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## Welcome from the President

Greetings UCSD-ASCP Members! As my first message as UCSD-ASCP President, I would like to congratulate our new Executive Board members and welcome them to our chapter. Also, I wanted to give a brief preview of the exciting events we already have planned for the 2011-2012 School Year. This year we have decided to host a Fall Membership Drive Trifecta, with three events planned during the first several weeks of the Fall Quarter. On September 29th, we will be hosting our Fall Membership Drive, and Dr. Greg Medley has graciously offered to return as our keynote speaker for the third year in a row. On October 5th, we will screen the inspiring documentary *Over 90 and Loving It* in the auditorium of our pharmacy building. This awe-inspiring movie depicts several nonagenarians doing some age-defying activities. Our third event of the Membership Drive Trifecta will be an ASCP Consultant Pharmacist Networking Session, held at the UC-San Diego Skaggs School of Pharmacy, in late-October. We plan to invite a panel of pharmacists to visit UCSD and each speak about their experience working as consultant pharmacists, in long-term pharmacies, or in other practice settings in which they manage medications for the older adult population. The Networking Session will allow our student members to directly interact with consultant pharmacists and ask about their career and how they became involved working with the older adult population.

I am excited about the upcoming year, and I am particularly pleased with how much our UCSD-ASCP student chapter has accomplished since its inception just two years ago. We hope to make 2011-2012 our most successful year, and we plan to start the year off with a 'BANG' through our Fall Membership Drive Trifecta.

-Bill Madden

## Contact Us

[ucsd.ascp@gmail.com](mailto:ucsd.ascp@gmail.com)

## Upcoming Events

- August 17<sup>th</sup>:  
Shingles & Pneumococcal Disease Presentation at LiveWell San Diego
- September 29<sup>th</sup>:  
Fall Membership Drive
- October 5<sup>th</sup>:  
Screening of "Over 90 and Loving It"
- October 6<sup>th</sup>:  
Medication Safety Presentation at the College Avenue Older Adult Center
- Late-October:  
ASCP Consultant Pharmacist Networking Session

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## Congratulations 2011-2012 Executive Board!

Bill Madden



On May 11<sup>th</sup>, the UCSD-ASCP Student Chapter held their Spring Elections and Annual Banquet Dinner. The Annual Banquet is a chance for our Exec Board to share a summary of our previous year with UCSD Faculty Advisers and Deans, CA-ASCP, and our Student Members. We presented awards to our two UCSD Faculty advisers, Dr. Joseph Ma, and Dr. Sarah McBane. We are pleased to announce the following elected officials for the 2011-2012 Executive Board (pictured left to right above): P2 Liaison: Tiffany Lee, Board Liaison: Lindsey Mann, P3 Liaison: Trina Huynh, Secretary: Jeri Angelo, Geriatrics Elective Coordinator: Mackenzie Bear, President-Elect: Denise Harano, President: Bill Madden, Treasurer: Christine Manalo, VP of Professional Affairs: Alex Guo, VP of Community Affairs: Sheryl Gong (not pictured). We also would like to recognize our outgoing Executive Board Members, and thank them for their hard work and dedication towards UCSD-ASCP: Traci Bricker, Jacqueline Hovhanessian, Jack Yeung, Deepika Nayyar, Elizabeth Jackson, and Natasha Gorely. We are thrilled with the success of UCSD-ASCP in 2010-2011, and hope to improve upon our success in 2011-2012.

## Past Events

- VA Stand-Down at Balboa Park
- Hypertension Educational Outreach Presentation and Screening at Balboa Park
- Medication Safety Presentation
- Educational Hypertension Outreach to the Chinese Community at Horton House
- Medication Safety Presentation at Point Loma Library
- San Diego Senior Games Association Presentation of Pharmacogenomics
- Phun Run Presentation on Osteoporosis and Exercise
- Geriatrics Elective Course Educational Outreaches
- Shingles and Pneumococcal Awareness Presentations
- Pharmacy Day 2011
- Interactive Presentation on Overactive Bladder at Vi Retirement Community
- Managing Hypertension at Vi Retirement Community
- UCSD-ASCP at CPhA: "Success and Essential Qualities of the UCSD-ASCP Chapter"
- ACSP 41<sup>st</sup> Annual Conference
- Medication Safety Presentation at Alabama Manor
- Ron's Pharmacy Tour
- Hypertension Screening at Ed Brown Senior Center's 1<sup>st</sup> Annual Wellness Fair
- Managing Diabetes at the Vi Retirement Community

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ucsd.ascp@gmail.com

## Medication Safety

Bill Madden



On March 31<sup>st</sup>, UCSD-ASCP members Bill Madden, Susan Cho, and Elaine Wang (pictured right to left) presented "Medication Use Safety Training for Older Adults" at the College Avenue Older Adult Center, in San

Diego to approximately 30 audience members. This was our first event at the College Avenue Older Adult Center, which offers daily exercise classes, art classes, games, cultural programs, and live entertainment to older adults. Our three student pharmacists discussed specific medicine use problems in the older adult population, common drug-drug interactions, and ways to use medications in a safe and effective manner. Our members kept the audience engaged by asking them "Pop Quiz!" questions throughout the presentation. The audience enjoyed the presentation, as they asked numerous detailed and thoughtful questions, so many that the Q&A session lasted well over 30 minutes. We would like to thank our pharmacist preceptor, Dr. Nathan Painter, for overseeing our presentation and providing his pharmacotherapeutic expertise. We would also like to acknowledge Elissa Landsman, Activities Director at the College Avenue Older Adult Center, for inviting us to present the lecture. UCSD-ASCP is excited to return to the College Avenue Older Adult Center for another educational outreach event on October 6<sup>th</sup>.

