

December 2010

Fall 2010

In This Issue

- Membership Drive – A Success!
- UCSD-ASCP at CPhA
- ASCP 41st Annual Conference
- Medication Safety Presentation at Alabama Manor
- Ron's Pharmacy Tour
- Hypertension at Ed Brown Senior Center
- Managing Diabetes at Vi Retirement Community

Upcoming Events

- January 26th:
Presentation on "Medication Management and Safety for Seniors" with OASIS Senior Health Group (Point Loma Library)
- February 26th:
Interactive Presentation on Medication Safety for Seniors at the 3rd Annual Pharmacy Day (UCSD, Skaggs School of Pharmacy)
- March 9th :
Presentation on "Shingles and Pneumococcal Awareness and Prevention" with Vi Retirement Community (La Jolla)

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Congratulations UCSD-ASCP! We're off to a Great Start this Fall.

I would like to take this opportunity to wish everyone a wonderful Holiday Season. As 2010 comes to a close, UCSD-ASCP has a lot to look forward to in 2011! We will continue our efforts to educate the senior population within San Diego. Thanks to the continual support at our campus, we are once again invited to join with other professional organizations at UCSD to host Pharmacy Day for high school students. Winter quarter is already busy!

Also, excellent news from ASCP! Our efforts are being recognized; we were recently featured in ASCP's December Newsletter for ASCP Members

Thank you everyone for your great work and innovative ideas!

-Trina

Membership Drive - A Success!

UCSD-ASCP had its annual membership drive on September 30th. We would like to thank Dr. Greg Medley for attending and speaking to the students about the "Aging of America". The membership drive was very successful, and with the addition of over 30 new members from the P1 class, our chapter is proud to have close to **70** members. Thanks to everyone's efforts, we have once again increased our membership this year.

In addition to our successful membership drive, UCSD-ASCP recently gained national recognition. Our chapter was very thrilled to hear Dr. Medley mention that a pharmacy school in Florida is looking at our ASCP chapter as a model to start their own ASCP student chapter. Consultant pharmacists throughout the nation are continually interested about our events, outreaches, and reasons for the success of our chapter. The addition of 30 new members will allow us to schedule more outreach and screening events for seniors throughout the San Diego area. With that said, our chapter is always looking for pharmacist preceptors to volunteer and oversee our outreach and screening events. We will continue to explore new opportunities and new regions of San Diego to provide outreach to seniors.



Past Events

- Managing Hypertension at Vi Retirement Community
- Interactive Presentation on Overactive Bladder at Vi Retirement Community
- Shingles and Pneumococcal Awareness Presentations
- Geriatrics Elective Course Educational Outreaches
- Phun Run Presentation on Osteoporosis and Exercise
- San Diego Senior Games Association Presentation of Pharmacogenomics
- Educational Outreach to the Chinese Community – Event published in Chinese Newspaper!

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UCSD-ASCP at CPhA: "Success and Essential Qualities of the UCSD-ASCP Chapter"

On October 16th, UCSD-ASCP President-Elect Bill Madden spoke at the California Pharmacists Association Long-Term Care Weekend in Huntington Beach, CA. The presentation, "Success and Essential Qualities of the UCSD-ASCP Chapter", was



very well received. During the presentation, Bill cited three main qualities that have made the UCSD-ASCP Chapter so successful: 1) Early Encouragement and Involvement of First Year Students in ASCP, 2) Plasticity of Educational and Screening Event Topics, 3) Confer a High Quality of Outreach, Education, and Professionalism. We hope that Bill's presentation will inspire formation of new ASCP student chapters throughout California as well as throughout the nation. The UCSD-ASCP chapter was very pleased to have the following audience members in attendance: Lee Meyer, past National ASCP President; Huda Cotta-Dethlefs, past CA ASCP President; Kathy Karlheim, current CA ASCP President, and Clifford Young, Board of Directors, ASCP. Thank you Bill Madden for attending and your awesome presentation!

ASCP 41st Annual Conference!

On November 9th-12th, our Treasurer, Deepika Nayyar, and our President-Elect, Bill Madden, attended the ASCP 41st Annual Conference in Orlando, Florida. The conference was an enriching experience for the two student delegates, both on an educational as well as networking and professional level. Deepika and Bill attended a number of educational presentations: Diabetes Management for Older Adults, Pharmacogenomics and Older Adults, as well as Pharmacological Management of Heart Failure in the Elderly. These topics were pertinent to the information we are currently learning in our chemistry, physiology, and therapeutics courses. We also were able to promote our chapter on a regional as well as national level. While at the conference, Bill had the opportunity to speak at the California ASCP chapter meeting. Bill discussed our accomplishments, the model of our organization, our upcoming November events, and asked for volunteers to act as pharmacist preceptors for our events. (continued on next page)

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On a national level, a professor from the Drake College of Pharmacy would like to invite one of our Executive Board members to visit Drake and speak to their student pharmacists to generate interest in starting an ASCP student chapter. The ASCP Annual Conference was an excellent experience for our student delegates, and we look forward to attending the ASCP Midyear Conference in Las Vegas, May 17th-19th. Both attendees were very thankful for the opportunity to learn and connect with other health care professionals serving the medication-related needs of seniors. Thank you Bill Madden and Deepika Nayyar for attending and telling us all about it!

