

Summer 2011

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American Society of  
CONSULTANT  
PHARMACISTS

  
UC San Diego  
SKAGGS SCHOOL OF PHARMACY  
AND PHARMACEUTICAL SCIENCES

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**Welcome!**

Lindsey Mann

We have come to the start of a new year again, and we're very excited to get it under way! We have already had two of the three events in our Membership Trifecta, to be detailed in the next issue. We are also looking forward to our Fall General Body Meeting, where we will elect our P1 Liaison and VP of Immunizations. Our president Bill Madden and president-elect Denise Harano both started their tenure in our chapter as VP of Immunizations, so it will be interesting to see what this

new class of student pharmacists will bring to our chapter. At the end of the month will be our final event in the Membership Trifecta: The Consultant Pharmacist Networking Session and Social. We have invited several pharmacists to come speak to us, and then we will give our members time to interact with the pharmacists one-on-one, to gain a better perspective and understanding of what consultant pharmacy is. This isn't the last event in fall by a long shot, though; we also have talks and tours

scheduled for our members that are both educational and fun! We have also been talking to other organizations about collaborating in an educational health screening for next quarter. Even though school has only been in session for four weeks now, we have already gotten off to a great start this year!

**MUST Presentation**

Denise Harano

As we age, typically the number of medications and supplements we take increase as well. Due to multiple medications and lack of communication with health care professionals, patients are prone to medication interactions and non-adherence. On June 22<sup>nd</sup>, 2011, UCSD-ASCP members Tiffany Lew, Christine Marie Manalo, and Denise Harano gave a presentation on Medication Use Safety Training (MUST) at Vi La Jolla retirement community. The purpose of this presentation was to educate seniors on the different medications taken and how



some may interact with each other. The audience was able to actively participate in the presentation with pop quiz questions. The presentation ended by explaining ways interactions and improper use could be avoided, such as: discussing ALL medications plus vitamins and supplements with the physician AND pharmacist, keeping a list of all medications and making use of aids like days-of-the-week pill boxes to enhance adherence. After the presentation, there was an open question-and-answer session with pharmacist preceptor Dr. Nathan Painter. The presentation was a success and we plan to team up with APhA this year to continue giving this presentation paired with an actual medication interaction screening afterwards to put our information into practice. Thank you to Dr. Painter for precepting and wellness coordinator Sheila Caldito for publicizing and organizing the event!

## Upcoming Events

**October 27th:** Consultant Pharmacist Networking Session and Social

**November 8th:** Geriatric Pharmacy Talk

**November 9th:** Tour of Ron's Pharmacy

**November 16th:** Management of High Cholesterol Presentation with OASIS of San Diego

## Past Events

'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

Educational Hypertension Outreach to the Chinese Community

Pharmacogenomics Presentation at San Diego Senior Games Association

## Hypertension Awareness

Bill Madden

On July 8<sup>th</sup>, UCSD-ASCP presented a Hypertension Awareness PowerPoint and performed a hypertension screening with the San Diego Senior Olympics. Student pharmacists Chris Mapes, Rashin Loren, and our current President, Bill Madden, presented the PowerPoint and screened participants for hypertension by using blood pressure monitors. The PowerPoint discussed the causes of hypertension, listed several dietary and

lifestyle management methods of hypertension, and alerted the audience to over-the-counter medications that can increase blood pressure. After the presentation, our student pharmacists measured the participants' blood pressure and asked them a series of questions about their exercise and dietary habits. We were pleased to have **20 participants** in the audience, five of whom remained at the event during a lengthy Q&A session.

We would like to acknowledge our pharmacist preceptor, Dr. Emerald Foster, and Danny Propp, Executive Director for the San Diego Senior Olympics. We look forward to our October 14<sup>th</sup> event with the San Diego Senior Olympics, a presentation on Medication Safety for Older Adults.

