

Winter 2012



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Welcome!

Lindsey Mann

The year has been flying by so fast, it's hard to keep up with the many events that ASCP has been involved in. We rebooted our Geriatrics Pharmacotherapy elective, participated once again in UCSD's annual Pharmacy Day program, and had outreaches and lunchtime talks for our members.

In addition to having several talks and outreaches lined up, including one that involves live vaccination, we are looking forward to our springtime executive board elections, and have several students attending ASCP's Midyear Conference in Anaheim, CA. It's a very exciting time, and we are all eagerly looking forward to summer!

ASCP: Meeting the Rising Need in Geriatric Pharmacotherapy

Mackenzie Bear

Since being founded at UCSD just 3 years ago, ASCP has encouraged and participated in countless outreach events and patient education aimed at the geriatric population. We have offered an outreach elective every spring aimed at bringing what students learn in the classroom out into the community. Students develop and present PowerPoint presentations, pamphlets, and posters to our senior population here in San Diego. However, this year ASCP went one step further in reinforcing what our students know regarding specific disease states common with the elderly and their age-appropriate treatments through the reintroduction of the Geriatric Pharmacotherapy elective.

The elective was a one-unit course that was offered this past winter quarter and aimed at providing an overview of disease states commonly associated with the geriatric population and the medications used to treat them. With a baby boomer turning 50 years old every 18 seconds and 60 years old every 7 seconds, health care professionals need to be prepared for the baby boomer expansion. Through this elective, **78 SSPPS students** are better equipped in the counseling and treatment of their elderly patients and prepared to meet their future patient's needs!

Through a series of 10 lunchtime lectures given by pharmacists, physicians, and other healthcare professionals, students were able to fully grasp the complexity of caring for elderly patients. Topics ranged from geriatric disease states such as COPD, osteoporosis, and Alzheimer's disease to more general topics such as medications to avoid in the geriatric population and pathophysiological changes as we age. We concluded the lecture series with a focus on geriatric care and how to deal with aging family members presented by the Director of Resident Services of several local adult housing communities.

With the help of our faculty advisors Drs. Ma and McBane, the elective was an exceptional success! It helped to expose P2s to medications that will be seen more in depth in their third year and showed the P3s how to apply what they are learning in therapeutics to their geriatric patients. Furthermore, we did not just focus on the disease states and treatment, but also highlighted patient education with the elderly, emphasizing adherence and potential barriers that need to be addressed for effective medication management.

After such a successful quarter, ASCP is continu-

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Upcoming Events

- May 22nd: Spring Executive Board Elections
 May 23rd: Annual Year-End Banquet
 May 21st-23rd: ASCP Midyear Conference in Anaheim, CA
 May 30th: Spring Fling Bake Sale

Past Events

- 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
 LiveWell Shingles and Pneumococcal Presentation
 VA Stand-Down
 Hypertension Educational Outreach at Balboa Park
 MUST Presentation at Vi La Jolla

ASCP: Meeting the Rising Need in Geriatric Pharmacotherapy

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ing the tradition of a Geriatric Outreach elective this spring, taking students who were enrolled in the didactic elective last quarter and bringing what they learned into the geriatric community of San Diego. I am very grateful for all of the students who participated in the Geriatric Pharmacotherapy elective last quarter, and I am looking forward to see how this elective will continue to grow in the coming years. It has really been a thrill to coordinate it!

Pharmacy Day 2012: Medication Safety and Immunizations

Lindsey Mann and Sophia Lai

On February 25th, 2012 UCSD held the 4th annual Pharmacy Day on campus, inviting interested students enrolled in the BioBridge program to join us in learning about different disease states and impacts that the pharmacy profession can have on them. Each of our on-campus organizations ran one or more sections, like compounding, asthma, hypertension, or diabetes, and UCSD-ASCP had the pleasure of chairing the Medication Safety section and co-chairing the Immunizations section.

As Board Liaison, one of my duties is to chair and run the Medication Safety for Seniors section. The section involves an introductory presentation, then the students are broken up into three subsections and rotate around. Because of our younger population, some of the faculty suggested that we add in more that they could

use themselves, in addition to giving them tools to help others. So I also added a segment in the presentation about safe medication disposal methods, including a helpful video made by some of our classmates: Sandy Chong, Stephanie Wang, and Jennifer Pham. The students were very



complex some medication administration's are.

The three subsections the students were divided into were I Spy, Hard of Hearing, and Manage This! The purpose of I Spy is to show the students how having poor eyesight (via 3D glasses smeared with Vaseline) and trying to read package inserts can be a recipe for adverse reactions. Many of them already had glasses, so they were familiar with eye problems that can come with aging. Hard of Hearing had students use earplugs and counsel each other on use and technique of oxymetazoline, then testing the plugged-up students' comprehension. Manage This is always the most challenging section, as it requires the students to read five different drug monographs, use those to fill out a medication record, and then put the provided "pills" into a



interested, and were participating in the presentation by answering questions and providing ideas on medication safety methods. The chaperones even participated, with one woman shouting from the back of the auditorium, "Risedronate!" when I was using it as an example of how



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Pharmacy Day 2012: Medication Safety and Immunizations

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weekly pill-sorter, which tends to take up a lot of time. The students were up to the task this year, however, and some groups even finished early!

