



UC San Diego
SKAGGS SCHOOL OF PHARMACY
AND PHARMACEUTICAL SCIENCES

ASCP American Society of CONSULTANT PHARMACISTS

Welcome Back!

UCSD-ASCP started the 2016-2017 academic year strong with numerous educational programs along with newly established collaborative outreaches. We began the quarter with the Skaggs Org Fair, in which the P1's were able to learn more about ASCP along with other organizations at our school. We also had a huge turnout at the Membership Drive followed by the Fall Quarter GBM and P1 elections. We welcome Yvonne Pham as our VP of Immunizations along with Anh Nguyen as our VP of Self-Care Outreach! In late October, ASCP had our annual tour of the VA San Diego hospital. In addition, we collaborated with APhA in our very first cholesterol screening event at Jewish Family Services. The event was quite a success and is something our chapter will be looking forward to every year. In addition, we had numerous Medicare Part D outreaches at several different locations for our ASCP elective course. For our Lunchtime Talk series, we were excited to welcome back Dr. Freedman for a very touching talk about end-of-life care. Our last events of the quarter were an osteoporosis outreach followed by our annual Rockin' Stockings fundraiser. Thank you all of those who came out to support our UCSD-ASCP Chapter!

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From left to right: Amy Hsu, Eric Chen, Bao-Ling Lei, Elizabeth Duxbury, Jenny Dong, Dr. Sheila Hwe, Samantha Kim, Quyen Nguyen, Kaishan Ding, Lai Saechao, and Jenny Liang at the Membership Drive.

Skaggs Org Fair Jenny Dong (P3), President

Welcome to the newest member of UCSD SSPPS, Class of 2020! The school year began with the exciting Org Fair, at which ASCP-UCSD got to meet so many new faces! We shared our accomplishments from the past, events we have in store for this upcoming year, and how members can play an important role in the future as part of this organization. We cannot wait to continue and improve our services for the seniors of our community with our new members!



From left to right: Dean Lam, Eric Chen, and Amy Hsu.

Membership Drive

Jenny Dong (P3), President

Membership Drive was a success! ASCP-UCSD gave the student pharmacists a look at what unique opportunities there are in this organization to network, serve, and grow. These potential members learned how they can help the seniors of their community through ASCP, why they should spend time learning about this special population, and how they can become a leader in this organization. We enjoyed a very informative and interactive talk from Dr. Sheila Hwe at Palomar Medical Center, and gained insight on the importance of geriatric pharmacy. Finally, we had a ton of fun raffling away gifts from our amazing sponsors: Yogurtland, Chipotle, and 99 Ranch. Thank you sponsors and everyone for your support!



Top: Jenny Dong welcoming potential members at the Membership Drive.

Bottom: Dr. Sheila Hwe giving a talk at the Membership Drive.

GBM & Elections

Jenny Dong (P3), President



Left (from left to right): Trinh Nguyen, Karla Ponce, Cydnee Ng, and Melody Padilla getting food at the GBM.

Top right: Yvonne Pham giving her speech for the VP of Immunizations position.

Bottom right (from left to right): Anh Nguyen, Alicia McGhie, and Natalie Tran running for VP of Self-Care Outreach.

ASCP's Fall GBM was full of fun and exciting news. New and returning members got a chance to see all the events we had planned for the quarter, which include outreach opportunities, tours, lunch time talks, and our favorite hands-on fundraiser Rockin' Stockings. We also recruited applicants to be delegates to the ASCP Annual in Dallas, Texas! In everyone's pleasant company and good food, we closed the GBM with our Fall Elections. Thanks to all the candidates for their enthusiasm, and we congratulate the newest members to our board: Yvonne Pham as VP of Immunization and Anh Nguyen as VP of Self-Care Outreach!



From left to right: Yvonne Pham, Anh Nguyen, and Samantha Kim.

Ice Cream Social

Samantha Kim (P2), President-Elect

On Tuesday, October 18th, ASCP hosted their traditional ice-cream social for the class of 2020 students. With the overwhelming information that infiltrates the first few weeks of pharmacy school, it was important to provide adequate resources in supporting ASCP as an organization. Officers of the executive board were able to answer membership or outreach questions in an

informal and fun setting. First year students were able to personally connect with ASCP members and officers to encourage teamwork and unity within the group. The ice-cream social provided traditional root-beer floats to any student interested in learning about us.