Medication Safety Presentation at Alabama Manor

On November 9th, UCSD-ASCP gave an interactive *Medication Use Safety Presentation* at Alabama Manor in Hillcrest, San Diego. UCSD-ASCP members Traci Bricker, Allyson Le, and Christopher Mapes reached out to nearly 20 very



enthusiastic seniors who continuously asked questions throughout the presentation. The students taught them how to properly read medication labels and informed them about common drug interactions among medications taken by the elderly. The seniors found all of the information presented very useful. The UCSD-ASCP chapter would like to thank the Resident Services Coordinator for Alabama Manor, Louise Fowler, for inviting us to give this presentation and Dr. Rashid Kazerooni for perceiving the event. We will definitely be returning soon for future outreach events!

Ron's Pharmacy Tour

On Nov. 15th, 2010, UCSD-ASCP had the special opportunity to visit and tour Ron's Pharmacy Services located in the Sorrento Valley neighborhood of San Diego. Ron's Pharmacy Services is an independently owned and operated specialty pharmacy that caters to the needs of a number of specialty care, long-term care, hospice care, and other skilled nursing facilities in the San Diego area. Ron Belville, the owner and pharmacist, graciously offered to give a tour of his facility (which is not open to the public) to a group of UCSD-ASCP students.

Upon arrival to the facility, our first impression of Ron's Pharmacy Services was that it meant business! As Dr. Belville brought us from department to department, he showed and explained the pharmacy workflow to our group. Although each department was filled with busy workers that were frantically shuffling prescriptions, medications, and records, there was an uncanny sense of organization in the chaos. Needless to say, what seemed like chaos to us was actually a very refined and polished process that has worked very well for the pharmacy.



Two days after the tour, Dr. Belville visited UCSD Skaggs School of Pharmacy. Here, he spoke about his pharmacy and provided advice for ASCP members who are interested in the business aspect of pharmacy. UCSD-ASCP would like to **thank Dr. Ron Belville** again for the opportunity to tour his pharmacy and his special presentation for our members!



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Hypertension Screening at Ed Brown Senior Center's 1st Annual Wellness Fair

On November 18th, UCSD-ASCP was honored to have been part of Ed Brown Senior Center's 1st Annual Wellness Fair. Nine ASCP members (Greg Estep, Traci Bricker, Trina Huynh, Michelle Lew, Christine Nguyen, Inna Sosinsky, Lily Wong, Jeffrey Yoon, and Christina Yoon) attended the event and assisted with blood pressure screening for the seniors. In addition to the screening, members also educated seniors on immunization, specifically the influenza vaccine. Each member was very enthusiastic about their interactions with the seniors; besides measuring blood pressure, each member was able to engage the seniors in conversation to counsel them regarding blood pressure management and immunizations. Although this was Ed Brown Senior Center's 1st Annual Wellness Fair, there were many seniors and more than half stopped by our booth! Thus, we were able to screen 21 patients on their blood pressure.



UCSD-ASCP would like to **thank Dr. Mary Langenfeld** for volunteering as preceptor for the event and mentoring the student pharmacists on crucial counseling points. Ed Brown Senior Center looks forward to working with us in the future.

Managing Diabetes at the Vi Retirement Community

On November 24th, UCSD Skaggs School of Pharmacy students and ASCP members, Jessica Lau, Inna Sosinsky, Sandy Chong and Chausa Nguyen, held another educational presentation at Vi Retirement Community in La Jolla. The talk, entitled "Managing Diabetes," gave an overview of the disease and focused on the importance of non-pharmacological techniques of diet and exercise in managing blood sugar and preventing the serious complications affiliated with diabetes. The students also outlined the symptoms of hypoglycemia and treatment strategies to control low blood sugar. Twenty seniors attended the presentation and all felt that the talk helped strengthen their understanding of diabetes and gave them more confidence in managing and controlling their diabetes. We would like to thank **Sheila Caldito**, Wellness Coordinator at Vi, **and Dr. Eric Cooper**, our pharmacist preceptor, for helping make this event successful.

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