

Winter 2013

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Welcome!

Pamela Saarikoski, Board Liaison (P3)

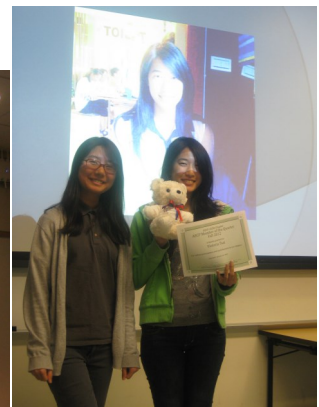
UCSD-ASCP experienced a whirlwind of events over the Winter Quarter. We started off with our General Body Meeting, where upcoming events were discussed and Member of the Quarter was announced. We were fortunate to host several informational outreach events such as the Cholesterol Presentation at Redwood Villas, the Hypertension Presentation at the Coronado Senior Home, a combined MUST Presentation and GenRx Bingo at the College Avenue Older Adult Center as well as an evening of Medicare education at the UCSD Free Clinic. Prescription drug misuse and abuse was also highlighted in two different events: the STAMP Out Presentation at Vi La Jolla and a lunch presentation given by senior care pharmacist Dr. Marsha Meyer. In addition, young minds of San Diego were guided through fun hands-on activities showcasing the various roles of a pharmacist at the 5th Annual UCSD Pharmacy Day and the Festival of Science and Engineering Expo Day at PETCO Park. Lastly, this was the second successful year that the Geriatric Pharmacotherapy elective was offered to UCSD pharmacy students, providing an overview of the specific disease states common with the elderly and their age-appropriate treatments.

Winter General Body Meeting

Denise Harano, President (P3)

UCSD-ASCP held its Winter GBM on January 16th to inform members about upcoming events for our community outreach as well as professional education. A special outreach for Winter Quarter was our Pharmacy Day activities: Medication Safety and Immunizations Workshops coordinated by Pamela Saarikoski and Jamie Sanders, respectively. The new Honor Cord program for current PIs and beyond was changed to the Honor Pin program, where active ASCP members will be recognized by receiving a pin and certificate at the end of the year banquet during their P3 year. The Honor Pin program was created to compromise with administration and prevents having too many different cords during graduation. Another new idea for this year was the Member of the Quarter Award. This is awarded to a member, who has attended multiple ASCP events and is nominated by UCSD-ASCP executive board members. The Fall 2012 Member of the Quarter was P1 Victoria Tsai, who got an ASCP official teddy bear. We hope implementing these new ideas will help recognize members who are really supporting our chapter as well as motivate others to do so too.

Board Liaison Pamela Saarikoski announces the outreach activities hosted by UCSD-ASCP at Pharmacy Day (left). President-Elect Jin Piao presents the Member of the Quarter Award to P1 Victoria Tsai (right).



Upcoming Spring Quarter Events:

- VA Tour
- New Executive Board Elections
- National Take Back Day at Vi La Jolla
- 2013 ASCP Spring Conference & Exhibition in Orlando, Florida
- Professional Talk with Dr. Joaquin Anguera
- Medicare Part D Poster Presentation at College Avenue Older Adult Center
- End of Year Banquet



Cholesterol Presentation at Redwood Villas

Alyssa Miyake, VP of Community Affairs (P2)

On February 25th, UCSD-ASCP gave a presentation on high cholesterol to the residents of Redwood Villas. During the presentation, UCSD pharmacy students discussed the importance of a healthy lifestyle and pharmacological intervention in the management of high cholesterol. Residents were actively engaged in the presentation by asking questions about risk factors for high cholesterol and sharing personal stories about the challenges they face in choosing a healthy diet. This was a great opportunity for students to practice their counseling skills as well as incorporate the information gained from didactic academics into practice. Our preceptor, Dr. Joseph Ma, thoroughly answered questions and guided the students during the presentation. A big Thank You to Dr. Ma for precepting and the student volunteers Lauren Aragon and Victoria Tsai for making this event possible.

