



UC San Diego
SKAGGS SCHOOL OF PHARMACY
AND PHARMACEUTICAL SCIENCES

ASCP American Society of
CONSULTANT
PHARMACISTS

Welcome Back!

UCSD-ASCP kicked off the 2018-2019 academic year with many exciting events. We began the quarter by participating in the annual Organization Fair on campus, which first-year students were able to learn about ASCP along with other organizations at Skaggs. The success of the fair led to a huge turnout at the Membership Drive and Fall Quarter GBM. We also welcomed two new executive board members: Elliott Lam as VP of Immunizations and Thu Vuong as VP of Self-Care Outreach. We also had a variety of senior-specific outreaches focused on topics such as Medicare Part D, how the body changes as we age, and cholesterol. Students and members also had the opportunity to tour the Moore's Cancer Center to learn more of the daily tasks of an oncology pharmacist. For our quarterly lunch time talk, we welcomed Dr. Elliot to discuss her role as a trauma and surgical ICU pharmacist. We also hosted our annual Senior Formal, where everyone dressed up and danced the afternoon away with the seniors at Jewish Family Service of San Diego. We concluded the quarter with the newly established DIY Cocoa Jar fundraiser. It was extremely successful and we want to thank you all for supporting ASCP! We look forward to what's to come in the upcoming quarters!

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Organization Fair

Yvonne Pham, Secretary



ASCP Board Members

on our wonderful new poster presentation! Information was given about the community that our organization focuses on, and the many events we hold throughout the year. Overall, we successfully recruited many new ASCP members for this year, and were excited for what they were planning to bring to our chapter!

ASCP started out the 2018-2019 school year by taking part in the annual UCSD Org Fair. Many eager first year students visited our booth, and we were so excited to meet new potential members. We were able to showcase what our organization was all about by answering the many questions that everyone had. Thanks to Anh Nguyen and Yvonne Pham for working

Membership Drive

Yvonne Yap, VP of Internal Affairs

ASCP started the year by welcoming new students to come learn about our organization at our membership drive. Our president, Anh Nguyen, gave an introduction on our organization and explained what it had to offer to students and the geriatric population. We also invited a guest speaker, Dr. Trina Huynh, to share her experience working as a pharmacist focused on transitions of care, particularly working with patients in the geriatric community. In addition, at the end of the drive, we were able to give out raffle prizes to the attendees (Thanks to Tapioca Express and The Melt). We were able to recruit a good number of members and are excited to see their participation in ASCP!



ASCP Board Members with Dr. Trina Huynh

Ice Cream Social

Jennie Huynh, President-Elect



On October 15th, ASCP hosted its annual Ice Cream Social to kick off the new school year. We provided 5 different flavors of ice cream - from classic vanilla to rainbow sherbet - as students mingled with each other in a casual setting during lunch. It was also a great opportunity for prospective members to learn more about ASCP and our exciting plans for the upcoming school year. The event was a huge success with over 60 attendees who each satisfied their sweet tooth craving while interacting with our board members!

Fall GBM and P1 Elections

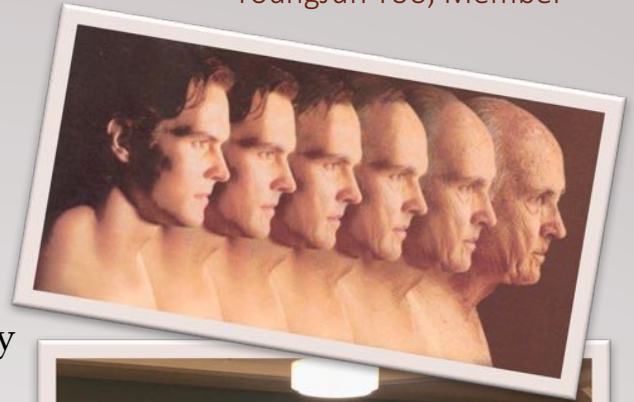
Yvonne Yap, VP of Internal Affairs

On October 24th, 2018 ASCP combined its first GBM of the year with the P1 elections. During the GBM, we discussed upcoming events for the quarter and encouraged members to participate in these events. The events included educational outreaches and our highly anticipated Senior Formal. After going over the upcoming events, candidates for VP of Immunizations and VP of Self Care Outreach were allowed to give their speeches. There were first-year candidates running for each category. Every candidate had innovative ideas and had so much to offer to our organization, which made the election a really difficult one. We elected two new board members: Elliott Lam for VP of Immunizations and Thu Vuong for VP of Self Care Outreach. We are excited to see what they have to offer to ASCP this upcoming academic year! Also, we are excited to have our new members participate in all of our events coming up!