## Over 90 and Loving It!

Denise Harano

What is the first thing that pops into your head when you think about a 90-year old? Getting married? Going back to school for a master's degree? What about pole vaulting? The answer is probably 'No' for all of these activities, but that is exactly what over 90-year olds were shown doing in the documentary, *Over 90 and Loving It*. (Continues on next page)



## Executive Board:

### 2011-2012

President

Bill Madden

President Elect

Denise Harano

VP of Community Affairs

Sheryl Gong

VP of Professional Education

Alex Guo

VP of Immunization

Denise Harano

Board Liaison

Lindsey Mann

Secretary

Jeri Angelo

Treasurer

Christine Manalo

Geriatrics Elective Coordinator

Mackenzie Bear

P3 Class Liaison

Trina Huynh

P2 Class Liaison

Tiffany Lee

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On April 20<sup>th</sup>, 2011, seven UCSD-ASCP members attended the *Over 90 and Loving It* movie screening at the Museum of Contemporary Arts in Downtown La Jolla. The audience was treated to the hour-long movie followed by an open panel discussion with some of the



documentary, which was facilitated by the movie's director, Susan Polis Schutz. The movie and discussion afterwards showed what these individuals are doing right as far as staying active and healthy in their 90s. Schutz also compiled a list of ten characteristics that all the film's stars shared in order to live a fulfilling life at any age, including being optimistic and making a difference in the lives of others. UCSD-ASCP is planning to have a screening of this documentary for our members in Fall Quarter. We hope to see you all there to watch a film that is a reminder of the population we are focusing on, and that shows us all that old age is something to look forward to and enjoy!

## Antibiotic Use and the Elderly

Elizabeth Jackson

On April 26, 2011 ASCP had the pleasure of Dr. Charles James presenting a talk about antibiotic use in the elderly, which is an especially important topic in geriatric pharmacy. As he stated, the elderly population accounts for 33% of prescription drug use, but only constitutes 15% of the population. Furthermore, the average person over the age of 65 will fill 9-13 prescriptions per year in addition to the average two to four non-prescription medications these patients take each day. This is a serious concern, because the more drugs a patient is on, the higher chance of adverse drug events. It is estimated that up to 15% of hospitalizations of elderly patients are due to adverse drug reactions. Another factor that complicates this is the effect of age on the kidney and liver, the two most important organs for excretion and metabolism, respectively. *(Continues on next page)*

Drug interactions are always important to warn patients about, but especially elderly patients as they tend to take more medications. Dr. James emphasized some important antibiotic interactions, such as tetracyclines with antacids, and cephalosporins with alcohol. Often patients do not feel that



over-the-counter medications, herbal remedies, antacids or alcohol can cause detrimental drug-drug interactions. Thus, it is extremely important for the older adult population to mention everything that they ingest, including certain types of food, to their physician and pharmacist.

Dr. James also presented us with some principles of good antibiotic prescribing. He warned us to use antimicrobials only when appropriate and to ensure that specimen samples are sent for culture before initiating treatment. He also encouraged us to follow up with culture and sensitivity results and change antibiotic therapy accordingly, using the narrowest spectrum possible for the particular bug. This will ensure that other resident microflora won't be eliminated by using broad-spectrum antibiotics, as well as keep potentially harmful bacterial strains from arising, such as MRSA.

Additional considerations that should be addressed with elderly patients are dexterity, polypharmacy, complexity of directions, and comprehension. It is important that the patient can hear administration instructions, read the prescription label, comprehend the instructions once seen or heard, and is capable of taking the medication as directed. The first step to successful therapy is patient comprehension and adherence.

ASCP was very fortunate to have Dr. James present to us, and all who attended gained valuable knowledge regarding antibiotic use in the elderly.

**Contact Us**

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# Loma Linda Seeks UCSD's Help in Starting New Chapter

Bill Madden



On April 28<sup>th</sup>, UCSD-ASCP past President Traci Bricker and current President Bill Madden visited the Loma Linda University School of Pharmacy to give a presentation on starting an ASCP student chapter. Twenty Loma Linda student pharmacists attended the presentation, along with five CA-ASCP consultant pharmacists. During the 35-minute presentation, Traci and Bill discussed the accomplishments of UCSD-ASCP, what is involved in starting an ASCP student chapter, listed our chapter by-laws, and discussed the working model of our ASCP student chapter. After the presentation, there was an informal networking session, where the LLU students had the opportunity to ask Traci and Bill, as well as the other consultant pharmacists in attendance, about additional advice for starting an ASCP student chapter and what is involved in being a consultant pharmacist. We hope our visit to Loma Linda will inspire a core group of student pharmacists to start an ASCP student chapter, and that we will be able to welcome another ASCP student chapter in the next year. We would like to thank the following CA-ASCP members for taking time out of their work schedule to attend the presentation and act as a supporting cast during the visit to Loma Linda: Kathy Karlheim, Huda Cotta-Dethlefs, Ed Shafik, Kyle Lovett, and Charlie Brown.

**Contact Us**

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