Prescription Drug Misuse and Abuse Presentation

Tiffany Lee, VP of Professional Education (P3)

On Friday January 25th, UCSD-ASCP invited Dr. Marsha Meyer to give a presentation about "Prescription Drug Misuse and Abuse in Older Adults". Dr. Marsha Meyer, PharmD, CGP, CGCM, is a senior care pharmacist from Orange County and a national ASCP Region V Board Member. She also gave this lecture during the ASCP Annual Meeting at National Harbor, Maryland, in November 2012, which is when a few UCSD-ASCP board members first started networking with her.

This presentation spread awareness about prescription misuse and abuse in the older adult population and went over the risk factors, signs and symptoms of this problem. The patient case demonstrated that even though a patient may pass cognition and literacy tests, this does not prevent them from being at risk of being a drug misuser or abuser. This patient's frequent emergency room visits and drug abuse was in part due to a failed healthcare system. She was seeing multiple doctors and visiting multiple pharmacies, which lead to uncoordinated care between her healthcare providers. She also had poorly managed pain and poor monitoring of medications because they allowed her to self-administer medications. This combination of factors lead to the patient's continued misuse of medication, which became abuse and resulted in a poor health outcome.

The important take home points from this presentation include being able to recognize the warning signs of drug misuse and abuse and using tactics to help prevent this issue.

This presentation has inspired UCSD-ASCP to be a part of the solution by increasing awareness about the prescription drug misuse and abuse problem through our community outreaches. We will be using the STAMP OUT presentation developed by ASCP. We look forward to making an impact on others in the same way that Dr. Marsha Meyer has on the students who attended the presentation.



Dr. Marsha Meyer discusses prescription drug misuse and abuse in the older adult population.



UCSD pharmacy students listen intently to Dr. Marsha Meyer's informative presentation.

Hypertension Presentation at Coronado Senior Home

Christine Marie Manalo, VP of Community Affairs (P3)

On January 15th, UCSD-ASCP members headed out to the Coronado Senior Home for a presentation on hypertension. Student volunteers Lauren Aragon and Nicole Tomboc lectured on the pharmacotherapy aspects of treating hypertension which included four different classes of anti-hypertensive medications. Moreover, the students stressed the importance of non-pharmacotherapy treatment options including dietary and physical lifestyle changes. These include, for example, eating a low-fat, low-calorie, and high-fiber diet and exercising at least 30 minutes a day, 5 times a week. Seven Coronado Senior Home residents attended the outreach and almost everyone asked questions and participated in discussion.

After the PowerPoint presentation, blood pressure screenings and consultations were offered. Residents' blood pressures were measured, recorded, and evaluated, and brochures that included tips and guidelines to lowering blood pressure were handed out to the residents. This outreach was a great opportunity for the students to practice their presentation and counseling skills and exemplify what Skaggs School of Pharmacy has taught them thus far. Our pharmacist preceptor, Dr. Christopher Woo thoroughly answered questions that the students were unable to answer and provided guidance during consultation sessions.

Reaching Out to the Underserved Population

Phyo Aung, Medicare Part D Chair (P2)

In the evening of January 28th, UCSD-ASCP students held a poster session at the UCSD Downtown Free Clinic to educate low-income patients about Hypertension and Medicare. UCSD Student-Run Free Clinic is a clinic that provides accessible and quality healthcare to underserved populations in San Diego area at no cost. The poster presentation event was organized by second-year Skaggs Students Jin Piao and Phyo Sandi Aung, and a Skaggs graduate Dr. Linda Ngo supported students as a preceptor. It was the first time for UCSD-ASCP to have an education outreach at the UCSD Free Clinic and UCSD-ASCP members' first-year students Sarah Brown and Natalie Chang volunteered for the event.

Patients in the waiting area were approached and asked if they were aware of Hypertension and if they monitor their blood pressure regularly. Patients were encouraged to learn about the topics presented on the posters and educational brochures were provided to them. Pharmacy students were able to educate about 10 patients and importance of healthy diet and physical activities in managing and preventing hypertension were mainly emphasized. Patients were also educated about Medicare so that they become aware of how Medicare Part A, B, and D differ. It was a great opportunity for the pharmacy students to practice educational aspects of pharmacy and for patients to have thorough understanding of two very important topics.

