



UC San Diego  
 SKAGGS SCHOOL OF PHARMACY  
 AND PHARMACEUTICAL SCIENCES

# ASCP American Society of CONSULTANT PHARMACISTS

## Welcome Back!

UCSD-ASCP was very excited to start of the 2017-2018 school year strong! We kicked off the new year with the Organization Fair where potential members were able to learn about ASCP and what we were all about. At the Membership Drive, we were able to recruit a record number of people to join ASCP, a huge success with just one of our early events. We welcomed to our executive board Yvonne Yap as our new VP of Immunizations and Jennie Huynh as our VP of Self Care Outreach! In addition, 12 pharmacy students were able to learn about the ins and outs of the VA through the informative tour. We held numerous outreaches this fall quarter at a variety of senior centers -- topics included Fall Prevention, Osteoporosis and Vitamins, along with Medicare Part D outreaches. We welcomed Dr. Laura Elliot to UCSD for our Lunchtime Talk, and were very lucky to hear what she had to say about the field of pharmacy. Our last event of the quarter was our annual Rockin' Stockings fundraiser where ASCP members were able to come support ASCP. We had an amazing first quarter and we look forward to the next!

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## Organization Fair

Yvonne Pham (P2), Board Liaison

ASCP kicked off our new year with the organization fair. ASCP Board members were ready to share all that ASCP had to offer for the year! Lots of eager first year pharmacy students stopped by the informational poster board thoughtfully prepared by 2017-2018 President Samantha Kim.

Information was given on what ASCP was all about, the educational and outreach events prepared for the year, and social events such as Winter Formal and Senior Prom. Overall, the organization fair was extremely successful, and it was so great meeting new, future members of ASCP!



From Left to right: Anh Nguyen, Yvonne Pham, Elizabeth Duxbury, Melody Padilla, Samantha Kim



Dr. Nightingale Meyou at ASCP's Membership Drive

Her presentation was followed by a guest speaker, Dr. Nightingale Meyou, who is an ambulatory care pharmacist at Palomar Health. She shared her experience working as a pharmacist and the touching stories of why she decided to pursue her path. By the end of the membership drive, we had recruited more new members than previous years. Thank you to all those who came out to support and also to Yogurtland and Chipotle for sponsoring this event with raffle tickets!

## Membership Drive

Amy Hsu (P3), Secretary

We started off one of our very first event of Fall Quarter with a huge success! On September 28<sup>th</sup>, Ed Centers 2 and 3 were filled with new students interested in joining ASCP. Our chapter president, Samantha Kim, introduced our organization to the new P1's and returning students, going over all the benefits of becoming a member.

## First GBM & Elections Samantha Kim (P3), President

On Friday, October 13<sup>th</sup> 2017 ASCP UCSD had its first general body meeting of the year in addition to electing in two new officers: VP of Immunizations (Yvonne Yap) and VP of Self Care Outreach (Jennie Huynh). We had an attendance of 40 students and 7 first year pharmacy students who ran for the two available positions. The candidates brought new ideas to the table including ways to expand our outreaches, incorporate relevant activities for seniors, and promote ASCP's chapter within our university and state. Every speech was unique and personal to the candidate, which made this election a tight race. We had a time of questions and answers after each speech from current officers and members. With that said, it was immensely inspiring to hear about the candidates' passion in senior care. We are excited to have such enthusiastic new members in our organization this year and cannot wait to see how our outreaches unfold throughout 2018.



From Left to right: Shengxi Sun, Yvonne Yap, Sohrab Sadeghi running for VP of Immunizations



## Ice Cream Social

Anh Nguyen (P2), President Elect

On October 4, ASCP hosted our annual Ice Cream social, fully stocked with root beer floats and sprinkles. All students were welcomed to join and mingle as well as learn more about ASCP's goals and mission for the year. It was also an opportunity for prospective members to learn how to become more involved with our organization and get to know our executive board better. The event was a success with everyone leaving full of ice cream and knowledge about ASCP.



