabetes presentation as they asked a handful of great questions. It was heartwarming to see the amount of appreciation they showed us. I believe it was crucial and valuable for the seniors to be aware about the signs, symptoms, and most importantly the ways to prevent diabetes. I would love to return and present on other topics and also look forward to reaching out to senior citizens at other locations!”

-Norint Tung, Member



Danh Pham and Norint Tung teaching the senior residents at Vi La Jolla about Medical Nutritional Therapy for Type 2 Diabetes.



“The type 2 diabetes presentation at Vi of La Jolla was a great opportunity to educate and interact with the geriatric population. We started the presentation with an introduction to diabetes and ended the presentation by talking about how to live a healthy life with type 2 diabetes. Throughout the presentation our audience had many questions and with the help of Dr. Kayla Giang we were able to answer those questions. It was enjoyable being able to interact with the geriatric population and it was heartwarming to see their interest, not only in our presentation, but in getting to know us. Giving the presentation has given me an appreciation for the impact that I can make on my community and it developed my understanding of the importance of social interaction in taking care of older adults.”

-Danh Pham, Member

Immunizations Education Presentation

Allison Vu, Member



Linda Tran and Allison Vu

example, the annual flu shot does not cause the flu! The flu viruses are “inactivated” and not infectious. However, the flu shot does not protect you from every single strain, which is why some people still get the flu. Throughout the presentation, there were different questions and concerns from the residents. Dr. Sarah Lorentz and the students were able to answer questions, appease worries, and get everyone thinking more about the benefits of vaccinations.

Pharmacy Day

Yvonne Yap, VP of Internal Affairs

ASCP-UCSD led its annual Medication Safety workshop at UCSD’s Pharmacy Day. About 150 high school students came to our school to gain an insight on the profession of pharmacy. The Medication Safety workshop began with a presentation on geriatric related medication safety issues, then the students were given the opportunity to analyze a patient case while given a drug monograph. After, the students were then able to sort fake medication into pill boxes based on the analyses of drug interactions and adverse drug effects. The event was overall really successful and it allowed students to grasp the importance of medication safety.



1. Students looking over patient case.
2. Allison Vu teaching students how to use drug monographs



PharMerica Tour Vivian Pham, Member

I had the wonderful chance to explore one of the biggest long-term care pharmacies in San Diego, PharMerica. This was a great opportunity to explore an additional option within community pharmacy other than retail pharmacy. The pharmacy manager gave us the tour through the pharmacy and taught us the ins and outs of a long-term care pharmacy. It was very interesting to learn about the workflow within the pharmacy because the environment is different from a retail pharmacy. Because they do not directly have patients walking into their pharmacy, it was like an office environment even though the roles of a pharmacist were similar. There were a lot of technologies that I have not seen at a retail pharmacy as well, such as the heat compressor for the blister packs and the compounding room. After this tour, I was able to understand better that pharmacy has a lot of variation and that there are various options of working after graduating. It was informative and I was able to learn about how a long-term care pharmacy operates, which can help me later in the future if I choose to go towards that path.



Shengxi Sun, Kenson Lam, Vivian Pham, Dr. Michael Miller, and Norint Tung

Lunchtime Talk with Dr. Hart:

Career as a Geriatric Pharmacist Shengxi Sun, VP of Professional Education

Going into Dr. Laura Hart's lunchtime talk, I knew very little about geriatrics pharmacy. Dr. Laura Hart was able to provide insight and a glimpse of what my future would look like, if I decided to pursue this career path. My favorite part of her talk was the interactive portion, where we went over the lab results. Using our knowledge of healthy (in range) lab results/numbers and a list of medications the patient was taking, we were able to determine whether the patient's medication would need to be adjusted. For our patient, we examined the patient's A1C to see if our patient's diabetes was being treated properly. I think this portion was able to demonstrate the challenges of being a geriatrics pharmacist, where the patient had many medications and the pharmacist would have to ensure each medication was properly prescribed and adequate for the patient's needs.

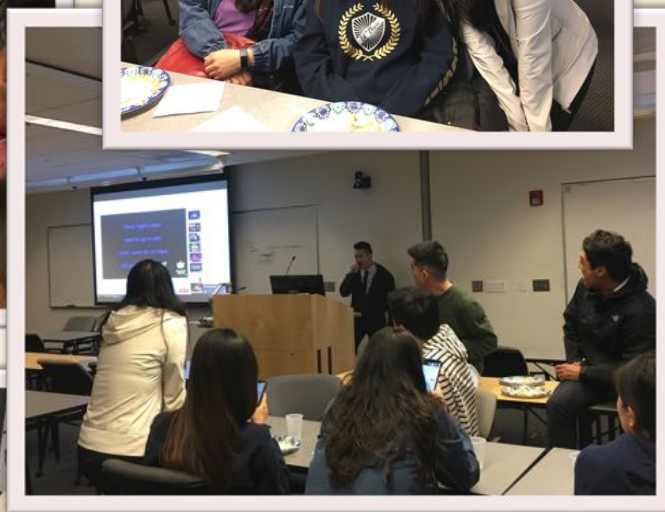


1. Members listening to Dr. Hart's presentation.
2. ASCP board members with Dr. Hart

Karaoke & Board Game Night

Jennie Huynh, President-Elect

On Thursday February 21st, ASCP hosted a karaoke and board game social for its members to celebrate the end of midterm season. This winter event is a first of its kind for ASCP. We provided delicious fried rice and orange chicken as well as several board games like Secret Hitler and Codenames. Many members also showed off their singing talent in karaoke - special shout out to Norint Tung (P1) for getting the ball rolling and singing many songs. There was a great member turnout with even some non-members showing up to join in on the fun. We hope to hold more social events for our members to enjoy in the upcoming quarter!



From Top/Bottom and Left/Right: 1. Yvonne Pham, Linda Tran, Vi Nguyen, and Norint Tung enjoying Secret Hitler. 2. Andrew Dang and Allison Vu strategizing for Code Names. 3. Heidi Kim, Sara Wu, and Vivian Pham 4. Members watch Norint Tung sing karaoke 5. Elliot Lam, Eric He, and Binh-an Nguyen



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 six 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 medication 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 our organization please visit our website or Facebook page!

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)



UCSD-ASCP Newsletter Editor:
Yvonne Yap (P2), VP of Internal Affairs

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