MUSTGenRx Outreach at College Avenue Older Adult Center

Jin Piao, President-Elect (P2)

On Monday March 11th, UCSD-ASCP Members Francis Wang and Jin Piao facilitated the MUST Presentation and GenRx Bingo at the College Avenue Older Adult Center. The first half of the presentation, audience members learned about the importance of medication use safety, and ways to take charge of their own medication use safety. After the presentation, we held a GenRx Bingo game, which had questions that helped reinforce some of the main points of medication use. Audience members were very enthusiastic and it was a very interactive presentation with many question and answer exchanges. We also received many positive and constructive feedback at the conclusion of the event, which will be incorporated to help improve our presentations in the future!

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Pharmacy Day at UCSD

Pamela Saarikoski, Board Liaison (P3), Deepika Mohan, Member (P1) and Jamie Sanders, Immunizations Chair (P1)

Team Medication Safety:

- Lauren Aragon
- Phyo Aung
- Brittney Choi
- Parnian Eslami
- Neeloufar Fakourfar
- Denise Harano
- Tiffany Lee
- Naina Makker
- Deepika Mohan
- Mandana Moshtael
- Esther Park
- Taylor Rotunno
- Pamela Saarikoski
- Angela Yee
- Dr. Nathan Painter

On Saturday February 23rd, the UCSD Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS) hosted the 5th Annual Pharmacy Day, which filled the school with the curious minds of over 160 students from 17 different San Diego County high schools. The students spent the day at UCSD learning about different aspects of pharmacy and the various roles of a pharmacist from over 120 SSPPS students and faculty. The entire event was led by the Associated Students Vice President of Pharmacy Outreach Tiffany Tom with the teamwork of officers from several different student organizations. These included APhA's Hypertension Chair Tammy Hsu (Hypertension Module), APhA's Diabetes Chair Nicole Tomboc (Diabetes Module), CSHP's Community Affairs Co-Chairs Suraya Jabaiah and Carol Yoon (Asthma Module), ASCP's Immunizations Chair Jamie Sanders and APhA's Immunizations Chair Victor Ramos (Immunizations Module), KY's Chair Jeri Angelo (Compounding Module), ASCP's Board Liaison Pamela Saarikoski (Medication Safety Module), and CPNP's President Meghan Aslanian (Clinical Pharmacy Module). The sections that all the students took part in included compounding, clinical pharmacy and medication safety as well as a one voluntary section from asthma, hypertension, diabetes or immunizations.

Team Medication Safety consisted of 14 pharmacy students: Denise Harano, Taylor Rotunno, Angela Yee, Lauren Aragon, Brittney Choi,

Deepika Mohan, Naina Makker, Tiffany Lee, Neeloufar Fakourfar, Esther Park, Phyo Aung, Mandana Moshtael, Parnian Eslami and Pamela Saarikoski as well as the preceptor pharmacist, Dr. Nathan Painter. The medication safety session started with an introduction to common medication issues encountered in seniors, which was presented by three team members: Taylor, Lauren and Deepika. More specifically, Taylor covered special medication safety concerns in seniors that may make them more vulnerable to drug interactions or drug misuse. Lauren explained various education safety tips to help seniors to overcome these concerns such as recording their medications, checking with a pharmacist before making any medication changes, understanding their medicines, reading labels carefully and limiting the number of pharmacies used. Deepika concluded the presentation by introducing the activity, which was called "Help Aunt Betty Organize Her Medications".

