



ASCP

American Society of CONSULTANT PHARMACISTS

UCSD-ASCP QUARTERLY NEWSLETTER

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Welcome Back!

UCSD-ASCP had a very eventful and productive Winter quarter! The past few months we have been filled with educational presentations, health outreaches, fundraisers, and shadowing events. We started the quarter with winter GBM and announced our Member of the Quarter. Through multiple educational outreaches, we reached out to more senior facilities to help them better understand their medications. In addition, Dr. Chau gave us a great presentation about geriatric medication physician's practice during a lunchtime talk. We also had a great success in the rose gram fundraiser.

Although there is a lot of changes happening, we welcome all of you to this new quarter and look forward to seeing you safe and healthy when the pandemic is over!

Winter GBM

Jennie Huynh (P3), President

On January 14th, ASCP held its Winter GBM to announce exciting new events for the upcoming quarter. These events include a Moores Cancer Center Tour, shadowing at Jacobs ED, lunchtime talk with Dr. Chau, Immunizations Outreach, and much more. We also welcomed our members back and had our delegates Jennie Huynh (P3), Shengxi Sun (P3) and Guannan Wang (P3) share their experiences from the ASCP Annual back in November. We also voted on the new special event committee during the meeting. Lastly, we announced Sharon Oh (P1) as the Fall Member of the Quarter!



Elliott Lam, President Elect, with Member of the Quarter, Sharon Oh.



The participated board members.

*Join us in welcoming our
new Special Event
Committee members being
elected*

Vivian Ngo (P1)

Sharon Oh (P1)

David Wong (P3)

Member of the Quarter

Sharon Oh (P1), Member



From my first quarter at Skaggs up until now, ASCP has provided tremendous opportunities to grow as both an individual and as a student pharmacist. Various outreach events that I served in throughout the quarter include the Vitamins and Minerals Presentation, Kaiser UPAC Health Fair, and multiple Medicare Part D Outreaches. From these wholehearted patient interactions that I participated in throughout San Diego County, I have grown my compassion towards the geriatric population immensely and am enlightened that my contribution as a student pharmacist has empowered these individuals!

Along with these handful of opportunities that ASCP provided, I enjoyed connecting with fellow members and learning more about current events at various lunchtime talks. In addition, my favorite part of being in ASCP was contributing towards the Rose Gram Fundraiser as part of the Special Events Committee as it truly highlighted the family dynamic at UCSD Skaggs School of Pharmacy. I'm grateful to be involved with such a wonderful organization that gives back to a community close to my heart, and I'm excited to be a part of ASCP for the next few years!

Geriatric ED Shadowing

Amy Leung (P1), Member

I had the great opportunity through ASCP to shadow Dr. Bassell and see a snippet of the inner works of what it's like to be an ED pharmacist at UCSD Health. It was a really great experience for me as I learned a lot from him. I have little to no experience in an inpatient setting, so shadowing Dr. Bassell was eye opening. I was able to see the skills that I was learning in school being applied in practice. I was working through some PK problems with Dr. Bassell for a patient and I thought that was pretty exciting because I felt like I was able to apply my learnings. It was pretty busy that day in the emergency department, but Dr. Bassell still took the time to give me insight and advice on rotations and residency. Overall, I am so grateful to have this opportunity through ASCP to shadow Dr. Bassell.

Rose Gram Fundraiser

My Phung (P3), Treasurer

On February 14th, ASCP held our annual Rose Grams fundraiser. The theme for this year's Rose Gram is Appreciation. Participants were able to purchase a rose with a personalized message showing their appreciation and gratitude for their peers, staff, and professors of Skaggs. Roses were delivered to student mailboxes and to staffs' offices in time for Valentine's Day. Once again, there were overflowing roses occupying the students' mailboxes and the special messages and roses brought many smiles to the students, staff and faculty of Skaggs. Many thanks to everyone that supported the fundraiser and helped contribute to another successful event!



The participated board members.

Pharmacy Day

Maya Yu(P1), Member



The participated volunteers and preceptors.

At the beginning of February, UCSD's ASP board organized its annual Pharmacy Day event, which brought many high school students to Skaggs for a day of educational and interactive workshops. Our chapter of ASCP ran a workshop that highlighted the complications that many older adults face as they get prescribed more and more medications. We gave the students resources and knowledge that they could bring back to potentially help the older adults in their families. Volunteers taught the students how to sort medications into weekly pillboxes as well as look up information on a drug from trusted resources. The workshop was designed to impart practical knowledge to the visiting high school students in the hopes that they will be able to put it into practice in the future.

Nutritional Diet for Older Adults Presentation

Tyler Sanders (P1), Member

On March 3rd, my classmate, Stephanie Youn, and I had an opportunity to talk to an amazing group of geriatric patients at the Brookdale Senior Living facility about how important it is to have a well-balanced diet. We talked about how food can be your medicine and the essential nutrients one should try to obtain on a daily basis when eating. This was a great opportunity to help them understand what to have on their plate when eating meals. Sometimes it can be tough to eat healthy at these facilities because, for the most part, their meals are already picked for them. However, this talk helped them comprehend that you can limit eating certain unhealthy meals by knowing the correct suggested serving size. I also learned many things about dieting myself. This was a fun experience and I am glad that the patients were so open about talking about their experiences.



From left to right: Tyler Sanders, Dr. Panteha Kelly, Stephanie Youn.

