



UC San Diego
SKAGGS SCHOOL OF PHARMACY
AND PHARMACEUTICAL SCIENCES

ASCP American Society of CONSULTANT PHARMACISTS

Welcome Back!

UCSD-ASCP had a successful winter quarter filled with countless outreaches, educational events, and fundraisers. We began the quarter with the winter quarter general body meeting followed by a Lunchtime Talk on geriatric care with Dr. Joseph Ma. We were also able to hold both a blood pressure outreach and screening in several different locations. We had our annual Medicare Part D outreaches at Senior Centers that allowed volunteers to help patients optimize their Medicare Part D insurance. With Valentine's Day in February, we held our most anticipated fundraiser of the year, the rose grams fundraiser. The fundraiser turned out to be quite a success as students and faculty sent dozens of red roses to staff and classmates. ASCP hosted the Medication Safety Workshop on Pharmacy Day and also at the SD Expo. We had our quarterly tour at the Naval Medical Center and finally, we finished off the quarter with our new self-care outreach series on the difference between heartburn and heart attack. Thank you all of those who came out to support our UCSD-ASCP Chapter!

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From left to right: Lai Saechao, Kaishan Ding, Jenny Liang, Bao-Ling Lei, Samantha Kim, Anh Nguyen, Elizabeth Duxbury, Quyen Nguyen, Yvonne Pham, Jenny Dong, Amy Hsu, and Eric Chen at Winter GBM.

Winter Quarter GBM Jenny Dong (P3), President

Winter GBM started off the quarter with a blast! UCSD-ASCP officers unveiled an amazing line up of events that they had diligently planned for their members. These events include Blood Pressure outreaches and screening, Heartburn vs. Heart Attack outreach, Immunization outreach, Medicare Part D and Brown Bag outreach, Lunchtime Talk with Dr. Ma, and Naval Medical Center Tour. Members enjoyed a brief presentation from our ASCP Annual delegates Lissa Ishihara (P3) and Kathie Tran (P1) while savoring delicious banh mi and sparkling apple cider for lunch. UCSD-ASCP's biggest event of the year, Senior Prom, is also in planning stage! Thanks to all the volunteers for signing up for Fundraising, Logistics, and Decorations Committees!



From left to right: Lissa Ishihara and Kathie Tran sharing their experiences from ASCP Annual at the winter GBM.

Immunizations Outreach

Yvonne Pham (P1), VP of Immunizations

On January 23rd, 2017, Samuel Law, Karla Jorgensen Ponce and Alicia McGhie, accompanied by VP of Immunizations Yvonne Pham had the opportunity to present to the seniors of St. John's Plaza in Lemon Grove. Dr. David Bao was gracious enough to be the preceptor for this event. The presentation emphasized the importance of senior specific vaccinations to prevent diseases such as shingles, the flu, pneumonia and tetanus. The presentation also emphasized not only getting vaccines to protect themselves, but also the protect their loved ones and those around the community. Most of the residents were Spanish speaking, but the speakers did an excellent job translating and getting the message across about the immunizations. A short question and answer session followed the 30 minute presentation, and residents were able to address their concerns about vaccinations. Overall, the event was successful and we hope to come back to St. John's Plaza!

Lunchtime Talk

Kaishan Ding (P3), VP of Professional Education

On February 2nd, 2017, it was our pleasure to have Dr. Joseph Ma come to give the ASCP members a talk on medication management of older adults. Dr. Joseph Ma is an associate professor at Skaggs School of Pharmacy and a pain and palliative care pharmacist at Doris A. Howell Consult Service and Moores Cancer Center. In the talk, he discussed about prevalence of chronic illnesses, challenges for medication adherence in older adults, and reasons why the older adults are more susceptible to side effects of medications. He also gave us many practical tips and helpful recommendations to aid in the management of medications for older adults.