How the Body Changes Presentation YoungJun Yoo, Member

At Vi at La Jolla Village, YoungJun Yoo and David Wong educated senior residents on how our body changes as we age. Topics presented included changes in drug metabolism, bone density, and immune system. They also emphasized risk of falls and demonstrated common exercises seniors can easily do to prevent falls. Dr. David Bao and Tiffany Do, ASCP VP Community Outreach, accompanied to help the students answer questions and facilitate a discussion. The students were surprised by the senior’s willingness to learn and their active participation. The students also said seniors were better engaged with more visuals and activities they can participate during the presentation. This event gave the students a valuable opportunity to interact with seniors and learn the importance of patient education.

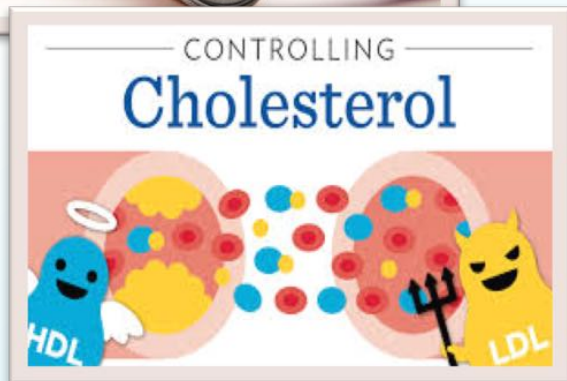


David Wong and YoungJun Yoo presenting on how the body changes

Cholesterol Presentation

Allison Vu, Member

At the ASCP outreach, we gave a presentation on cholesterol and general info about lifestyle modifications and medications. We led a simple sitting exercise together, and I was so happy to see everyone having fun while learning! I also enjoyed hearing the audience share stories and personal health habits as well. We have not covered cholesterol medications during P1 year yet, so it was nice to have a brief overview of the drug options. This was an amazing opportunity to connect with the geriatric community!



Moore's Cancer Center Tour

Sara Wu, Member



It was definitely an eye-opening experience to tour around the Moore's Cancer Center. Dr. Segal showed us the outpatient, inpatient pharmacy as well as the infusion center for outpatient treatment. We got to know what the daily work of an oncology pharmacist entails: how they work with physicians to adjust for treatment plans and how they consult patients making sure that they stay compliant with their

medications. Not only did we see how staff pharmacists were working in the inpatient pharmacy, we also stepped into the infusion center for outpatient treatment, and from there we were able to see how infusions were administered to patients by nurses. Dr. Segal also explained to us in details about how Pyxis machines work and what responsibilities pharmacists hold on a daily basis.

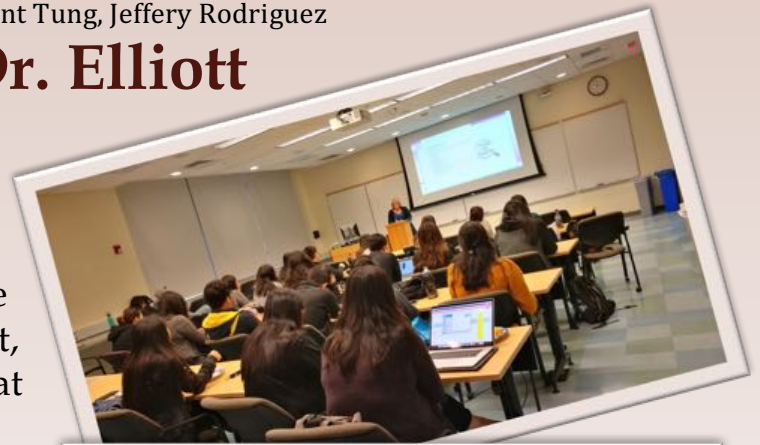
Overall it was a great learning experience and it's definitely worth going as it opens up more opportunity for our career pathway in the future.

Pictured from left to right: Sara Wu, Julie Trinh, Michelle Park, Danh Pham, Heidi Kim, Vi Nguyen, Rock Feng, Annie Mai, Kenson Lam, Vivian Pham, Dr. Segal, Norint Tung, Jeffery Rodriguez

Lunchtime Talk with Dr. Elliott

Allison Vu, Member

I really enjoyed the talk with Dr. Elliott! She provided us with more insight on the role of a trauma/surgical ICU pharmacist, and told us more about her journey to that path. It was interesting to learn what she did at Palomar Health. She also answered a lot of questions we had about acute care and the related job opportunities. I liked how empathetic she was, and also appreciated her tips for applying to a residency.



