



Volume 3, Issue 3

Spring & Summer 2013

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Welcome!

Deepika Mohan, Board Liaison (P2)

UCSD-ASCP experienced a whirlwind of events over the Spring and Summer Quarter. The past several months have been exciting as we wrapped up an amazing year. We concluded the 2012-2013 school year with a variety of activities held throughout the spring and summer quarter. We started off with the VA tour for pharmacy students. We were fortunate to host several informational outreach events such as the Medicare Part D at UCSD SSPPS Senior Health Education Event, Understanding Older Persons Lunch Presentation at UCSD School of Pharmacy. In addition, we had National Take Back Day at Vi La Jolla, and Bake Sale. We concluded the spring quarter with board elections and ASCP banquet. We worked through the summer by participating in the VA Stand Down. Lastly, this was the second successful year that the Geriatric Pharmacotherapy elective was offered to UCSD pharmacy students, providing an overview of the specific disease states common with the elderly and their age-appropriate treatments.



(4/9/13) Back Row: Jamie Sanders, Denise Harano, Brittany Newton, Jane Lim, Andrea Ching, Dr. Joe Nguyen, Dr. Larry Zelman, Sean Kim

Front Row: Nicole Tomboc, Tiffany Lee, Brittney Choi

UCSD-ASCP VA Tours

Tiffany Lee, VP of Professional Education (P4)

This spring, ASCP members had the unique opportunity to learn more about Veterans Affairs San Diego Healthcare system through the tours held on April 9 and 23, 2013. The VA tours were made possible by the efforts of Drs. Larry Zelman (Geriatric and Nutrition Support Pharmacist) and Joe Nguyen (PGY2 Administration Resident), who helped lead the students through different parts of the hospital. The tour started off with an introductory PowerPoint about the VA, given by Dr. Joe Nguyen. This presentation provided information about the decentralized system, residency programs available as well as the

difference between inpatient, ambulatory care and pharmacy specialty positions. Drs. Catherine Hong (PGY2 Critical Care Resident) and Oska Lawrence (PGY1 Acute Care Resident) were also present to answer questions about residencies. Students on the tour were able to visit the Pharmacy supply area to see how medications are packaged into unit-dosed forms and organization of medications into the Omnicell carousel. The next stop was the Emergency Department, followed by the Intensive Care Unit. Dr. Larry Zelman led the second half of the tour, which included visiting the Community Living Center and the IV

room. He talked about his role as the Geriatric Nutrition Specialist and explained the patient population in the community living center. At the IV room, students learned about sterile IV compounding and total parenteral nutrition. These tours gave the participating students exposure to the VA San Diego system and provided more information about the role of the geriatric pharmacist. Due to the success of these new tours, UCSD-ASCP will be having more VA tours this upcoming school year!



(4/23/13) Back Row: Jeff Yin, Esther Park, Mary Ensey, Phyo Aung, Sarah Brown, Chris Lin, Dr. Joe Nguyen, Dr. Larry Zelman

Front Row: Mira Zurayk, Tiffany Lee, John Khoan

Elections

Denise Harano, President (P4) and Jin Piao, President- Elect (P3)

With the changes to our executive board positions, we had nine positions open for running for 2013-2014. This year, we decided to separate the announcement of the election results from the End of the Year Banquet, which allowed us to hold the elections at an earlier time, which took place on April 23rd.

I am very happy and proud to present our ASCP Executive Board for 2013-2014:

President: Jin Piao

President-Elect: Jamie Sanders

Community Affairs Coordinator: Sarah Ross

VP of Community Outreach: Lauren Aragon

VP of Professional Education: Phuong Thoi

Board Liaison: Deepika Mohan

Geriatrics Elective Coordinator: Phyto Aung

Medicare Part D Outreach Coordinator: Minh Nguyen

Secretary: Lillian Nguyen

Treasurer: Mira Zurayk

Congratulations to the new board members, I look forward to working with everyone in another wonderful year!