## VA Stand-Down Part I: An Organizer's Perspective

Sheryl Gong

This summer, executive members from CSHP, APHA, and ASCP collaborated to set up a volunteer opportunity open to the student body at VA Stand Down. This event was primarily organized in 1988 in efforts to reach out to homeless veterans. Stand Down provides services such as, but not limited to: food, shelter, clothing, health screenings, and referrals

to necessary services. Collectively, with the help of Dr. Park of the VA, we set up a volunteer base and brainstormed ideas of what we could contribute to this already wonderful event. In addition to aiding the pharmacy in counseling and drug distribution, volunteer pharmacy interns provided blood pressure screenings that were

available to all participants of the event. Overall, this unique experience brought the opportunity for volunteers to apply and improve not only communication skill sets, but also pharmacy practice. Special thanks to CSHP President, Stephanie Chauv, for inviting us to participate and help organize this wonderful opportunity!

## VA Stand-Down Part I: A Participant's Perspective

Trina Huynh

On the weekend of July 15<sup>th</sup>-17<sup>th</sup>, ASCP-UCSD took part in VA Stand Down in the local San Diego County. Since its origin in 1988, VA Stand Down is a way to reach out to homeless veterans and their families. A total of 26 UCSD students volunteered in the pharmacy at VA Stand Down.

As student pharmacists, UCSD-ASCP members were given various tasks; one of the most interesting was the medication dispensing process. Each veteran must return to the pharmacy to receive each dose of their medication since medication could not leave the premises until the third day. It

was an opportunity to counsel the veterans on their medications and the importance of adherence. The pharmacy tent also had a blood pressure booth, where the veterans could have student pharmacists measure their blood pressure.

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## VA Stand-Down Part II: A Participant's Perspective (cont'd)

UCSD-ASCP members who wanted to assist with the blood pressure monitoring did that as well. the organizers of the event and our preceptor, Dr. Helen Park.

The VA Stand Down is a collaborative effort; this is true even among Skaggs School of Pharmacy! The student chapters of APhA, and CSHP collaborated with ASCP to gather more volunteers for the three-day event. A special thanks to

## LiveWell Shingles and Pneumococcal Presentation

On August 17<sup>th</sup>, 2011, student pharmacists Lindsey Mann, Samantha Chang, and Diana Mirzoian gave a lunch-time presentation about Shingles and Pneumococcal Disease to LiveWell San Diego. The twenty patrons of the establishment were served lunch, so in effect they were treated to dinner and a show! The students spoke

about the signs and symptoms of the diseases, as well as methods of prevention, such as good health habits and vaccinations. The audience was very involved in the presentation, turning away from their meals in order to see the shouting out excellent answers to questions posed by the presenters like: "What are some ways to prevent the spread of germs?" After the presentation, several audience members asked questions, including treatment of the diseases,



which were fielded by the preceptor, Dr. Emerald Foster. The presentation was very successful, as those audience members that had not already received the vaccinations presented to them said they would talk to their healthcare provider about receiving the shingles and pneumococcal vaccines.

UCSD-ASCP would like to thank LiveWell San Diego for allowing our student pharmacists to present to them, and we would also like to thank our wonderful preceptor, Dr. Emerald Foster, for all the time and help that she has given us.

### *Executive Board: 2011-2012*

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#### **Coordinator**

Mackenzie Bear

#### **P3 Class Liaison**

Trina Huynh

#### **P2 Class Liaison**

Tiffany Lee

## Who We Are

### CONTACT UCSD-ASCP!

UCSD Skaggs School of Pharmacy and  
Pharmaceutical Sciences  
9500 Gilman Drive  
La Jolla, CA 92092

E-mail: [ucsd.ascp@gmail.com](mailto:ucsd.ascp@gmail.com)

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.

**We're on the Web!**

[www.wix.com/ascpucsd/1](http://www.wix.com/ascpucsd/1)

## We Have a New Website!

Over the summer, UCSD-ASCP worked on creating a new website. While we are still making changes and adding new things, we wanted to make the website live now, so that the information can be made available to our members and other interested parties. We will be updating it often with pictures and new events, so stay tuned!