ASCP Board Members with Dr. Elliott

Medicare Part D Outreaches

Natalie Tran, Medicare Outreach Part D Coordinator



Every fall, the Medicare Part D elective provide pharmacy students the tools to help seniors find the most appropriate prescription drug plan. Students not only get to learn about geriatric care, Medicare and the details of the Part D programs, but they also get to practice searching for plans through a series of patient cases. At the Medicare Part D Outreaches, the students get to practice what they learned while helping seniors save money on their medications at the same time.

This year, the Medicare Part D Outreaches were held at the UCSD Transplant Clinic, Horton House, Renaissance Apartments, and Iowa Street Apartments. Students worked one on one with patients by going over all their medications and navigating Medicare.gov to select plans with the same benefit but at a lower annual cost. Dr. Painter, the elective chair and preceptor was available to help the students discuss the plan specifics with the participants. Many students expressed how applicable the information was from the elective to the practice of geriatric care. The participants were also grateful to the students for being able to explain their plan benefits.

DIY Hot Cocoa Jar Fundraiser My Phung, Treasurer

On December 3rd, ASCP held our first DIY Hot Cocoa Jar fundraiser in celebration of the coming holiday. Participants were able to choose between purchasing jars to create themselves or purchasing pre-made jars made by the officers. Participants had a great time putting together the jars, while listening to some holiday tunes and enjoying the provided hot chocolate as refreshment. Many of the jars purchased were given to other students and staff as gifts to show the sender their appreciations and thanks. This was a fun and successful event. Thank you to everyone who supported ASCP's first DIY Hot Cocoa Jar fundraiser!



Pictured from left to right: 1. Yvonne Yap, Agnes Suh, Liselle Ang, Andrew Dang, Tiffany Do, Jennie Huynh. 2. Sohrab Sadeghi, Natalie Hinds, Linda Tran

Senior Formal Anh Nguyen, President

ASCP hosted our second annual Winter Formal on Friday, November 16th at Temple Emanu-El. This was one of our largest turn out yet and the event has quickly become a favorite for the Seniors around the San Diego community as well as for our students. Students and Seniors arrived at the event all dressed up in autumn colors, ready to dance to live music and mingle and enjoy refreshments. Raffles and prizes were given out to Seniors who attended poster presentations on Insomnia, Heartburn vs Heart Attack, Osteoporosis, and Essential Vitamins. It was definitely an afternoon filled with laughter and lots of dancing and a great way to start the holiday season. We all now look forward to our next Senior Prom in the Spring.

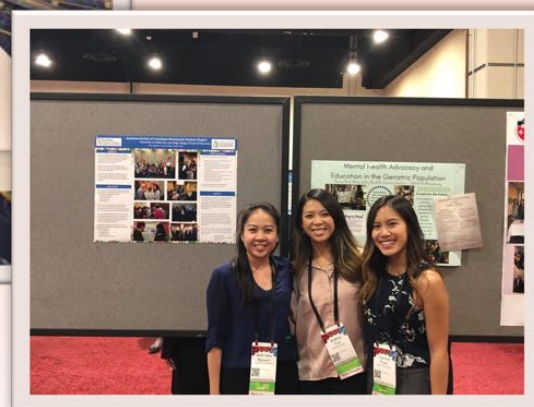


From left to right and top to bottom: 1. Elliott Lam dancing with a senior attendee. 2. Jennifer Fong presenting on osteoporosis. 3. Michelle Park dancing with a senior attendee. 4. Group Photo 5. Allison Vu dancing with Senior attendee. 6. Norint Tung dancing with senior attendee.

ASCP Annual

Kathie Tran, Community Affairs Coordinator

This year's ASCP Annual Meeting was held in the beautiful city of National Harbor in Maryland. Anh Nguyen, Yvonne Pham, and I were fortunate enough to represent ASCP-UCSD student chapter by attending the conference. It was a great opportunity to learn more about how pharmacists are advancing the field, especially in the geriatric population. Some topics that interested us included treatment of pneumonia in various institutions, how pharmacists should handle medical cannabis in healthcare facilities, and even gain tips on how to apply for residency programs. As representatives of the UCSD chapter, we are able to present to other pharmacy schools our experiences with "Senior Prom" during the student chapter showcase as well as gain new ideas from other schools that we can contribute to our own chapter. Finally, we attended the California chapter meeting and interacted with other pharmacists all over California who were involved with ASCP. Overall, the Annual Meeting allowed us to form connections with pharmacists of various backgrounds and bring everything that we have learned back to UCSD.





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

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