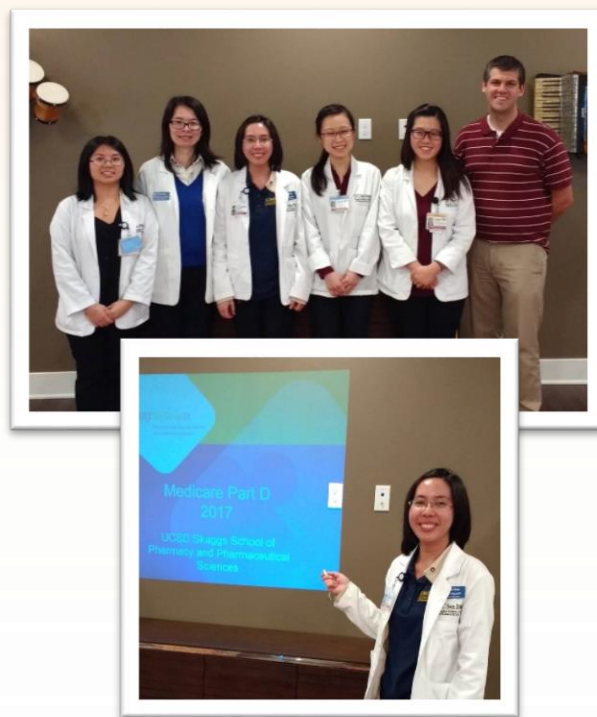
Blood Pressure Outreach

Samantha Kim (P2), President-Elect

On Friday, February 19th, 5 ASCP members presented on hypertension: non-pharmacological ways to prevent high blood pressure, healthy lifestyle habits, and treatment options given to older adults with hypertension. The outreach took place at the senior living facility, Vi La Jolla, and the presentation included an hour long presentation with time for questions and group discussions. The residents at Vi were extremely interested in learning about this disease, and there were personal inquiries regarding both hypertension and hypotension. In the older adult community, hypertension is very prevalent and often does not present physical side effects which one can feel. Non-pharmacological prevention included limiting or monitoring salt intake, maintaining a regular exercise schedule, eating a balanced diet with potassium enriched fruits and vegetables, and drinking sufficient water. The pharmacological intervention students talked about included drug classes of ACE inhibitors, diuretics, ARBs, Beta Blockers, and Calcium Channel Blockers. Within each class, students presented on mechanism of actions, and common side effects that the elderly population may experience. The residents really appreciated being more informed on their medications and asked many of the volunteers about scenarios dealing with hypertension.

Medicare Part D Trinh Nguyen (P1), UCSD-ASCP Member

On February 10th, 2017, four Skaggs School of Pharmacy and Pharmaceutical Sciences students gave a presentation and conducted brown bag at Iowa Senior Street housing. The presentation lasted about 20 minutes and covered the basics of Medicare Part D regarding premium, copay, coverage gap and low income subsidies to more than 10 residents of the housing complex. We also quickly went over how to choose a plan using Medicare.gov Find Health and Drug Plans tool. Dr. Nathan Painter served as the preceptor and answered in-depth questions. There were questions about drug savings plans and how these compared to insurance, how Medicare benefits applied to nursing home residents, and penalties for people who do not apply for Medicare Benefits when they turn 65 years old. The audience were very engaged and asked questions about our poster following the presentation. One patient brought her maintenance medications for brown bag and asked about insurance coverage for these.



Top (from left to right): Alda Tran, Michelle Mo, Trinh Nguyen, Catherine Hsu, Jenny Liang, and Dr. Painter.
Bottom: Trinh Nguyen at the Medicare Part D Outreach.

Blood Pressure Screening

Allison Cid (P1), UCSD-ASCP Member

The blood pressure outreach at Brookview senior living apartments was an overall enriching experience. We gave a presentation to a handful of seniors regarding what hypertension is, the values that would classify someone as having high blood pressure, factors in our diets and everyday lifestyle that can raise or lower blood pressure, what drug classes are used to lower blood pressure, and over the counter medications that can raise it. During the presentation, there were many questions about how the different prescription drug classes work, drug interactions and common side effects. Dr. Mnatzaganian was extremely helpful in assisting us with answering questions that were more challenging, such as the mechanism of action for calcium channel blockers. After the presentation, we measured the blood pressure of those who attended and discussed one on one with the seniors their measurement in terms of whether it was high, low or normal. I enjoyed meeting one of the residents in attendance, her measurement was normal and she informed me that she was currently taking medication to lower her blood pressure. We also discussed her diet, exercise and smoking habits and how they all affect her blood pressure. Even though the outreach was only around an hour, I felt we were able to educate those in attendance about hypertension, get to know them on a more personal level, and practice our skills with taking blood pressure.

