



UC San Diego
SKAGGS SCHOOL OF PHARMACY
AND PHARMACEUTICAL SCIENCES

ASCP
American Society of
CONSULTANT
PHARMACISTS

Welcome Back!

UCSD-ASCP had a very productive and successful winter quarter stacked with educational events, health outreaches, fundraisers and our inaugural Winter Formal. We kicked off the quarter with an informational General Body Meeting about future events for the quarter. Then, we started off our quarter strong with our first ever Winter Formal! Since Senior Prom in the spring was so popular, we added in another social for seniors to dance the afternoon away. We followed that event with our eye-opening Moore's Cancer Center Tour with Dr. Segal and also our lunchtime talk with Dr. Alison Moore. Our educational outreaches included information about heartburns vs. heart attacks, osteoarthritis, and immunizations awareness and disease prevention. We also held collaborative events with Skaggs School of Pharmacy for Pharmacy Day and San Diego Festival of Science and Engineering. It was a jam-packed quarter, and we want to thank all of those who came out to support our UCSD-ASCP Chapter!

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Winter Quarter GBM

Anh Nguyen (P2), President Elect

On Monday, January 8th, ASCP held our Winter GBM to welcome all our members back from Winter Break and to inform them of all our exciting upcoming events. We all looked forward to Senior Formal, Lunchtime Talks, and health education outreaches in the upcoming quarter. ASCP was also excited for Pharmacy Day to educate high school students about the importance of Medication Safety, and for our annual Rose Gram Fundraiser. In addition, our delegates for ASCP Annual Meeting had a chance to share with us their amazing experience and adventures at that conference. Lastly, we would like to honor our members of the quarter **Anna To** and **Tiffany Do** for their dedication and participation in our organization.



From left to right: Anh Nguyen, Anna To, Tiffany Do, Samantha Kim

Moore's Cancer Center Tour

Shengxi Sun (P1), ASCP Member

On January 22, 2018, eight pharmacy students were able to attend a tour at Moore's Cancer Center guided by Dr. Segal, an oncology pharmacist. Shengxi Sun, ASCP member, said, "My tour of Moore's Cancer Center was an amazing experience, as I never thought that we could have a chance to go inside such a fancy building and learn about its advanced facilities. Dr. Segal did a fabulous job by showing us not just the pharmacy, but also the treatment rooms and related facilities in Moore's Cancer Center. I learned a lot about the advanced oncology in real-time practice from Dr. Segal, which refreshed my understanding of cancer treatments since I'm currently taking oncology elective. Additionally, we also learned what a normal day of an oncology pharmacist would look like through the conversations with Dr. Segal. Overall, this was a great experience, and I would recommend future student pharmacists attending!"



Top left to right: Guannan Wang, Alex Yee, Shengxi Sun, Karen Cheung, Dr. Segal, David Kim
Bottom left to right: Natalie Tran, Lytia Lai, Hailey Hirata, Thao Pham

Inaugural Winter Senior Formal

Yvonne Pham (P2), Board Liaison

ASCP was proud to host our first ever Winter Senior Formal in addition to our yearly Senior Prom. The theme was *Starry Night* featuring live music from the amazing band, The Vidals. Guests were able to dance the afternoon away, while enjoying snacks and refreshments. In addition, there were educational posters that ranged from Medicare Part D information to education on osteoporosis. There were also raffle drawings with free giveaways such as Chipotle gift cards and tea sets. This was a very successful first Senior Formal, and we hope to continue this fun and exciting event for future years ahead!



Lunchtime Talk with Dr. Alison Moore

Natalie Tran (P2), VP of Professional Education

On Wednesday February 14, 2018, Dr. Alison Moore, an internal medicine doctor specializing in geriatric medicine gave a talk on alcohol and drug abuse in the older adults. She has done extensive research on this topic and was happy to share her knowledge with the pharmacy students. The students learned about the different drinking guidelines for age and gender, why alcohol abuse tend in increase in the elderly population, risk factors for late-life substance abuse, and resources to help this patient population. The presentation included several case examples, which were interactive for the students since some were able to share their opinions on the topic. In general, the students learned many interesting facts regarding the use and misuse of alcohol and drugs in older adults, and Dr. Moore emphasized how pharmacists can play a bigger role in screening for these patients.



Heartburn Vs. Heart Attack Outreach

Kathie Tran (P2), VP of Community Outreach

At this outreach, Tiffany Do and Sophie Tan did a great job presenting the topic “Heartburn vs. Heart Attack” to the long term care patients at Vi at La Jolla.

Here, they discussed important signs and symptoms related to each health problem and clearly described the major differences between the two. They also mentioned easy ways to alleviate the symptoms and when to talk to a provider. Even though it was late in the day, the patients were engaged and answered the questions we prepared in the presentation. Finally, we would like to give a special thanks to Dr. Bao for being a preceptor for our event and making sure that we presented on relevant information, and answered questions if needed. We appreciate you Dr., Bao!



Tiffany Do (left) and Sophie Tan (right) presenting on the differences between heartburn and a heart attack

Immunization Awareness and Disease Prevention Outreach

Claire Chen (P1), ASCP Member

Claire Chen and Tiffany Do educated residents of Brookdale Senior Living about immunizations for older adults. Dr. David Bao accompanied the students along with the ASCP VP of Immunization, Yvonne Yap. The students discussed underlying diseases, how vaccines work within the body, and the importance of the Zostavax vaccine, new Shingrix vaccine, Fluzone High-Dose vaccine, Pneumovax 23, Prevnar 13, and the Tdap vaccine. The presentation emphasized the importance of getting vaccinated to protect oneself and one's loved ones and the potential side effects of vaccines. Throughout the presentation, there were questions from the residents about their own health and risk of shingles, the relationship between shingles and chickenpox, high and low dose flu vaccines, and the high price of some medication and vaccines. Dr. David Bao and the students were able to answer the questions and facilitate a discussion among the residents.