From Left to right: Yvonne Pham, Anh Nguyen, Samantha Kim

## VA Tour

Natalie Tran (P2), VP of Professional Education

On Friday October 20, 2017, Dr. Larry Zelman, a geriatric clinical pharmacist, and Dr. Grace Kim, a resident, gave a tour of the VA San Diego hospital to twelve pharmacy students. Just before starting the tour, the students had a chance at a Q&A session with Dr. Grace Kim regarding residency. It was a lighthearted and informative discussion, and the students received some valuable advice about preparation for residency. Once the tour began, the students were able to see some of the pharmacy departments inside the VA, including the Outpatient and Medicine and the inpatient unit. Dr. Zelman spent some time at the IV compounding area explaining to the students how technicians normally operate the automatic dispensing machines. He also discussed commonly seen IV medications and their preparations as well as how pharmacists check the IV preparations for accuracy. By the end of the tour, Dr. Zelman discussed his work in the palliative and hospice care unit. He talked about the large volume of geriatric population in these units and the various opportunities to interact with many people, including, nurses, physicians, physical therapists, patients. Overall, the students were able to learn a lot about the different departments of the VA hospital pharmacy.

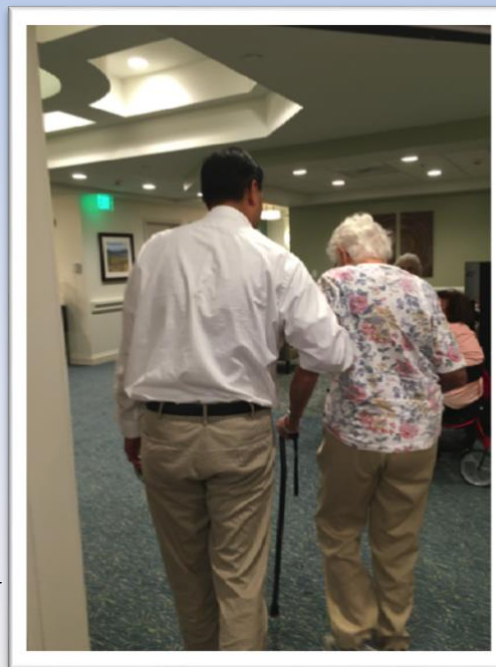


Back from left to right: Dr. Larry Zelman, Cecilia McConnon, Hailey Hirata, My Phuong, Jefferson Luong, Connie Ma  
Front from left to right: Lytia Lai, Hilary Velasquez, Anna To, Jennie Huynh, Yvonne Yap, Claire Chen, Natalie Tran

## Falls Prevention Outreach

Kathie Tran (P2), VP of Community Outreach

We started off the quarter with our first outreach at one of our favorite homes, Vi of La Jolla. Samantha Kim and Kaitlyn Kennett-Hayes presented about ways to prevent falls in the elderly. The topics included what injuries can occur from falls, what to do when you fall, and certain ways to prevent them by rearranging your home and modifying your diet. We also demonstrated some simple exercises to strengthen muscle and bone in those with a limited ability to move. Everyone in the audience was engaged, asking specific questions that the pharmacy students and preceptor Dr. Joseph Ma did their best to answer. It is always outstanding to know those in the elderly community want to learn more in order to live better and happier lives.