The BioBridge students were split up into two groups, and over the course of two hours, Medication Safety saw them all. The Immunizations section, run by UCSD-ASCP VP of Immunizations Sophia Lai, was later on, and the students had to sign up beforehand to participate in that specific section, which would accommodate about 30 students. They had an hour-long didactic section and then a poster-making session after, and are encouraged to present their findings to their classmates at school. Here's what Sophia had to say about her experience:

"I had no idea what to expect from the 30 high school students sitting in the seats that my classmates and I occupy every day. I did not expect them to know the function of cilia or about the influenza virus, but they knew that information and much more. The students at the Immunizations

Workshop for Pharmacy Day were extremely bright and outgoing. They weren't shy about answering questions or sharing their knowledge with the class. One of my committee members even commented that some of these students were "definitely Harvard-bound." After all the long hours that my committee and I put into planning for this workshop, I was pleasantly surprised to find that the students were receptive and willing to learn. They had a lot of fun practicing the proper immuni-



zation technique and creating posters to bring back to their schools. This was a great learning experience for everyone involved, and I can't wait for Pharmacy Day 2013!"

Overall, Pharmacy Day was a great success, thanks to the people who worked on it in previous years to make it into what it is today, to AS VP of Pharmacy Outreach Rebecca Wittenberg for putting in countless hours organizing and supervising the event, and Bio-

Bridge, for making all of this possible. I would like to thank my wonderful section leaders for Medication Safety, who kept the kids interested, on task, and motivated, as well as entertaining them and answering their questions: Mackenzie Bear, Jennifer Lee, and Jon Benner (Manage This!); Meghan Aslanian and Andrew Willeford (I Spy); Marwa Rifai and EiThandar Win (Hard of Hearing). We would also like to thank the Immunizations section co-chair APhA Operation Immunizations project chair Katie Meunier, and volunteers Kelley Ramey, Cassandra Vo, Kara Kubli, Natasha Novikova, Lillian Nguyen, Mitch Vitale, and Conor Bowman, for all their hard work and dedication. Thank you as well to our excellent preceptors, Dr. Sarah McBane (Medication Safety) and Dr. Sarah Lorentz (Immunizations).



Executive Board: 2011-2012

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Lunchtime Lecture with Dr. William Norcross

Alex Guo



On February 27th, ASCP hosted its second lunch talk of the year with William Norcross, M.D. as the guest speaker. With almost 40 years of family medicine experience, Dr. Norcross is a geriatrics specialist and a clinical professor of family medicine at the UCSD School of Medicine. During his lecture, titled “Strengthening the Alliance Between Two Great Professions: Pharmacy and Medi-

cine”, Dr. Norcross spoke of his interactions with pharmacists and discussed about how pharmacists and doctors can work together to elevate the standard of care for their patients. Teamwork, trust, superb communication, collaboration, mutual education, and a touch of

humility are all needed in order for doctors and pharmacists to meet the growing demands of our healthcare system. Technological advances in communication save time for health professionals but can often lead to misunderstandings and misinterpretations. Dr. Norcross emphasized that direct forms of communication are key to optimizing the teamwork between

doctors and pharmacists.

Through joint education and pharmacist-run clinical programs (like Coumadin clinics, polypharmacy clinics, and chronic disease management), we are already taking steps towards bridging the gap between pharmacy and medicine. Dr. Norcross then presented several stories from his own experiences and those of his colleagues of pharmacy and medical students complementing each other’s strengths in difficult situations. Overall, Dr. Norcross says, we are doing a great job, but can do even better with more collaboration. ASCP is grateful for having the opportunity to host lectures from talented and generous speakers like Dr. Norcross.

Winter Fundraiser: ‘Berry’ Good Luck on Exams!

Christine Marie Manalo

Here’s a little update on UCSD’s ASCP fundraising from our Winter 2012 quarter. After having two successful fundraisers during the fall, our chapter decided to hold just one fun-filled, unique fundraiser, the “Berry Good Luck on Exams Fundraiser.” At this benefit, held on March 8th in our Skaggs School of Pharmacy mailroom, we chose to sell chocolate-covered strawberries & pretzels packaged with a good-luck pencil and a personal note from a supporter to a recipient. What a great idea for a gift from a “Big Sib” to a “Lil’ Sib” here at Skaggs! The selling price was based on the amount of chocolate-covered strawberries purchased, \$2 per strawberry or \$3 for two strawberries.

