



Volume 4, Issue 2

Winter 2014

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Welcome!

Deepika Mohan, Board Liaison (P2)

UCSD-ASCP wrapped up the winter quarter successfully. The past several months have been exciting as we created new events and at the same time kept the traditional ones. We started off with the with the philanthropy event at the Congregation Beth Israel. We had our annual medication safety workshop for pharmacy day. For the first time, we hosted senior prom at College Avenue.

We were able to show the workings of Ron's Pharmacy. We were fortunate to host several informational outreach events such as the Osteoporosis presentation and Immunization presentation. In addition, we had brown bag event and lunchtime presentation on osteoporosis. This was another successful year that the Geriatric elective was offered to UCSD pharmacy students, providing an overview of treatments specific for the geriatric population. We concluded this quarter with our Senior Prom.

Philanthropy Event

Cindy Lau, P1 Board Liaison (P1)

Some of our members went to Congregation Beth Center to spend some quality time with seniors in the community. It was a great opportunity to mingle and get to know the seniors. Not only was it a chance to get to know them, but also they were able to participate in their sing-along. They sat together with them and followed along as the woman who was entertaining played several songs and had everyone sing along with her. Some of the seniors were quite energetic, getting up and dancing along to the more upbeat songs. It was great to see them so active and it made it easier for the girls to get up and dance alongside them. Overall, it was a great opportunity to spend time with the seniors and participate in activities with them.



From left to right: Jennifer Vu, Alice Koh, Siu Mei Ma, Estelle Kim, Sammi Tam and Cindy Lau



From left to right: Alice Koh Siu and Estelle Kim spending time with the seniors

Osteoporosis Outreach

Kellie Kocher (P3)

In January of 2014, several members from the ASCP chapter at UCSD delivered an outreach presentation on osteoporosis to residents at the Vi, a retirement community in La Jolla Village. UCSD SSPPS faculty member, Dr. Renu Singh, acted as the preceptor for the event and provided exceptional guidance to the presenters which included Lauren Aragon, Jin Yang, and myself. The Vi at La Jolla Village is a wonderful community because it actively invests in the health education of their seniors and we were grateful for the opportunity to provide this outreach.

After the disease state of osteoporosis was defined, the presentation covered the diagnosis, causes, and prevention of osteoporosis along with the medications used to treat it. Throughout the presentation, during Q&A, and even after the event, the Vi residents were very eager to ask questions relating to osteoporosis and its treatment. With help from Dr. Singh, we were able to successfully address all of these questions. I found the experience to be quite rewarding because I could sense the impact we were able to make through the residents' engagement with the information we provided.

Brown Bag

Lauren Aragon, VP of Community Outreach (P2)

On February 1st 2014, UCSD-ASCP held a brown bag medication review at UCSD campus following an informational talk hosted by the Stein Institute for Research on Aging. Dr. Diane Schneider gave a wonderful talk to seniors from all over the San Diego area about Osteoporosis and how to maintain healthy bones. Following the talk ASCP members, Mira Zurayk, Brittany Belmer, Cindy Lau, and Lauren Aragon reviewed the medications of the seniors who attended the talk. Dr. Freedman precepted the event and assisted with questions seniors had about their medications.

Our student Pharmacists documented all of the medications the seniors reported taking on a medication record that the seniors could take home. The students looked for possible drug – drug interactions and duplicate therapies and they counseled the seniors on how to correctly take their medications. A total of 20 patients were helped and the seniors were very grateful that we were there to answer their questions. We found a handful of medication errors and wrote notes for the seniors to take it to their doctors to address any potential problems we detected. It was a very fulfilling experience and we hope to do more events like this in the future.



From left to right: Matt Horton, Lauren Aragon, Brittany Belmer, Ibrahim Muradian, Dr. Freedman and Cindy Lau assisting patients with their medications.

Ron's Pharmacy Tour

Jin Piao, President (P3)

On Friday, February 21st, ASCP members went on a tour to Ron's Pharmacy Services in Mira Mesa. Ron's Pharmacy Services is a closed-door pharmacy, which serves long-term care facilities in the San Diego and Los Angeles area. It provides services such as medication therapy management (MTM) and consulting services for facilities. The tour began with a talk and question and answer session with Dr. Ron Belville, the owner of the pharmacy, regarding how he got started with opening his own pharmacy and the different perspectives into the responsibilities of a consultant pharmacist. Then Dr. Belville showed our members many of the specialized departments within the pharmacy, such as the medical records room, IV room and the main pharmacy. Overall, it was a very exciting opportunity for our members to see and learn about an area of pharmacy that is different from community and hospital pharmacy. We would like to thank Dr. Belville for his time and giving us a very inspiring tour through his pharmacy.