VA Tour

Trinh Nguyen (P1), UCSD-ASCP Member

On October 21, 2016, 14 students were given a tour of the VA San Diego hospital. Dr. Larry Zelman, a palliative and hospice pharmacist and Dr. Stephanie Hsia, a PGY2 resident showed us most pharmacy departments inside the VA, namely Intensive Care Unit, Direct Observations Unit, Pharmacy Informatics, Palliative-Hospice, Outpatient and Medicine, which includes inpatient and surgery units. There is also a Psych unit, which we did not visit. VA hospital has a decentralized pharmacy system, which means pharmacists usually stay on the floor with physicians and nurses. Dr. Hsia shared that the VA is a teaching hospital, so it allows for a lot of collaboration between pharmacy and medical interns and residents, which creates a good learning environment. We got close to the compounding hood and IV compounding area and saw technicians operating the automatic dispensing machines. The highlight of the tour was visiting palliative and hospice care and listening to Dr. Zelman's talk about his work. A lot of patients here are elderly, and are mostly cancer patients on the hospice side, or wounded on the palliative side. Here, pharmacists interact with patients to explain to them about their treatment. This department is very interdisciplinary; it includes social workers, spiritual leaders, dieticians and physical therapists in addition to nurses and physicians. To do a rotation at the VA in the fourth year, students must choose the VA track, which includes three VA rotations (and you pick the four remaining rotations that are not VA). Selection into VA track is done by lottery during P3 year. Overall, we learned a lot of details about VA hospital pharmacy work and were given opportunities to ask questions during the tour.



From left to right, top to bottom: Pourya Pourhosseini, Sam Law, Kevin Nguyen, Karla Ponce, Josh Yoon, Victor Tang, Dr. Zelman, Cecelia McConnon, Kaishan Ding, Kathie Tran, Yvonne Pham, Anh Nguyen, Thuy Nguyen, Trinh Nguyen, and Allison Cid.

Cholesterol Screening

Elizabeth Duxbury (P2), VP of Community Outreach

ASCP and APhA teamed up to do cholesterol testing at the Flu shot and Health Fair event at Jewish Family Services in San Diego, CA. The participants, Alex Paradyse, Amy Hsu, and Elizabeth Duxbury of the University of California, San Diego Skaggs School of Pharmacy, provided information on cholesterol and OTC products to help lower cholesterol as well as performing total cholesterol screenings. If cholesterol levels were high, information about the dangers of high cholesterol was discussed and the possibility of getting a blood test to get LDL, HDL, and triglycerides values. At this event, students talked to many participants about cholesterol as well as tested 30 people's total cholesterol. Dr. Joseph Ma accompanied and assisted the students during the event and answered questions for the participants.



ASCP Annual

Jenny Dong (P3), President



UCSD-ASCP flew to Dallas, Texas, to join hundreds of other student pharmacists and pharmacists at the ASCP Annual! President Jenny Dong (P3) and delegates Lissa Ishihara (P3) and Kathie Tran (P1) arrived with excitement for a good reason. The days were packed with intellectually stimulating lectures and discussions on topics such as dementia, depression, obesity, and much more. They had a chance to interact with student chapters from across the country and opportunities to network with many pharmacists at the California regional meeting. On top of professional development, they also explored the new environment and the must-have Texas BBQ! These are very rewarding experiences and ASCP encourages all members to attend the Annual Meeting taking place in Florida next year!

Top (from left to right): Kathie Tran, Jenny Dong, and Lissa Ishihara.

Bottom (from left to right): Jenny Dong, Dr. Elliot, Lissa Ishihara, and Kathie Tran.

Medicare Part D Jenny Liang (P3), Medicare Part D Outreach Coordinator

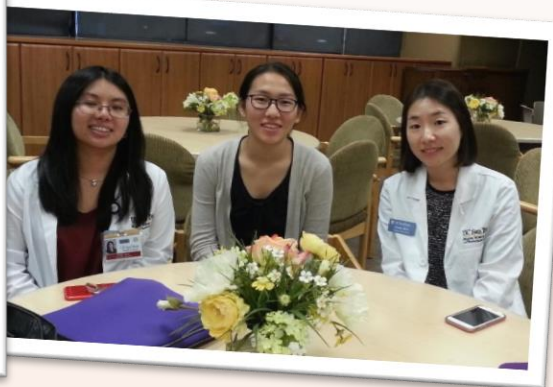


Top left (from left to right): Dr. Mahoe, Steven Mouwad

Top right (from left to right): Yalin Deng, Kevin Nguyen, and Lucy Chen.

Bottom left (from right to left, top to bottom): Dr. Mahoe, Monica Huynh, Alicia McGhie, Josh Yoon, Nicole Nitake, Dr. Painter, Kaishan Ding, Jenny Liang, Marjorie Valdez, Shujin Pang, Tracy Chen, and Natalie Tran.