Students were given the option to pre-order packages, in which

their recipients would pick them up on fundraiser day. And wow, did our peers take advantage of that! We collected \$253 with pre-orders; and because more than 150 strawberries were pre-ordered, several of our dedicated ASCP executive board members gathered together to make about 200 chocolate-covered strawberries and 200 chocolate-covered pretzels the night before the event! (A little extra was made for day-of sales). We hand-wrote about 75 personal notes that night too! Recipients were notified through e-mail a few days before that they received a “Berry Good Luck on Exams Package.”

At the day of the event, students and faculty cheerfully came in and out of the mailroom to pick up their packages and some of

the time to purchase more! In the end, after running out of Chocolate-covered strawberries to sell, we collected \$280, leaving us with a profit of \$205! Thank you for all of your support!

For our last quarter of the year, we will be having our “Spring Fling Bake Sale” on May 30th. Look out for more details! And thank you again for supporting ASCP.



Presenting on High Cholesterol: College Avenue Older Adult Center

Sheryl Gong

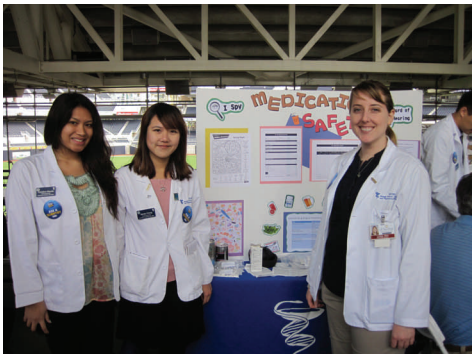
On March 7th, ASCP members returned to the College Avenue Older Adult Center, this time for a presentation on high cholesterol. While presenting various drug classes and their side effects, students also stressed the importance of healthy living. By just modifying your lifestyle habits such as eating right and getting enough exercise, students conveyed to the community that this alone could significantly make a difference. This was a great opportunity for students to practice their patient counseling skills as well as incorporate the information gained from didactic academics into practice. Our preceptor, Dr. Painter, thoroughly answered questions and guided students with their skills.

A big Thank You to Dr. Painter and student volunteers Britney Maynard and Jennifer Gin for supporting ASCP and contributing to this great event!



UCSD-ASCP at the SD Science Festival

Sandy Chong and Conor Bowman



One of the biggest science events for all kids in the San Diego neighborhood, the Festival of Science & Engineering Expo day, was held at Petco Park on March 24, 2012. Over 27,000 people including kids, families, scientists, and educators attended this great celebration. UCSD Skaggs School of Pharmacy achieved a great success on showing “the world of pharmacy” to the participating kids and families, while teaching them on topics of hypertension, asthma, and diabetes, with the support of the APhA-ASP, ASCP, and CSHP Student Chapters. UCSD-ASCP had two tables: Medication Safety and Immunizations.

The Medication Safety team (Lindsey Mann, Christine Manalo, and Sandy Chong) incorporated interactive activities, including “I Spy”, “Hard of Hearing”, and “Look-Alike”, to en-

gage attendees’ best interests on issues of medication safety and senior wellness. Topics ranging from the nature of aging and seniors’ medical needs, strategies for poison prevention in household, to information of common drug interactions, proper medication disposal, and updates on the National Drug Take Back Day, were addressed and presented to more than eighty visitors. It was an amazingly rewarding opportunity to share our achievements to our community members and to support this greatest event in this beautiful weekend. We hoped this event could showcase the field of our profession, the extended role of pharmacists, and



the enthusiasm of Skaggs in our community!

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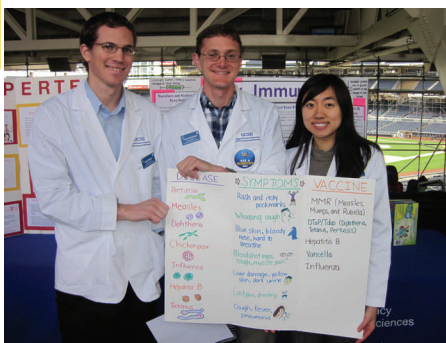
UCSD-ASCP at the SD Science Festival

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ASCP VP of Immunizations Sophia Lai organized a highly interactive immunizations table at the Festival of Science and Engineering at Petco Park on Saturday, March 24. High school students flocked over to learn how to operate hypodermic needles and epi-pens, and were especially excited to be learning from professional pharmacy students—



“This is my favorite booth—it’s so real!” said one student. First year student Conor Bowman enthusiastically enlightened both students and parents on the immune system and how vaccinations worked. They were instructed on how to withdraw saline solution from an air sealed vial as well as how to inject at a subcutaneous angle into a simulation of human skin. First year student Fred Gibson amiably explained the proven science behind immunizations to deter fears of needles and autism, despite the fervor of some opposing viewpoints. A poster game in which kids would match different microorganisms with their symptoms and corresponding vaccines proved to be a great success. Advisor Kevin Mee used it often to illustrate all the different diseases immunizations could help prevent. Overall it was a wonderful learning experience for the students and an excellent opportunity for Skaggs School of Pharmacy to reach out to the San Diego community.



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!