From left to right: Chiao An Chiu, Jeffrey He, Cindy Lau, Carmen Truong, Teresa Vu, Sammi Tam, Jaye Kim and Jin Yang

Lunchtime Talk: Osteoporosis

Phuong Thoi, VP of Professional Education (P2)



On February 19th, ASCP had a one hour lunchtime talk given by Dr. Heather Hofflich from the School of Medicine on the topic of Osteoporosis. Dr. Hofflich started this presentation by defining what osteoporosis was and ways to prevent this medical condition. She then went on to talk about diagnostic and common over the counter and prescription medications used to treat osteoporosis. At the end of the presentation, she answered any questions that our members had. This lunchtime talk provided ASCP members a chance to gain knowledge on one of the most common conditions that affects our geriatric population.

ASCP executive board 2013-2014 with Dr. Heather Hofflich. From left to right. Top row - Minh Nguyen, Jamie Kneebusch, Deepika Mohan, Cindy Lau, Dr. Heather Hofflich, Phyo Aung, Sarah Ross. Bottom row - Mira Zurayk, Nikki Mulligan, Jin Piao, Phuong Thoi, Lillian Nguyen, Lauren Aragon.

Immunization Awareness at the Vi, La Jolla

Nikki Mulligan, VP of Immunization (P1)

On February 25th, 2014 a team of ASCP members presented our first Immunization event of the quarter! Estelle Kim, Nikki Mulligan, and Jennifer Vu spread awareness about Shingles vaccinations, flu vaccinations, and booster shots to patients at the Vi, La Jolla. Dr. Sarah Lorentz kindly precepted this event and helped us out with some difficult questions during our Q&A session – we had some very knowledgeable former health care providers in our audience! The presentation was very eventful with one audience member choking on her shrimp snack. Luckily, her caregiver had quick reflexes and delivered a Heimlich maneuver before many in the room realized what was happening! This was also a rewarding experience to interact with these seniors at the Vi. One woman thanked us for answering all the questions about Shingles and we heard from others that had unfortunately experienced Shingles previously. This event also owes thanks to Glory Dial, the Activity Coordinator at the Vi, for hosting the event and providing a lovely array of snacks and refreshments. Congratulations to our P1s for putting their new Immunization knowledge to work for the community.

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)

*Other events are at the discretion of the exec board



From left to right: Jennifer Vu (P1), Estelle Kim (P1), Nikki Mulligan (P1)



From left to right: Yu Jin (P1), Jennifer Vu (P1), Dr. Nathan Painter, Tran Le (P1), and Siu Mei Ma (P1)

Immunization Awareness at Guadalupe Plaza

Nikki Mulligan, VP of Immunization (P1)

On February 28th, 2014 ASCP members Yu Jin, Tran Le, Siu Mei Ma, and Jennifer Vu spread awareness about Shingles and other vaccinations for Guadalupe Plaza residents. We felt very lucky to have such a full crowd as it was very windy, rainy, and inclement weather to come out in! We were also lucky to have Tran Le and Jennifer Vu translating our entire presentation into Vietnamese for many of our audience members. The presentation was followed by a question and answer session where our translators, again, were very useful! One resident promised us she would see her doctor about being vaccinated and had us write down the some vaccination names that were presented. Special thanks to Dr. Nathan Painter for precepting the event and thanks to Sharon Taylor and Trinh Le at Catholic Charities Senior Residential Services for arranging and hosting the event.

Senior Prom

Jin Piao, President (P3)



On Friday, March 7th, ASCP held our first Senior Prom at the College Avenue Center. The day began with a health fair showcasing educational posters on topics pertaining to the geriatric population, such as Medicare Part D, Medication Safety, Hypertension and Immunizations. Followed by a dance on the dance floor that was transformed with lots of glitz and glamour to fit with our theme of Hollywood, complete with live music provided by the Fynetones.

This event provided our members an opportunity to communicate and spend time with seniors on a more personal level and to get to know them as individuals with stories to share rather than just patients seeking information. At first, some students may have been shy in approaching seniors to dance with, but as the event progressed, everyone was dancing and sharing a good time together; it really was a heartwarming scene to see. More importantly, we wanted to make this a memorable and enjoyable experience for all the seniors attending, so we made sure to have something for everyone, be it dancing on the dance floor, enjoying the live performance, talking with new and old friends or just satisfying their sweet tooth.

And at the end of the day, seeing the smiles and hearing the laughter and kind words of the attendees was worth all of the work we put into the planning process and it so much more than what we could ask for.

This event really could not have been as successful without the help and hard work of all those involved. We would like to thank Elissa Landsman and Kjersten Langill at the College Avenue Center for all of their help and support throughout the process, all of our dedicated committee members and volunteers who did everything they could to make sure the event ran smoothly. Our preceptor, Professor Freedman gave us so much support and guidance since the very beginning of the planning process. Also, we would like to thank many of our faculty and staff at the Skaggs School of Pharmacy and Pharmaceutical Sciences, who were accommodating and supportive of us to make the event possible. It took a collaborative effort to make the event as memorable as it was. We are so happy and honored to have been a part of this great event and really hope to make this a recurring event in the future!