For the activity, the students were split up into teams of five and had a medication safety team member on hand to assist them. Each group was given loose "pills", a monograph with the pill description, a prescription shorthand key, a blank medication record, empty medication vials and a daily pillbox. The activity consisted of first identifying each pill based on the medication monograph and to returning the pills into their correct vial. The students then proceeded to decode the medication vial label instructions using the prescription shorthand key and fill out Betty's medication record. Lastly, they organized the daily pillbox for Betty. The first team to completely and correctly finish the activity won a tasty prize. The activity showcased the difficulty of following a complex medication regimen and how easy it is to get the pills mixed up. Through



Pharmacy Day at UCSD Continued

Pamela Saarikoski, Board Liaison (P3), Deepika Mohan, Member (P1) and Jamie Sanders, Immunizations Chair (P1)

participation in the activity, the students thus learned to appreciate the difficulties an older person may have in organizing their medication and the importance of medication safety. The Medication Safety team was excited to share their knowledge and passion for pharmacy and would like to thank everyone who helped make this event a huge success.

Team Immunizations consisted of 9 pharmacy students: Victor Ramos, Jamie Sanders, Eithander Win, Rawiya Aburas, Lisa Ferris, Kristie Luu, Cynthia Ngo, Cindy Nguyen and Patricia Owiti as well as the preceptor pharmacist, Dr. Christopher Woo. The students all presented a portion of the introductory PowerPoint. The presentation focused on how to properly give an immunization, touching on the different types such as subcutaneous and intramuscular and their differences in terms of administration. The goal was to have the

students understand that not all immunizations are administered in the same way and to allow them to practice the different vaccination techniques. The immunization supplies were donated by SSPPS, which included needles, pillows, saline solution and alcohol swabs. The proper technique was taught starting with sterilization of the injection site to proper disposal of the needle.

The students enjoyed the opportunity to practice giving immunizations to the “patients” (pillows). At the end of the day, the high school students made posters to exhibit what they had learned from the different sessions. The pharmacy students were available to help with any questions. Overall, the students had a wonderful time and gained knowledge about all the different types of immunizations. They enjoyed the opportunity to have hands-on experience and to showcase what they had learned throughout the day.

Team Immunizations:

- Rawiya Aburas
- Lisa Ferris
- Kristie Luu
- Cynthia Ngo
- Cynthia Nguyen
- Patricia Owiti
- Victor Ramos
- Jamie Sanders
- Eithander Win
- Dr. Christopher Woo



Team Immunizations

Team Medication Safety

San Diego Festival of Science & Engineering Expo Day

Sarah Brown, P1 Class Liaison (P1)

ASCP had an exciting and successful showing at the Festival of Science and Engineering Expo Day at PETCO Park on March 24, 2013. Over 20,000 participants and volunteers spent a glorious day in the sun, celebrating and discovering a wide variety of scientific booths and exhibits. ASCP, with APhA-ASP and CSHP, represented UCSD Skaggs School of Pharmacy and Pharmaceutical Sciences, engaging children and even some parents with several hands-on, pharmacy-related activities. Our preceptors were Dr. Renu Singh and Dr. Kevin Mee and the activities included hypertension, diabetes, immunizations, asthma, compounding, and medication safety. ASCP participated in two tables; medication safety and immunizations.



UCSD-ASCP Board Liaison Pamela Saarikoski held down the medication safety table all day from 9AM to 5PM. She engaged kids and adults in activities like “Manage my Medications” and “Hard of Hearing”, which demonstrated the challenges that elderly patients face when attempting to safely and accurately take their medications. She also educated visitors on geriatric pharmacy and the specific issues that elderly patients face, poison prevention, and the upcoming National Drug Take Back Day, discussing the safest methods



of disposing expired or unused medications.

UCSD-ASCP P1 Liaison Sarah Brown teamed up with the APhA-ASP Operation Immunizations Chair Victor Ramos for the morning shift to show students how to vaccinate pillows with saline solution in air-sealed vials and actual intradermal syringes. Kids flocked



to the table to be instructed in the proper method of (very carefully!) using aseptic technique, drawing up saline into a syringe, flicking the syringe to loosen the pesky air bubbles, and injecting the saline into the “patient” (a foam pillow) at a 45 degree angle. The table was so popular in the morning that Sarah and Victor flew through the 200 retractable syringes, only leaving a couple left for UCSD-ASCP Immunizations Chair Jamie Sanders, who took over for the afternoon shift. Next year we will be sure to have more supplies on hand! Since the syringes were mostly gone, Jamie spent the afternoon giving demonstrations of how to properly immunize,



explaining the science behind immunizations, and stressing the importance of receiving the full schedule of vaccines. Volunteers and kids alike had an amazing time showcasing different aspects of pharmacy to the community, reaching out to the future pharmacists of San Diego.