Bottom right (from left to right): Alda Tran, Selina Huang, and Emily Kim.



Every fall, the Medicare Part D elective gives 45 students the tools to help seniors find the most appropriate prescription drug plan for them. The pharmacy students learned about geriatric care, Medicare and the details of the Part D program, and practiced searching for plans through a series of patient cases. The course not only gives students the opportunity to practice their counseling skills, but also learn an important tool that can help seniors save money on their medications.

This year, Medicare Part D outreaches were held at the UCSD Transplant Clinic, Horton House, Renaissance Apartments, and the Lions Community Manor during the open enrollment period from October 15th to December 7th. With the help of undergraduate pre-pharmacy student translators, sites with predominantly Chinese speaking patients were very successful. UCSD pharmacy residents were also present at the events to help guide students and answer patient questions. For the first time, we offered pocket medication pamphlets as a tool to help seniors manage their medications as well as have an active list to bring along with them to visits to their doctors or pharmacies.

At the outreaches, students worked one on one with patients looking at all the medications taken and navigating through Medicare.gov to find plans with the same benefits, but at a lower annual cost. Students discussed the plan specifics with the elective chair, Dr. Nathan Painter, to enroll seniors in the most beneficial plans. Many students expressed how valuable and applicable the information from the elective was to the practice of pharmacy and geriatric care. Seniors and site coordinators were also very appreciative of having pharmacy students explain to them their benefits under Medicare Part D.

Great job to all the students and we will continue our work in the winter and spring quarters!

LunchTime Talk with Dr. Freedman

Kaishan Ding (P3), VP of Professional Education

On November 8th, 2016, we had the honor to have Dr. Beverley Freedman come to the Skaggs campus and give us a lunchtime talk on aging and end of life care. She shared her mother and father's stories and her personal and insightful experiences with us. We also learned about Alzheimer's disease through her talk. It was a very engaging and moving talk. Many students were inspired and touched by her stories.



From left to right: Amy Hsu, Eric Chen, Quyen Nguyen, Lai Saechao, Jenny Dong, Dr. Freedman, Kaishan Ding, Bao-Ling Lei, Jenny Liang, Elizabeth Duxbury, and Samantha Kim.

Osteoporosis Outreach

Melody Padilla (P2), UCSD-ASCP Member

On November 18, 2016, Allison Cid, Trinh Nguyen, and Melody Padilla were fortunate enough to give an educational talk about osteoporosis to a group of senior citizens at Vi La Jolla. Our UCSD-ASCP Secretary, Bao-Ling Lei and our pharmacy preceptor, Dr. David Bao accompanied them. During the presentation, we discussed what osteoporosis is, how to prevent it, and the medications that treat it. We were greeted with enthusiastic responses and questions from the audience about medications and how to better incorporate calcium in their diet. Overall, the audience was pleased with our presentation and they were eager to hear more educational talks from us. At the end of the talk, a surprised resident approached us and asked more about the pharmacy profession and asked if women can be pharmacists too. We explained to her the dynamic role of the pharmacist and the opportunities available for everyone.



From left to right: Trinh Nguyen, Melody Padilla, Allison Cid, and Bao-Ling Lei.

Rockin' Stockings Fundraiser

Eric Chen (P3), Treasurer

UCSD-ASCP held its annual iconic Rockin' Stockings fundraiser this year on Nov 28th and 30th and was an overall success! All stockings were sold out on the first day and more stockings overall were sold compared to the previous year. The fundraiser also continued the tradition of a complimentary cocoa bar for participants along with background Christmas music for inspiration during the decorating process. All stockings were then stuffed with chocolates before being delivered during finals week. Thanks to everyone who came out and participated!



Right (from left to right): Cara Eskelsen and Sirena Louie and their finished stockings.

Left (from left to right): Elizabeth Duxbury and Kaylene De Vries enjoying hot cocoa and making stockings.



Who We Are!

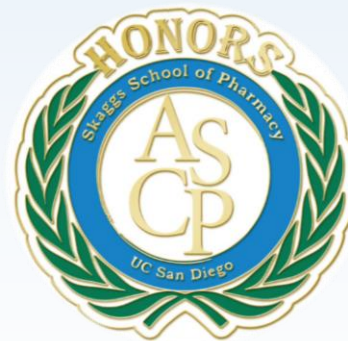
UCSD-ASCP is a student chapter of the American Society of Consultant Pharmacists. We are a non-profit organization dedicated to serving the needs of the geriatric community.

We are a relatively new chapter, established just six 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 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)



UCSD-ASCP Newsletter Editor:
Amy Hsu, Board Liaison (P2)



Contact UCSD-ASCP!

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