Pharmacy Day

Deepika Mohan, Board Liaison (P2)

On Saturday February 22nd, 2014 the Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS) hosted the 6th Annual Pharmacy Day, which filled the school with the curious minds of over 160 students from 17 different San Diego County high schools. The students spent the day at UCSD learning about different aspects of pharmacy and the various roles of a pharmacist from over 120 SSPPS students and faculty. The entire event was led by the Associated Students Vice President of Pharmacy Outreach Nicole Tomboc with the teamwork of officers from several different student organizations. These included APhA's Hypertension Module, APhA's Diabetes Module, CSHP's Asthma Module, ACSP's and APhA's Immunizations Module, KY's Compounding Module, ASCP's Medication Safety Module, and CPNP's Clinical Pharmacy Module. The sections that all the students took part in included compounding, clinical pharmacy and medication safety as well as a one voluntary section from asthma, hypertension, diabetes or immunizations.

Team medication safety consisted of 10 pharmacy students: Esther Porky, Khushwinder Gill, Shareen Faltas, Yinuo Ma, Jamie Kneebusch, Lillian Nguyen, Alyssa Miyake, Angela Yee, Brittany Belmer, and Siu Mei Ma as well as our preceptor Dr. Binh Tran. The medication safety session started with an introduction to common medication issues encountered in seniors, which was presented by three team members: Siu Mei Ma, Brittany Belmer and Angela Yee. More specifically, Siu Mei Ma covered special medication safety concerns in seniors that may make them more vulnerable to drug interactions or drug misuse. These included simultaneous use of multiple medications, age-related changes in the body and physical impairments that may make it more difficult to follow medication instructions. Brittany explained various education safety tips to help seniors to overcome these concerns such as recording and reviewing their medications, checking with a pharmacist before making any medication changes, knowing and understanding their medicines, reading labels carefully and limiting number of pharmacies used. Angela concluded the presentation by introducing the activity.

The activity was called "help aunt Betty organize her medications." The students were split up into teams of five. Each team had a medication safety team member assisting them. Each group had loose pills (skittles), a monograph with the pill description, decode key for prescription shorthand, blank medication record and empty medication vials. The activity consisted of first identifying each pill based on the medication monograph pill description. Then the students returned the medication into its correct vial. The students then proceeded to decode the label instructions, written in prescription shorthand, on medication vials.

Board Members

- President: Jin Piao
- President-Elect: Jamie Kneebusch
- Community Affairs Coordinator: Sarah Ross
- VP of Community Outreach: Lauren Aragon
- VP of Professional Education: Phuong Thoi
- Board Liaison: Deepika Mohan
- Geriatrics Elective Coordinator: PhyoAung
- Medicare Part D Outreach Coordinator: Minh Nguyen
- Secretary: Lillian Nguyen
- Treasurer: Mira Zurayk

Following this, they filled out Betty's medication record. Patient name, birth date, generic name, brand name, dose, indication, directions, doctor and pill color were recorded. Lastly, they organized the daily pillbox for Betty. The first team to have completely and correctly filled the pill vials, interpreted the medication record, and organized the daily pill box won.

At the end of the day, each student had won; they had won the ultimate prize, knowledge. Students not only gained knowledge but also understood what medication safety meant and why it is important. This was possible through the activity. The activity showed how difficult it could be to keep track of all the medications and how easy it is to get them mixed up. This helped the students appreciate the difficulties an older person would have organizing their medication. The winners were not only the students but also the medication safety team. The medication safety team was able to share their knowledge and passion and pass it along to the future generations. All this would not have been possible without the help of the pharmacy students and faculty who helped put this event together.



Medication Safety Team. From left to right: Ether Porky, Khushwinder Gill, Shareen Faltas, Jamie Kneebusch, Lillian Nguyen, Alyssa Miyake, Angela Yee, Deepika Mohan, Brittany Belmer, Yinuo Ma, Dr. Binh Tran and Siu Mei Ma

Winter Quarter Fundraisers

Mira Zurayk, Treasurer (P2)

ASCP held two great fundraisers this quarter! In February, the Rose Gram fundraiser helped everyone get in the mood for Valentines Day. Students and faculty were able to gift a rose along with candy and a note. It was very successful, thanks to student and faculty contributions, and helped fund a live band for the Senior Prom, which also turned out to be a great event. In March, ASCP hosted its first "Message in a Pill" Fundraiser. Students ordered tiny, cute pills of various colors, each with an illustrated facial expression, for each other. Inside each pill was a piece of parchment for the sender to write a special note on. It was a great way for students to wish each other good luck on finals. Thank you all for your participation, enthusiasm, and support for ASCP!



Rose gram fundraiser for senior prom



"Message in a Pill" fundraiser

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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 five 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 medications 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 us please visit our website or Facebook page!

We're on the Web!

<http://ascpucsd.wix.com/1>

Visit our Facebook Page!

www.facebook.com/ucsdascp

UPCOMING EVENTS

- Roundtable
- Immunization Presentation
- Elections
- Drug Take Back Day
- Lunchtime Talk
- Scripps Ranch Fair Hypertension Screening
- End of the Year Banquet