

In This Issue

- Medication Safety for Older Adults
- Osteoporosis Educational Talk
- Hypertension Presentation at Horton House
- "Manage This!" ASCP & Pharmacy Day
- Shingles & Pneumococcal Presentation
- Gerontology Talk

Upcoming Events

- April 26th:
Geriatrics & Antibiotics
- April 28th:
ASCP-UCSD & Loma Linda Chapter Presentation
- May 9th:
Hypertension Presentation at Redwood Villas
- May 11th:
ASCP 2011-2012 Executive Board Elections
- May 11th:
ASCP 2011-2012 Annual Banquet (Members & Faculty)
- May 17th:
Osteoporosis Presentation at Coronado Senior Housing
- June 22th:
Shingles & Pneumococcal Disease Awareness and Prevention

A New Year, A New Quarter!

This year, ASCP-UCSD is off to a great start! With winter being our busiest quarter, I am proud that our members were able to pull through the tough curriculum and still participate in our many events! As spring approaches, I know that we will continue our efforts and have another successful quarter!

Keep an eye for the next issue; it will be very exciting as we transition into the new executive board.

Once again, a big thank you to our supportive cheerleading pharmacists of ASCP.

-Trina

Hypertension Presentation at Horton House

- Traci Bricker

On February 17th, UCSD-ASCP members Traci Bricker (P3), Stephen Rettig (P3), Wei Tai (P1), and Stephanie Wang (P1) gave a presentation on hypertension to the older adult community at Horton House in downtown San Diego. This presentation was unique in the fact that most of the seniors only spoke Chinese. In order to make sure everyone understood the information, the presentation was given in English and subsequently translated by Wei and Stephanie into Chinese. The presentation was a success, and many seniors stayed afterwards to ask many questions about their medications. UCSD-ASCP members were very grateful to reach out to such a unique community. Thank you to UCSD-ASCP members Jeff Yin (P1) and Sandy Chong (P1) for translating the Hypertension brochure, Caroline Epps for coordinating the outreach. Also, a **big thank you** to **Dr. Vera Eichenbaum** for volunteering her time to act as pharmacist preceptor.

Past Events

- Managing Diabetes at the Vi Retirement Community
- Hypertension Screening at Ed Brown Senior Center's 1st Annual Wellness Fair
- Ron's Pharmacy Tour
- Medication Safety Presentation at Alabama Manor
- ACSP 41st Annual Conference
- UCSD-ASCP at CPhA: "Success and Essential Qualities of the UCSD-ASCP Chapter"
- Managing Hypertension at Vi Retirement Community
- Interactive Presentation on Overactive Bladder at Vi Retirement Community
- Shingles and Pneumococcal Awareness Presentations
- Geriatrics Elective Course Educational Outreaches
- Phun Run Presentation on Osteoporosis and Exercise
- San Diego Senior Games Association Presentation of Pharmacogenomics
- Educational Outreach to the Chinese Community – Event published in Chinese Newspaper!

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Osteoporosis Educational Talk

- Traci Bricker

On February 1st, UCSD-ASCP hosted a presentation given by Dr. Heather Hofflich on osteoporosis. The presentation covered osteoporosis pathogenesis, diagnosis, prevention, current treatments, and updated guidelines on the use of calcium and vitamin D supplements. With approximately thirty UCSD-ASCP members in attendance, the educational event was a success. Students were able to ask many questions at the end of the presentation, some concerning the current issues with prolonged PPI use and hypocalcemia. Dr. Hofflich was well prepared to answer everyone's questions and provided articles for further reading on the current issues. UCSD-ASCP would like to **thank Dr. Hofflich** for volunteering her time to come and speak about this important disease state affecting a large percentage of the senior population.

Medication Safety for Older Adults

- Bill Madden

On January 26th, UCSD-ASCP presented "Medication Use Safety Training for Older Adults" at the Point Loma Library, in San Diego to approximately 25 audience members. This event was held in conjunction with OASIS of San Diego, a national education organization dedicated to enriching the lives of adults age 50 and older through lifelong learning and service. UCSD-ASCP members Bill Madden, Stephanie Chauv, and DooHyang Kwon presented a 25-minute interactive PowerPoint presentation, which discussed specific medicine use problems in the older adult population, common drug-drug interactions, and ways to avoid medicine use problems and 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, and the 'Q&A' session lasted well over 30 minutes. We would like to thank our pharmacist preceptor, Pam Schuster, R.Ph., for overseeing our presentation and providing her expertise as a consultant pharmacist. We would also like to acknowledge OASIS of San Diego, as well as Christine Gonzalez, Staff Member at the Point Loma Library, who helped us with our Audio/Visual setup.