Dr. Joseph Ma helping a senior walk safely



From Left to right: Tiffany Do, Thao Pham and Connie Ma

## Vitamins Outreach

Connie Ma (P1), ASCP-UCSD Member

At the ASCP outreach, we gave a presentation on fish oil and various essential vitamins to a group of around 30 seniors. I was surprised by how engaged the audience was, as many of the attendees took notes and stayed afterwards to ask questions. I realized the importance of patient education on supplements especially for the geriatric population because many elderly patients take extensive medications that may have drug interactions. Overall, I am grateful for these outreaches that allow us to apply our classroom knowledge while giving back to the community

# Osteoporosis Outreach

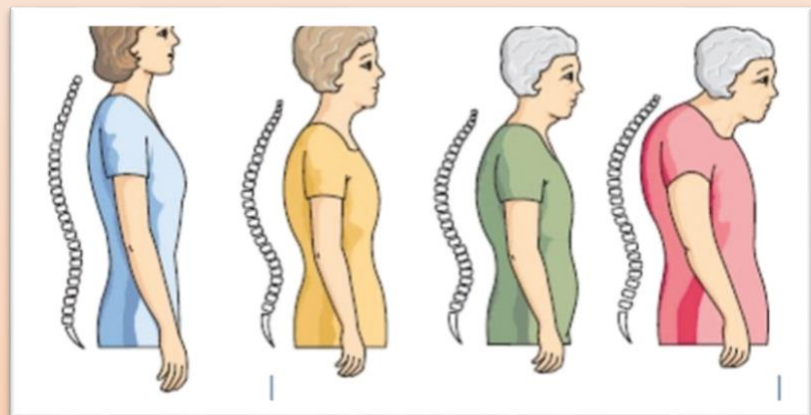
Annie Chang (P1), UCSD-ASCP Member

## Student Testimonial

The community outreach I participated in was a presentation about osteoporosis in Vi at La Jolla Village. I along with my classmate Jennie, got to educate the seniors there about the definition, causes, treatments and prevention of osteoporosis. This outreach allowed me to learn about a topic I was not familiar with and gave me the opportunity to practice my presentation skills. Because it was my very first time participating in a presentation outreach, I was scared of making mistakes and speaking under the spotlight. However, the seniors there were welcoming and enthusiastic, and everyone was truly curious about our topic. From the experience, I saw my weaknesses and strengths in presenting and learned how I can better my skills next time. Besides these I was also inspired by how Dr. Bao responded to the audience's questions. He explained questions in ways that were detailed, personable and easily understood. I hope to be able to educate my patients likewise in the future.



Annie Chang and Jennie Huynh presenting



## Lunchtime Talk with Dr. Elliot

Natalie Tran (P2), VP of Professional Education

On Tuesday November 14, 2017, Dr. Laura Elliott gave a lunchtime talk to ASCP members about her line of work as an ICU/trauma pharmacist at the Palomar Medical Center and how she got involved with the ASCP California chapter. She first discussed her responsibilities in the ICU/trauma unit and mentioned the types of patients and injuries she often witnessed. Even though the work can be tough, she truly enjoys the chance to build relationships with different health professionals and patients. The students had multiple opportunities to ask questions and Dr. Elliott helped provide better insight into this specialized area in pharmacy. Aside from her responsibilities at work, Dr. Elliott also emphasized how important it is to stay involve in pharmacy organizations like ASCP to keep up with new developments in the pharmacy profession and to play an active role in improving the field. Being the past president of the California ASCP chapter allowed her to play a bigger role in expanding the chapter's influences and network. In general, the lunchtime talk allowed ASCP members to have a better understanding of the job responsibilities of an ICU/trauma pharmacist, and the students had a better appreciation of the importance of continued involvement in pharmacy organizations like ASCP.



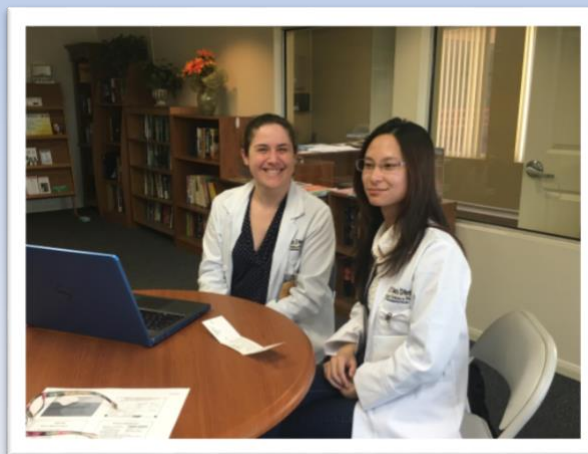
Dr. Laura Elliott speaking about her experience about a pharmacist and answering student questions