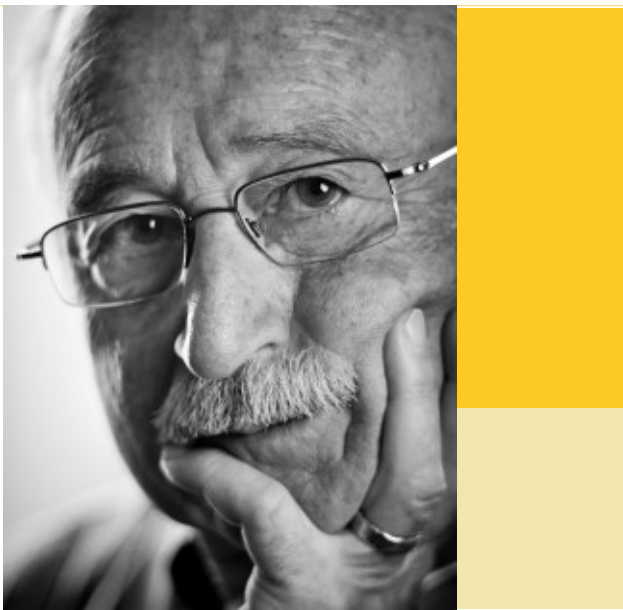


From Left. Back Row: Jamie Sanders, Jin Piao, Phyto Aung, Sarah Ross, Minh Nguyen.

Front Row: Deepika Mohan, Mira Zurayk, Lauren Aragon, Lillian Nguyen

Understanding Older Persons Lunch Presentation

Tiffany Lee, VP of Professional Education (P4)



For the last lunch talk of the year, UCSD-ASCP invited Dr. Joaquin Anguera, an SDSU gerontology professor, to give a lunch presentation on May 21, 2013. Dr. Anguera gave a great presentation last year, so we invited him back again to share the series of clips he had about aging. ASCP members watched video clips about the stereotypes of aging as well as older

persons doing amazing things! My personal favorite was the video clip about an older gentleman who decided to stop taking his medications because they were so costly. He ended up spending this money instead on harmonicas for local school children. He volunteered his time to teach students how to play the harmonica, because this was one of his greatest passions. He was

able to really make a difference in the lives of many children by introducing them to music. The message of these video clips was to dispel the stereotypes of aging and also to remind us that physical aging and mental aging don't necessarily go hand in hand. We are very lucky that Dr. Anguera was available to give us this presentation again! Thank you!



ASCP Exec Board with Dr. Anguera

Back Row: Alex Guo, Jamie Sanders, Alyssa Miyake, Denise Harano, Kristie Luu, Cindy Nguyen, Christine Manalo, Phyo Aung

Front Row: Jin Piao, Pam Saarikoski, Dr. Anguera, Tiffany Lee

ASCP Participates in UCSD Senior Health Education Event (SHEE)

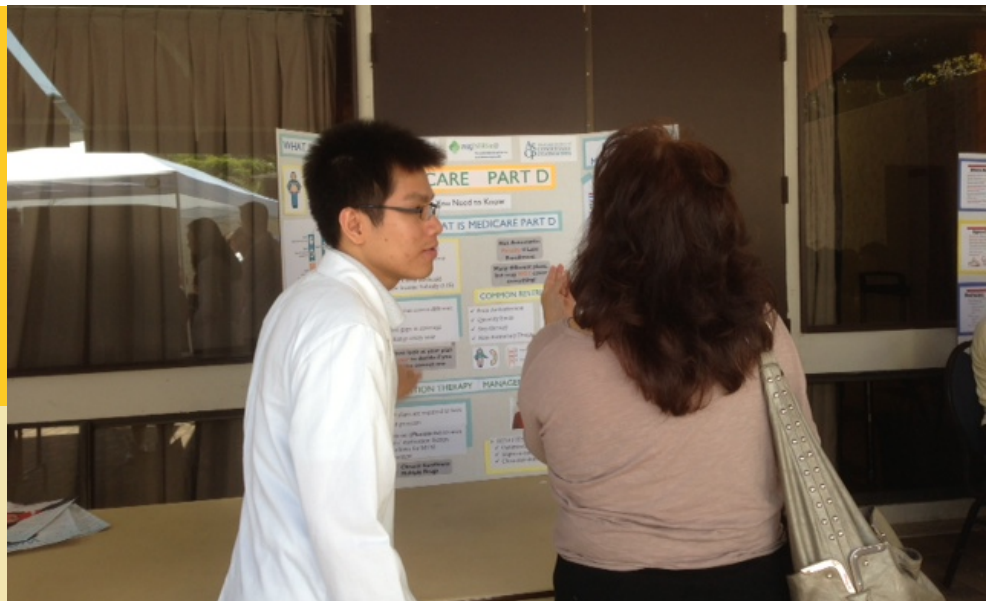
Phyo Aung, Medicare Part D Outreach Coordinator (P3)