From left to right: Dr. David Bao, Tiffany Do, Claire Chen

Osteoarthritis Education Outreach

Steven Chen (P1), ASCP Member

ASCP provided a presentation on osteoarthritis education in the geriatric community. Steven Chen said it was a unique and rewarding opportunity to be able to teach senior adults about osteoarthritis through an interactive presentation. He stated that "I think it is crucial for pharmacists to work with patients from different backgrounds, especially special populations like our geriatric patients. Being able to see them learn makes me more passionate about educating the community about medication safety."



Annie Chang (left) and Steven Chen (right) presenting on the differences between heartburn and a heart attack

Pharmacy Day

Yvonne Pham (P2), Board Liaison

ASCP held our annual Medication Safety Workshop for Pharmacy Day in February. We presented to over 150 high school students about the importance of medication safety, especially in the geriatric population. Activities included a PowerPoint presentation on how we can achieve medication safety as pharmacists. The presentation was followed by an activity where students picked the right therapy for a patient based on a drug monograph.



Pictured above is Jennie Huynh, as well as other volunteers not pictured going to each table to ensure that the students were understanding the activity. The students were able to determine the therapy for a patient's high blood pressure and diabetes based on their allergies and adverse effects. This was a great, interactive day!

Rose Grams

Melody Padilla (P3), Treasurer

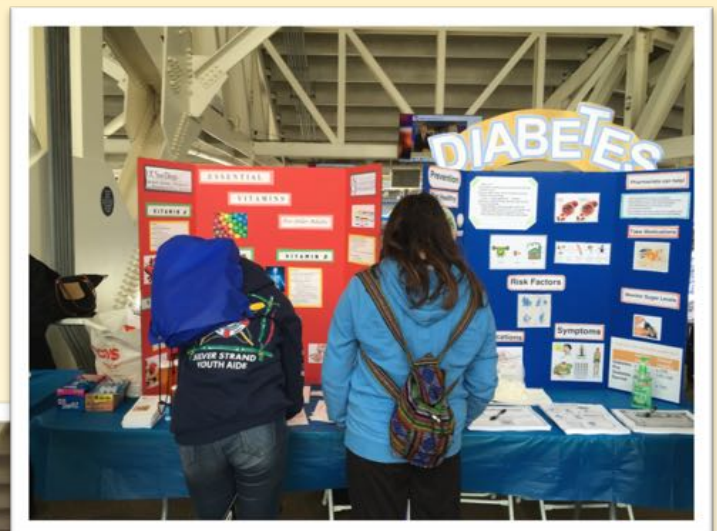
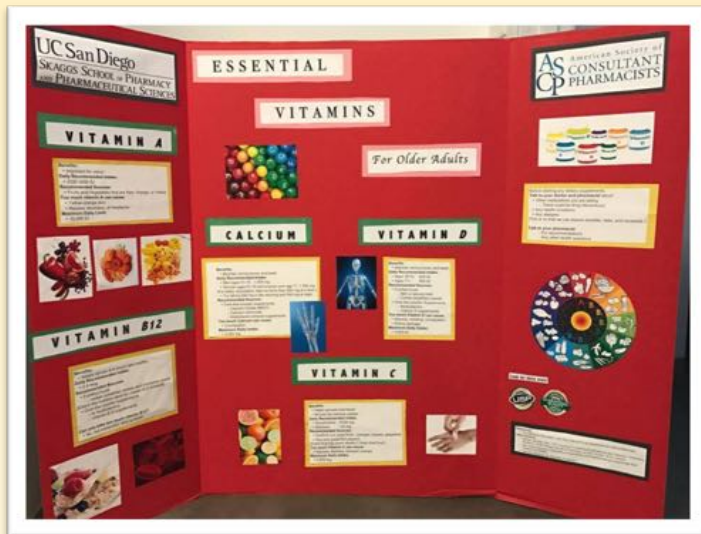
Love and friendship was in the air on Valentine's Day this year for our annual Rose grams fundraiser! Students and faculty bought roses and made personalized notes expressing their gratitude for each other. Some even came with a candy bag. Roses were delivered to student's mailboxes and hand-delivered to faculty and staff on Valentine's Day morning and they smelled amazing. The funds raised will go towards planning our annual Senior Prom in the Spring. Thanks for the support!



San Diego Festival of Science and Engineering

Tanya Tatavets (P1) and Liselle Ang (P1), ASCP Members

SD Expo was an amazing event for children and their families. As part of the medication safety team, we had the opportunity to expose children and parents to properly read prescription labels. Children loved reading the sig codes on the labels and filling their own medication bottle with jelly bean candies. We also had a poster board containing information on essential vitamins, which the parents loved reading and were more curious about. Overall, the event was an excellent resource for families to learn a little more about pharmacy and other sciences. It was a pleasure to represent ASCP-UCSD and be involved with such an awesome science event in San Diego!



From left to right: Liselle Ang, Maher Al Haja, Vivian Tran, Hailey Hirata, Steven Chen, Kaitlyn Kennett-Hayes, Bridgette Lazaro, Dean Lam, Analia 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 Pham, Board Liaison (P2)

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

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