## Medicare Part D Outreaches

Alda Tran (P3), Medicare Part D Outreach Coordinator

Students had the chance to do Medicare Part D outreaches at different locations with patients of different backgrounds and needs. Our first outreach was at the UCSD Transplant clinic. **Shengxi Sun** (P1) describes the outreach as having “a chance to help a transplant patient go over his medication list, which included over 20 different medications and it was such good practice for what we had learned in class.” Another P1

**Agnes Suh**, described the event as “helpful for the people that were there. He was able to find a better plan that saved some money for him.” We also went to other locations (Redwood Villas, The College Avenue Center, Renaissance Apartments and Horton House) with a more residential setting to educate and help the elderly with finding the best plan.



Kaitlyn Kennett Hayes and Sophie Tan looking over medications covered by Medicare Part D

## Rockin' Stockings

Melody Padilla (P3), Treasurer

This year, UCSD-ASCP held its annual Rockin' Stockings fundraiser on November 30th during lunchtime. Students came to decorate mini stockings for their friends, bigs, and littles and socialized while listening to holiday tunes. The Office of Student Affairs also set up a hot cocoa bar complete with candy-cane marshmallows for students to enjoy while they decorated. The stockings were filled with candy and delivered to students' mailboxes during finals week to help them finish the quarter off strong. Thank you to everyone who participated and making the fundraiser a success!





## ASCP Annual

Elizabeth Duxbury (P3), Community Affairs Coordinator

ASCP Annual meeting was hosted this year in Kissimmee, Florida from November 2-5 2017. We started the conference on Saturday at the California Chapter meeting. Sam, Amy, and I met the current president of the California chapter, Aida Oganesyana and listened to her goals for the chapter. Her main objective is to create unity and collaboration with other pharmacy organizations such as CSHP. Surprisingly, UCSD as a student chapter was recognized for our work in the community and our tradition of Senior Prom.

The day was continued by many interesting lectures pertaining to senior care. My favorite topic of the meeting was called, "Senior Care Clinical Pearls: Fast Facts and Quick Tips." This presentation covered three topics extremely important to older adults: osteoporosis management, melatonin and sleep, and nausea and vomiting. I was particularly interested in learning the lecturer's approach to treating nausea by using the mechanism of action of the drug to treat the source of the nausea, such as the vestibular system or the area postrema.

For student pharmacist, there was also information about residency applications and resume tips, which was especially helpful for us. This was followed by a residency showcase and poster presentation. Lastly, there was the Geri Party. This was a pharmacy trivia game for the student pharmacist to mingle and collaborate. It was great to practice our clinical knowledge and work in teams with other students. It was a close race but Samantha Kim, our president, and her team won first prize!

ASCP conference was a wonderful experience. I learned a great deal about geriatric medicine and was able to meet students across the country. I recommend all ASCP



Samantha Kim, Amy Hsu, and Elizabeth Duxbury with Dr. Laura Elliot at ASCP Annual

# Who We Are!



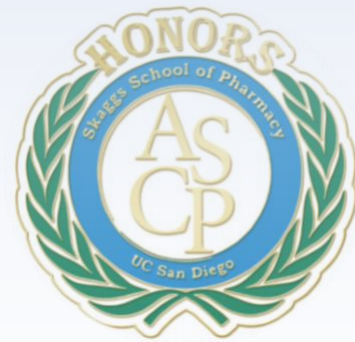
UCSD-ASCP is a student chapter of the American Society of Consultant Pharmacists. We are a non-profit organization dedicated to serving the needs of the geriatric community.

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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