Every spring quarter, (May 22nd) first year student pharmacists at UCSD Skaggs School of Pharmacy reach out to seniors in the community by having presentation at a senior center. SHEE event for this year was held at the College Avenue Older Adult Center in San Diego and students presented on a wide range of health topics including Diabetes, Cholesterol, Hypertension, Vitamins, etc.

The students also performed free screenings for blood glucose and blood pressure. This year, ASCP participated in this annual health educational event to help seniors have better understanding about Medicare and Medicare Part D. UCSD SSPPS second year students Minh Nguyen and Phyo Sandi Aung presented the Medicare poster and Medicare Part D elective professor Dr.

Nathan Painter volunteered to precept the students. Current Medicare enrollees and potential Medicare eligible seniors attended the poster and presenters were able to explain the differences between Medicare Part A, B, C, and D, and how Medicare Part D plans may differ in terms of premium, copays, deductible, and drug coverage.

UCSD SSPPS student Minh Nguyen (P3) explaining the Medicare poster to an event attendee



End of the Year Banquet



On May 22nd, 2013, UCSD-ASCP held it's annual End of the Year Banquet at Leucadia Pizzeria. This was not only a celebration for officers new and old, but also for UCSD-ASCP members and their hard work over the year. At last year's banquet there were specific goals set to improve our chapter and through the year we were able to make these goals a reality. General Body Meetings (GBMs) are quarterly meetings with members about the upcoming events and opportunities. *Goal: Make GBMs more interactive.* We achieved this with our secretary, Cindy Nguyen's GBM quizzies to reward members who have been keeping up with UCSD-ASCP updates on our listserve as well as our expanding Facebook page. The president-elect, Jin Piao also contributed by announcing a member of the quarter at each meeting to recognize one of our outstanding members and reward them with ASCP gear. *Goal: Increase the variety of community outreach and professional education events.* This year our co-Community Outreach chairs, Christine Marie Manalo and Alyssa Miyake worked hard to bring new and exciting outreach opportunities to our members. This included the Alzheimer's Screening and Drug Take Back Day Vi La Jolla. VP of Professional Education Tiffany Lee also brought a new activity to UCSD-ASCP in the tour of the VA Medical Center. We hope these new events will be back for next year! *Goal: Increase member participation in our events.* With all of the organizations at our school and a small student body, we really wanted to motivate our members to come out to our activities and reward them for it. This is how the Honor Pin Program was created. Members who participate in a certain amount of activities will be awarded an ASCP pin and certificate at the End of the Year Banquet. The pin can be worn on their graduation gown to signify they were an active member of UCSD-ASCP.

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



President Denise Harano being thanked by the board. Left: Denise Harano and Tiffany Lee. Right: Denise Harano and Jin Piao

Member of the quarter: Mira Zurayk. From Left: Mira Zurayk, Jin Piao

President Denise Harano pinning new board member Minh Nguyen.

Continued

These are only some of the accomplishments from this chapter, and it could not have been done without the help and dedication of each and every one of the Board Members.

- a. President-Elect: **Jin Piao**
- b. Secretary: **Cindy Nguyen**
- c. Treasurer – **Kristie Luu**
- d. Co-VPs of Community Affairs – **Christine Manalo and Alyssa Miyake**
- e. VP of Professional Education – **Tiffany Lee**
- f. Geriatrics Elective Coordinator : **Alex Guo**
- g. Board Liaison: **Pamela Saarikoski**
- h. Medicare Part D Chair: **Phyo Aung**
- i. VP of Immunizations: **Jamie Sanders**
- j. P1 Liaison: **Sarah Brown**

I want to personally thank them all for their hard work this past year, it was truly an honor to work with each and every one of you. Thank you for making UCSD-ASCP so amazing this year!

