

Spring & Summer 2012



Welcome!

Lindsey Mann & Pamela Saarikoski

We have now come to the end of a very successful 2011-2012 year, and are about to embark on another sensational one with the new 2012-2013 UCSD-ASCP Executive Board. We're very excited for our Fall Membership Drive coming soon, so that we can meet the fresh new faces and see some familiar ones. Later will be our Fall General Body Meeting where we will hold elections for the VP of Immunizations Chair and the P1 Liaison. We are also already gearing up for our 2nd annual Consultant Pharmacist Networking Session. There are a lot of great events coming up, and we hope to see many of you there!



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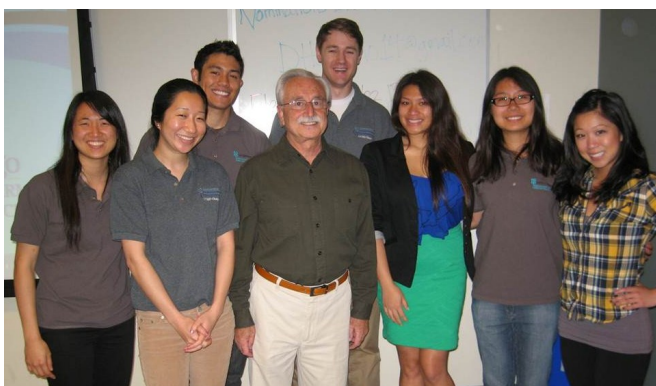
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The Psychosocial Aspects of Aging

Alex Guo

On May 11th, ASCP hosted its last lunch talk of the year with Dr. Joaquin Anguera, PhD, as our guest speaker. Dr. Anguera is a professor of gerontology at SDSU and has been involved in the field of aging for over 30 years. Students that attended the lunch talk were treated to an enthralling and thought-provoking lecture on the psychosocial aspects of aging. Dr. Anguera talked about how society often associates aging with a decline in happiness and the ability to

care for oneself. Society often portrays this through stereotypes seen in commercials and television shows. Dr. Anguera then showed a number of videos that demonstrated that the elderly are just as capable of going on adventures and having fun as younger generations. The main message of the lecture was that one's physical age and one's mental age are two separate entities and that as a society we should not always bury the elderly in the stereotypes that we see in media outlets. As future pharmacists, ASCP members should always be cognizant of the fact that their elderly patients are individuals that desire the same things out of life as their younger counterparts and should be treated as such. ASCP is extremely fortunate to have the opportunity to host lectures from talented and generous speakers like Dr. Anguera.



Upcoming Events

Sept. 25: Fundraiser Social at TGIFridays

Oct. 2: Membership Drive

Oct. 16: Fall General Body Meeting

Oct. 30: 2nd Annual Consultant Pharmacist Networking Session

Nov. 7–9: ASCP Annual 2012

Past Events

VA Stand-Down

Midyear Conference

Spring Elections and Banquet

Lunch Talk with Dr. Anguera High Cholesterol

Presentations at OASIS San Diego and College Ave.

Older Adult Center

Las Serenas Health Fair San Diego Science Festival

Pharmacist-Physician

Interaction Lunchtime Talk

MUST Presentation

Pharmacy Day 2012

Medicare Part D Outreaches

Shingles and Pneumococcal

Disease Presentation at the

College Ave Jewish

Community Center

Tour of Ron's Pharmacy

Geriatric Pharmacy Talk

Consultant Pharmacist

Networking Session

MUST Presentation at War

Memorial in Balboa Park with APhA

'Over 90 and Loving It'

Screening

Fall 2011 Membership Drive

Las Serenas Community Housing Works Health Fair

Jin Piao

On Saturday, April 21st, UCSD-ASCP organized a health fair at the Las Serenas Community Housing Works in National City, CA. Our goal for this event was to create a larger health fair so that more students could participate and practice what they have learned in the classroom, as well as reaching out to the older adult population. There were two different booths manned by UCSD-ASCP executive members: Team Hypertension led by former President Bill Madden with Sheryl Gong, Alex Guo, and Tiep Ly and Team Medication Use Safety Training (MUST) led by P1 Liaison and current President-Elect Jin Piao with Denise Harano, Tiffany Lee, Brittany Maynard, Sadaf Mikanic, and Diana Zhang.