Immunization Education Outreach

Tommy Thai (P1), VP of Immunization Outreach



From left to right: Brooke Wallace, preceptor Dr. Laura Hart, and Maya Yu

On March 5th, ASCP provided an immunization presentation for the older adults at the Vi at La Jolla Village. The volunteers, Maya Yu and Brooke Wallace, were able to discuss the importance of being immunized, vaccines that older adults commonly receive, and how to go about getting immunized. Residents were highly engaged and asked plenty of questions throughout and after the presentation. Overall, it was a good opportunity for our members to personally connect with the residents and make an impact in our local community.

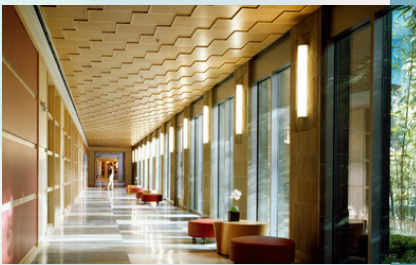


The participated members.

Moore's Cancer Center Tour

Christine Nguyen (P1), Member

On 28 January 2020, oncology pharmacist Dr. Stephen Segal led a tour for myself as well as ten other pharmacy students around his workplace at Moore's Cancer Center. Starting with a brief introduction, Dr. Segal explained his role as a pharmacist at the cancer center and guided us in the order that a patient might encounter each part of the center. As we traversed throughout Moore's Cancer Center, Dr. Segal explained in detail the close working relationship between physicians and inpatient pharmacists, how the unique organization of the outpatient pharmacy area allowed for more lengthy and in-depth consultations, the role Pyxis machines played in dispensing medication, and the preparation of compounded medications. The tour finished off with a Q&A session in which Dr. Segal opened up on the poignant relationships with patients he is able to form through his work and advice on standing out in the increasingly competitive arena for pharmacy jobs. The tour was a great opportunity for students to gain exposure to different types of pharmacy and explore the options they have once they graduate.



Beautiful views of the cancer center.

"Thank you to everyone who came out to ASCP's event at the Rebecca and John Moore's UC San Diego Cancer Center hospital tour, one of the few places that are designated by the National Cancer Institute as a Comprehensive Cancer Center. American Society of Consultant Pharmacist (ASCP) mission is to empower pharmacy students by equipping them to grow professionally and progressively in their careers while also encouraging them to serve in local outreaches, and teaching them to improve patient-care in the geriatric population."

--Stephanie Lam (P2), VP of Professional Education

SD Science Expo Day

Liselle Ang (P3), Member



Liselle Ang and Amy Leung were educating a girl and her parent.

On March 7th, 2020, the students of UCSD Skaggs School of Pharmacy and Pharmaceutical Sciences participated in SD expo, which is an event that aims to cultivate the minds of young participants to explore the fields of STEM. One of UCSD's booths, Medication Safety, targeted to educate kids on how to properly handle medications. They were given scenarios that focused on safe medication practices where they were asked to share how they would react in these situations by pointing out whether the actions presented were good or bad choices. Overall, around 300 kids participated and had fun, whilst learning about the importance of medication safety.

Valentine's Day Card Making

David Wong (P2), Special Events Committee



Some of the cards that members made.

With Valentine's Day around the corner, we took a break from our busy schedules to show our love and care for the senior residents at Vi at La Jolla Village. At the Valentine's Day Card Making event, we created hundreds of sweet and thoughtful valentine cards that were later sent to the assisted living housing. Overall, it was a fun event that ultimately brought smiles to our senior friends on Valentine's Day.

Lunchtime Talk with Dr. Chau

Stephanie Youn (P1), Member

Dr. Diane Chau gave a lunchtime talk to ASCP members, where she spoke about her experiences as a physician at the VA, where she worked with the older adult population. She shared personal stories of how she has come to work in this field, and some of the hardships and lessons she has learned through this. As a result of her experiences, she emphasized the importance of interprofessional collaboration in order to provide the older adult patients with the best care possible, and also encouraged us by sharing that there is a strong need for pharmacists in this area. She specifically gave an example when she first started at the VA, where some of her patients were on a long list of medications, which she found extremely overwhelming to look over alone, especially because she had a limited amount of time. Once she started collaborating with the pharmacist and other healthcare professionals, she realized the importance of collaboration when treating patients and reaching out for help, especially with older adults as they have more complex medical issues and are taking more medications. I really appreciated Dr. Chau and her honesty when sharing her experiences, both in her career and life. Hearing this left me and other ASCP members inspired to learn more about how we can help the older adult population.



Participating ASCP members.



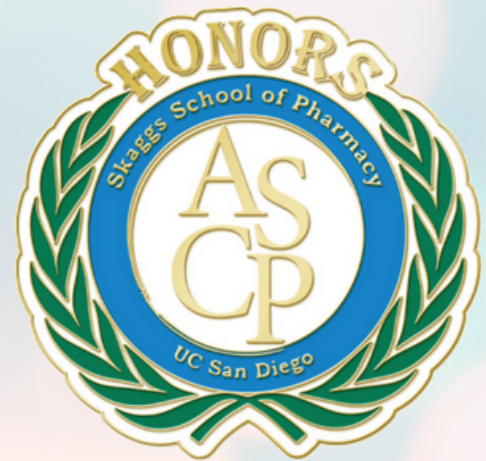
WHO WE ARE

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 seven 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 PINS

- 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 (1pt)
 - Attending Professional Education Events (1pt)
 - Writing an article for ASCP Newsletter (0.5pt)
 - Helping with fundraisers (0.5 pt)



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