- Denise Harano , President (P4)



From Left. Back Row: Alex Guo, Sarah Brown, Tiffany Lee, Christine Manalo, Pamela Saarikoski, Phyo Aung

Front Row: Jamie Sanders, Jin Piao, Kristie Luu, Denise Harano, Cindy Nguyen, Alyssa Miyake

Learning how to reach out to seniors: Spring Outreach Elective

Alex Guo, Geriatrics Elective Coordinator (P4)

2013 marks the second year that ASCP has been running the Spring Geriatric Outreach Elective. This year, seven students drew upon what they learned in the Winter Geriatric Pharmacotherapy Elective and gave outreach presentations to retirement communities in the San Diego area. Knowing pharmaceutical information is completely different from being able to teach it to a person with no prior knowledge. Students learned how to effectively communicate critical medical information to seniors by

simplifying information without diluting its quality or importance. A medication safety presentation was given at White Sands of La Jolla where seniors were taught how to use their prescription and over-the-counter medications safely and properly. At La Vida Del Mar, seniors were given a presentation on nutritional goals for patients with diabetes, hypertension, hyperlipidemia, etc. Seniors at both events were highly engaged in the presentations

and asked plenty questions showing their great interest and concern for the topics being presented. After each presentation, attendees participated in a bingo to test their knowledge and were rewarded with prizes. ASCP would like to thank Dr. Joseph Ma and Dr. Sarah McBane for overseeing the elective and presentations. We look forward to seeing how the elective will grow in the coming years!

UCSD SSPPS students giving outreach presentation to the retirement community at La Vida Del Mar





During our Spring GBM, ASCP members voted in favor of three changes to our bylaws. Instead of two VP of Community Affairs, we will have one VP of Community Outreach and one VP of Community Affairs Coordinator. This change will give distinct responsibilities to both positions, with a goal to better coordinate outreach events to educate the senior community.



Also, we have established a gas reimbursement policy for volunteers who drive out to various events to encourage carpooling to events and more participation in outreaches outside of the La Jolla area. As ASCP grows in the number of members, we will also be limiting the voting at elections to members only, to better reflect and accommodate for the opinions and needs of our members. We are excited to see these changes to take place next year!



Kristie Luu, Treasurer (P3)

On May 16th, ASCP had another successful Spring Fling Bake Sale !! Thanks to the ASCP members who took the time to time to bake some goodies for the fundraiser. There were a variety of cookies and muffins for the bake sale such as white chocolate chip oatmeal cookies, chocolate chip cookie dough cupcakes, hummingbird cookies, candy bit cookies, funfetti cookies and brownies. We would like to say thank you to all who supported the fundraiser to help raise \$178 for ASCP!!!

VA Stand Down

Jamie Sanders, President- Elect (P2)



Stand



On July 12-14th, ASCP members had the unique opportunity to participate in the VA Stand Down. The students worked in conjunction with students from the CSHP and APhA UCSD chapters as well. It is a chance for veterans and their families to come and receive services such as medical, pharmacy and dental visits, as well as counseling and job placement assistance, among many other services.

This year the students were able to participate in medication counseling and blood pressure screenings for the veterans. At the medication counseling table, students were able to practice their skills that they have learned through school and explain to the patients multiple aspects of the medications, such as how to take it, any drug interactions there may be, and potential side effects. While some of the students practiced counseling, others were offering blood pressure screenings. They were able to take the blood pressure of the patients and direct them on healthy lifestyle modifications that they could make, such as dietary changes and exercise.

The event also allowed the students to work alongside pharmacists from many different hospitals, including the VA, Kaiser and Scripps. Overall, the event was a great success and having the opportunity to interact with the veterans is always a unique opportunity. It was great to be able to serve those who served us. The veterans appreciated the help we had to give and it was a great way to reach out to the San Diego community.

CONTACT UCSD-ASCP!

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Deepika Mohan, Board Liaison (P2)



- Membership Drive
- Fall GBM
- P1 Elections
- Fall Round Table
- Annual Conference
- Rocking Stockings Fundraiser
- Guadalupe Plaza
- MUST Presentation
- VA Tour

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 four 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