The main focus of these booths was to educate seniors about healthy living habits, the many potential problems of

medication use, how different medications can interact with each other as well as with other foods and herbal products, and stressing the importance of keeping a list of their medi-



cations as well as talking to their physicians and pharmacists about their medications to avoid such interactions. We also continued our collaboration with APhA's SafeMedService.org team (Yasuno Sato,

Kelley Ramey, Lily Wong, Jennifer Lee and David Yee) at this health fair, and students were able to screen for any medication interactions patients might have. In addition, Team Medicare Part D (Sandy Chong, Cindy Nguyen, and Phyo Aung) was on hand to answer any questions about prescription drug coverage under a Part D plan.

Each team created a poster to make the topics more visual and patient-friendly, and to highlight the take-home messages that the student pharmacists were trying to provide.

The event was very successful, and UCSD-ASCP would like to thank the preceptors Dr. David Bao and Dr. Sarah McBane for donating their time, Ms. Julia Kamp for contacting our organization and helping us create this event, and the student pharmacists who made the event possible.

Legislative Changes for UCSD-ASCP

Denise Harano

Since UCSD-ASCP's beginning, we have been able to educate the senior community through our interactive PowerPoint presentations coordinated by our Vice President of Community Affairs chair. One of our goals for ASCP is to have a wide variety of outreach events which is hard to do with only one executive member focused on community outreach. On April 27th, 2012, ASCP members voted on establishing a second VP of Community Affairs position. Now, with two positions, one will be designated as a P2 and the other a P3. Members

also passed new responsibilities to the secretary position to include increasing utilization of the Facebook page to educate and update members on our events. The positions of P2 and P3 liaison were removed to make room for the additional community outreach position and keep our executive board from growing too big. We are very excited about these new changes and bringing our members more opportunities to educate seniors in our community about their health!

UCSD-ASCP in Anaheim for ASCP Midyear

Trina Huynh

This year, our student chapter had the opportunity to showcase all our events and creativity at the 2012 ASCP Spring Conference & Exhibition in Anaheim, California on May 21st. In preparation for the event, the Executive Board put together a poster that sums up the whole year and more! Some of the events that were highlighted included our Membership Drive, Consultant Pharmacist Networking Session, Geriatric Elective, Partners in D, and numerous Community Outreaches. Mackenzie Bear, Sheryl Gong, Trina Huynh, and Bill Madden were the chapter representatives, and even though we could only stay for one short day, many ASCP members were impressed with the number and types of events ASCP-UCSD held this year. In addition



to showcasing our chapter, the chapter representatives shared ideas with other chapters across the nation. It was great to bounce ideas off of each other and see how ASCP-UCSD can potentially implement even more events this coming year; thank you to

Ohio State University for sharing their M.U.S.T project with our chapter. Also, on behalf of our student chapter, I would like thank ASCP for giving us the opportunity to highlight our year at the 2012 ACSP Spring Conference & Exhibition in Anaheim.

ASCP: Bringing What We Learn Out into the Community

Mackenzie Bear

Since being founded at UCSD just three years ago, ASCP has encouraged and participated in countless outreach events and patient education aimed at the geriatric population. Following the immensely popular Winter Quarter didactic elective, four Skaggs students brought what they learned out into the community during the spring quarter ASCP Geriatric Outreach Elective. With the help of Drs. Joseph Ma and Sarah McBane, students Natasha Gorely, Michelle Hughes, Tiep Ly, and myself prepared, rehearsed and presented to seniors at San Diego Interfaith Adult Housing communities.

Our students prepared PowerPoint presentations and take-home pamphlets on both Insomnia in the Elderly and High Cholesterol. The focus was not only on the medications used to treat these conditions, but also on the non-

pharmacological treatments such as proper sleep hygiene to help with insomnia and healthy eating targeted at lowering cholesterol. The one hour presentations were attended by upwards of 15 senior residents of the housing communities, who actively participated with questions, comments, and personal stories.