Promoting Awareness to Needs of the Geriatric Population

Alex Guo, Geriatric Elective Coordinator (P3)

2013 marks the second year of UCSD-ASCP's Geriatric Pharmacotherapy elective, a class available to pharmacy students that focuses on providing an overview of the specific disease states common with the elderly and their age-appropriate treatments. The baby boomer population is expanding at an incredibly fast rate with a baby boomer turning 50 years old every 18 seconds and 60 years old every 7 seconds. Pharmacists must be prepared to meet the demands and address the concerns of this rapidly-growing demographic. This year, 22 students (ranging from P1's to P3's) partook in the elective and are now better equipped in the counseling and treatment of their elderly patients to meet their future patients' needs.

The elective offered 10 sessions of lectures given by pharmacists, physicians, and other healthcare professionals. Topics ranged from lectures on specific disease states like COPD, osteoporosis, and Alzheimer's disease to broader pharmacological themes like the Beer's criteria for geriatric pharmacotherapy. The quarter concluded with a lecture about access to geriatric care and how to deal with aging family members.

The elective, headed by faculty advisors Dr. Joseph Ma and Dr. Sarah McBane, continues to be a great success in its second year of operation. It exposed P1's and P2's to medications that will be seen in more depth in their later years of school and showed the P3's how to apply their knowledge from the classes that they are currently taking to geriatric care. Furthermore, the class not only covered disease states and their respective treatments, but also highlighted education of elderly patients, emphasizing medication adherence and addressing potential barriers that need to be surmounted to provide effective medication management.

STAMP Out Presentation at Vi La Jolla

Christine Marie Manalo, VP of Community Affairs (P3)

The last community outreach event was held on March 13th at Vi at La Jolla. ASCP members Thu Truong and Kellie Kocher volunteered their time to present the STAMP Out PowerPoint presentation. During this lecture, the students stressed the importance of recognizing and differentiating between prescription misuse and abuse. The audience included about 25 members including seniors, caregivers, families, and community-based senior service providers. Throughout the presentation, the students provided easy-to-implement tips for safe medication use and ensured everyone left with the intent of "STAMP-ing Out" prescription misuse and abuse as soon as they recognize it.

Many questions, both on-topic and off-topic were asked during the lecture. When the students were unable to answer the audience's questions, our pharmacist preceptor Dr. David Bao stepped in. Audience participation was encouraged and a raffle ticket drawing was held at the end of the outreach.

A BIG thanks to Dr. Bao and the student volunteers Thu Truong and Kellie Kocher for your time in contributing to this outreach!

Berry Good Luck Fundraiser

Kristie Luu, Treasurer (P2)



On March 5th, UCSD-ASCP had a very successful Berry Good Luck Fundraiser with the support of all the classes at Skaggs and the faculty. Each strawberry was carefully hand dipped and decorated. This year UCSD-ASCP fundraised \$306, which lead to a profit of \$226.67. Thank you everyone for your generous donations!



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CONTACT UCSD-ASCP!

UCSD Skaggs School of Pharmacy and
Pharmaceutical Sciences
9500 Gilman Drive
La Jolla, CA 92092

E-mail: ucsd.ascp@gmail.com

UCSD-ASCP Newsletter Editor:
Pamela Saarikoski, Board Liaison (P3)

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Skaggs School of Pharmacy and Pharmaceutical Sciences at UC San Diego



UCSD-ASCP Executive Board 2012-2013

Left to right:

Front row-Denise Harano, Alex Guo, Pamela Saarikoski

Back row- Sarah Brown, Jin Piao, Christine Manalo, Jamie

Sanders, Tiffany Lee, Phyong Aung, Alyssa Miyake, Cindy Nguyen

Missing from photo: Kristie Luu

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 four 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 us or our events, please visit our website or Facebook page!