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"Manage This!" – ASCP and Pharmacy Day

- Lindsey Mann & Trina Huynh

On February 26th, 2011, UCSD Skaggs School of Pharmacy and Pharmaceutical Sciences hosted its Third Annual SSPPS Pharmacy Day. ASCP joined five other professional pharmacy organizations on campus to host the event for about 100 high school students. These students came from all over San Diego to learn about the world of Pharmacy. Our chapter was able to host two, 30-minute special sessions for the students. The students had a fantastic time thanks to our members: Mackenzie Bear (P2), Jon Benner (P2), Joy Jiang (P1), Sheryl Gong (P2), Lindsey Hohmann (P3), Natalie Hohmann(P3), Trina Huynh (P2), Elizabeth Jackson (P2), and Lindsey Mann (P1).

Each of the sessions comprised of three different aspects of medication safety for the elderly: "I Spy", "Hard of Hearing", and "Manage This!".

The purpose of "I Spy" was to show students how difficult it is for some seniors and other people to see, and how that might affect their health. This was accomplished by having each student put on a pair of 3D glasses that had Vaseline smeared on the lenses, and having them attempt to read various medication package inserts. We had them look for specific medication information such as the name of the product, the active ingredient, the indication, and adverse effects caused by the medication. Next, we had the students teach their neighbors about what they had learned. This workshop was a success; we achieved our goal of demonstrating how poor vision can negatively affect the ability of older adults to take medications in a safe manner. The only problem was that the students were so excited about the glasses that they put them on and started reading before we could explain what "I Spy" was!

For "Hard of Hearing", we able to demonstrate the challenges that pharmacists face when counseling elderly patients. The students were paired up and the group leaders provided them with nasal sprays, counseling sheets, and earplugs. The earplugs were used to mimic hearing impairment in the older adult population. Then, the students were paired up to role-play as patient and pharmacist.

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This allowed the students to see how pharmacists have accommodated patients with hearing impairment by speaking louder and slowly. The students enjoyed this event and the group leaders were able to raise awareness in how to appropriately counsel elderly patients with hearing impairment

The well-received session was "Manage This!". The students were asked to arrange their regimen into a 7-day pill box from the medication bottle they just receive from a pharmacy. This activity was designed to simulate the challenges that many older adults face with managing a multi-drug regimen. The students were provided with four different bottles of jellybeans, each labeled with a different medication name. We labeled a bottle as 'Tylenol' and another bottle as 'Vicodin,' and challenged the students to detect the ingredient duplication. To our amazement, the students caught this right away and realized that based on generic names there is a drug duplication in the medication regimen. By the end of the activity, it was great to hear some of the students understand the level involvement that pharmacists have in managing medication regimens.

The day ended with some students very enthusiastic about the profession of pharmacy! Once again, we could not have done this without Dr. McBane, who took the time to spend a Saturday morning with us. **Thank you Dr. McBane!**

Gerontology Talk

- Jack Yeung

On March 11th, 2011, UCSD-ASCP had the pleasure of hosting Dr. Joaquín Anguera, from San Diego State University, to present a lecture on Gerontology and the Psycho-Social Aspects of Aging. Dr. Anguera has been involved with the field of aging for over 30 years and has served as an advisor and leader in several San Diego County organizations including the Aging and Independent Services and the Planning and Community Services. He currently teaches a number of gerontology courses at SDSU.

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This event was the second time UCSD-ASCP hosted a talk by Dr. Anguera. His previous lecture was so impressive that we decided to ask him to come back to UCSD. Needless to say, his lecture was informative, interesting, and very entertaining. It gave listeners a completely different view of aging and prompted the audience to think about Ageism and aspects of aging that are often overlooked by society.

UCSD-ASCP would like to **thank Dr. Joaquín Anguera** again for his wonderful lecture.

Shingles & Pneumococcal Presentation at Vi Retirement Community, La Jolla

- Denise Harano

Over 50 residents of the Vi Retirement Community attended a Shingles and Pneumococcal Disease Awareness and Prevention presentation held on March 9th. Led by UCSD-ASCP members Denise Harano (P1), Tiffany Lee (P1), and Lindsey Mann (P1), the retirement community residents were taught to identify shingles and pneumococcal disease symptoms, and how to prevent contracting the diseases through immunization and good hygiene habits. Mini pop-quizzes were scattered throughout the PowerPoint presentation to keep the participants engaged and to check for understanding. Dr. Emerald Foster, a Board Certified Geriatric Pharmacist, served as the preceptor for the event and led the question and answer forum at the conclusion of the presentation. Audience members responded positively to the information and for the interactive way it was presented as they actively participated in the pop quizzes and asked engaging questions. **Thanks to Dr. Foster and Sheila Caldito**, Vi's Wellness Coordinator, for making this a successful event. UCSD-ASCP looks forward to working with them again in the future!

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A quick glance...



Osteoporosis Talk with Dr. Hofflich



Pneumococcal Meningitis Presentation with Denise Harano (P1), Tiffany Lee (P1), and Lindsey Mann (P1) and Dr. Foster.