The students not only helped to perfect their patient-targeted presentation skills, answer questions, and learn more regarding the two disease states, but also gained much more through their interaction with residents. This spring quarter was a great success for ASCP, the students that participated, and members of the geriatric population of San Diego. I am very grateful for all of the students who enrolled in both electives this past year and I am looking forward to seeing how these electives will continue to grow in the coming years.

Executive Board 2012-2013:

President

Denise Harano, P3

President-Elect

Jin Piao, P2

VP of Community Affairs (P3)

Christine-Marie Manalo,
P3

VP of Community Affairs (P2)

Alyssa Miyake, P2

VP of Professional Education

Tiffany Lee, P3

VP of Immunization

Sophia Lai, P2

Board Liaison

Pamela Saarikoski, P3

Secretary

Cindy Nguyen, P3

Treasurer

Kristie Luu, P2

Geriatrics Elective Coordinator

Alex Guo, P3

P1 Class Liaison

Jin Piao, P2

Medicare Part D Chair

Phyo Aung, P2

Spring Elections and our End-of-the-Year Banquet

Denise Harano

With the changes to our executive board positions for next year, UCSD-ASCP had eight open positions for the 2012-13 school year. Our spring elections took place on May 22nd, 2012 with our End-of-the-Year Banquet occurring the next day and revealing the results of the election. Banquet was held at Leucadia's Pizzeria with a dinner followed by review of the year presented by Bill and myself. We were happy to see how many successful events we put on throughout this year, including our first Consultant Pharmacist Networking Session and the Las Serenas Health Fair, our first ASCP health fair. This past year UCSD-ASCP accomplished many goals and I am looking forward to continuing our growth this upcoming year.

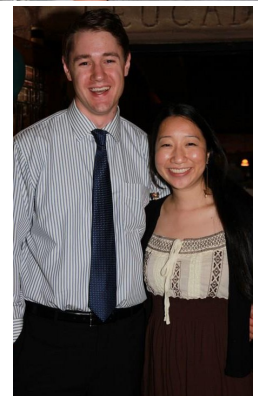
I'm proud to present our new UCSD-ASCP 2012-13 Executive Board:

- President: Denise Harano
- President-Elect: Jin Piao
- VP of Community Affairs (P3): Christine Marie Manalo
- VP of Community Affairs (P2): Alyssa Miyake
- VP of Professional Education: Tiffany Lee
- Geriatric Elective Coordinator: Alex Guo
- Board Liaison: Pamela Saarikoski
- Secretary: Cindy Nguyen
- Treasurer: Kristie Luu

I'm excited to work with these very talented individuals over the next year to further educate the seniors in our community about their medication needs and provide opportunities for our members to learn more about this population.



UCSD-ASCP
Banquet
Leucadia Pizzeria
May 23rd, 2012



VA Stand-Down

Denise Harano

On July 13-15th, UCSD-ASCP participated in a collaborative effort with UCSD's CSHP and APhA chapters to provide pharmacy services to homeless veterans from across the country at VA Stand Down. Stand Down is an annual summer event, and this is our second year participating in the medication counseling and blood pressure screening booths. In addition to the pharmacy services, veterans and their families are also provided with shelter, food, medical and dental care, eye exams, legal assistance, drug abuse counseling and job placement assistance during the 3-day event.

Medication counseling was very valuable for the students to hone their counseling skills and explain what the medication was for, how to take it, and any side effects to look out for. Students were also able to advise veterans on their diet and lifestyle through the blood pressure screening by encouraging veterans to eat more balanced meals and stop smoking and drinking alcohol. It is tough to break a habit that has been going on for so long, but many of the veterans were open to our suggestions and acknowledged that they needed to change their diets to improve their health.

We were lucky to work alongside residents from Kaiser as well as VA pharmacists. We are proud to continue our collaborations with the VA and their Stand Down event. It is an event that UCSD-ASCP is very passionate about and a way to reach out to the older veteran population in San Diego.



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We're on the Web!

www.wix.com/ascpucsd/1

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 three 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 providing educational lectures to our members.

For more information about us or our events, please visit our website!