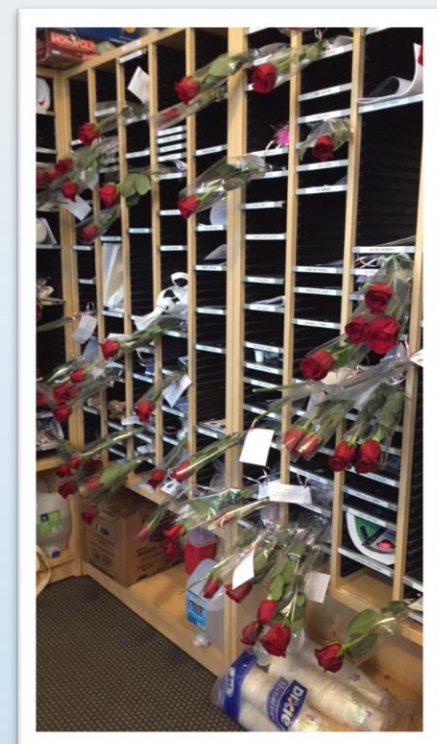


From left to right: Allison Cid, Pourya Pourhosseini, Ari Rhoten, and May-May On

Rose Grams Fundraiser

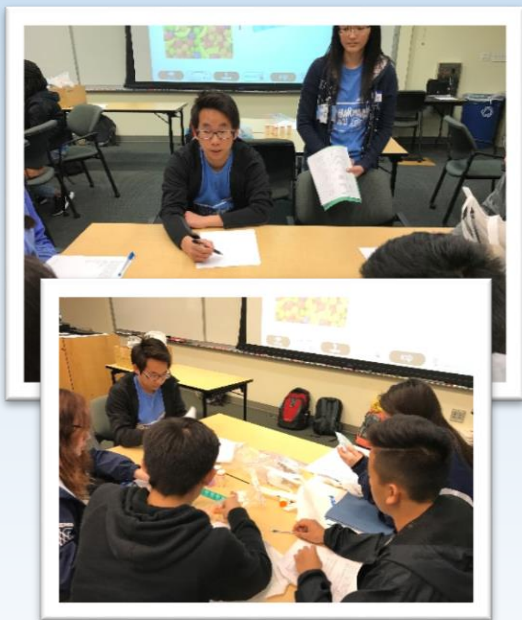
Eric Chen (P2), Treasurer

Roses are red, violets are blue, someone in Skaggs appreciates you! ASCP held its annual Rose Grams fundraiser this past winter quarter and delivered roses to students from their friends and secret admirers. The Rose Grams was also a huge hit among the faculty, as it gave everyone an opportunity to show their gratitude for their colleague's hard work. The roses were delivered to student mailboxes and faculty offices with candy and a personalized note from the sender. Thank you everyone for your support and we look forward to delivering roses for you guys next year!



Pharmacy Day

Amy Hsu (P2), Board Liaison



Top (from left to right): Eric Chen and Ashley Xiong explaining drug metabolism to the students.

Bottom: Eric Chen helping the students sort out medications into pill boxes.

ASCP hosted our annual Medication Safety workshop in February at UCSD's Pharmacy Day. About 150 high school students visited Skagg's School of Pharmacy to learn about the different fields of pharmacy. The Medication Safety workshop was led by our Board Liaison, Amy Hsu, along with workshop leader volunteers. After a brief interactive presentation on geriatric related medication issues, the students were given the chance to solve patient cases using drug monographs. Once the cases were solved, they were then able to sort fake medication into pill boxes. The group leaders then shared their knowledge on diabetes and blood pressure medications and many important counseling points for patients. The volunteers were able to answer questions asked by the eager high school students and to share with them their experiences through undergrad and pharmacy school. The event was an overall success and allowed the high school students to explore the world of pharmacy!

Naval Medical Center Tour

On February 24th, 2017, a group of ASCP members went to the Naval Medical Center San Diego for a tour. The pharmacy residency director Dr. Ubaldo and inpatient pharmacy director Lieutenant Garcia welcomed us at the hospital checkpoint. At the beginning, they gave us an insightful presentation about the Navy Medicine System, the various services they provided in the medical center, and opportunities about IPPE and APPE for pharmacy students. Then they gave us a tour to outpatient and inpatient pharmacies, including different ambulatory care clinics, and ICUs. During the tour, pharmacists of different specialties gave us brief overviews about what they do on a daily basis. At the end of the tour, Lieutenant Garcia also told us a bit about the Navy history. We were very impressed by the advanced facility of the Naval Medical Center as well as how friendly everyone was. The ASCP members really enjoyed the tour and learned a lot from it.

Kaishan Ding (P3), VP of Professional Education



From left to right: Dr. Catherine Ubaldo, Liu Liu, Jenny Liang, Annie Hu, Althea Han, Kathie Tran, Trinh Nguyen, Bao-Ling Lei, and Lieutenant Garcia.

San Diego Festival of Science and Engineering

Cara Eskelsen (P2), UCSD-ASCP Member

On Saturday, March 4th 2017, ASCP participated in the San Diego Festival of Science and Engineering, a ten-day festival at Petco Park that showcases hundreds of hands-on STEM exhibits for children, young adults, and parents to participate in. Cara Eskelsen ran three activities under the supervision of Amy Hsu, ASCP's Board Liaison. In addition to talking with passers-by about the aspects and importance of having a healthy diet, activities centered on medication safety were conducted. One activity involved converting written short-hand prescriptions into long-hand, and another was focused on optimizing Aunt Betty's medication regimen to prevent her from having too many unwanted side-effects from her medications. Participants and facilitators had fun learning and teaching about the importance of medication safety!



Cara Eskelsen presenting a poster presentation to interested participants on the importance of a healthy diet. Other activities included an interactive medication safety workshop with patient cases for the children.

Heart Attack vs. Heartburn Outreach

Anh Nguyen (P1), VP of Self-Care Outreach



From left to right: Victor Tang, Courtney Miller, Anh Nguyen, and Kaitlyn Kennett presenting an important presentation on the difference between the symptoms of a heart attack and heartburn.

On Friday March 10th, ASCP presented to the senior citizens at the Vi at La Jolla Village about heartburn and heart attack, with our pharmacy preceptor, Dr. David Bao. Our goal is to provide our geriatric population with the tools and resources they need to gain the self-care skills to be independent. During the presentation, we discussed about the similarities and differences between heartburn and heart attacks, how to prevent them, and what to do when experiencing them. The audience were very engaged and enthusiastic, asking questions about their medications and experiences as well as answered all of our pop quiz questions. Overall, we had a fun time presenting and the audience really enjoyed having us there. They look forward to other presentations and collaborations with us.



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:
Amy Hsu, Board Liaison (P2)



Contact UCSD-ASCP!

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