



ASCP

American Society of CONSULTANT PHARMACISTS

UCSD-ASCP QUARTERLY NEWSLETTER



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Welcome Back!

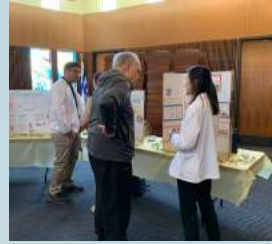
UCSD-ASCP had a fun and successful academic year 2018-2019 with numerous educational presentations, health outreaches, fundraisers, and social events. We hosted Senior Prom in May, as our most anticipated event during the spring quarter. Through multiple educational outreaches, we reached out to more senior facilities to help them better understand their medications. In addition, Dr. Coufmann gave us a very in-depth research about medication addiction in geriatric population during a lunchtime talk. We ended the academic year with a fabulous banquet, which was an exciting gathering for all the members to share and enjoy.

We welcome all of you to this new school year, and look forward to seeing you at the exciting events we have planned this upcoming year!

Senior Prom

Jennie Huynh (P3), President

On Friday May 3rd, 2019, ASCP hosted its 5th annual "Senior Prom" at the College Avenue Center. As one of our most popular events, many seniors in the local San Diego community attended and enjoyed an entertaining afternoon of singing, dancing, and socializing with each other along with ASCP members. There was also a stunning floral-themed photo booth and upbeat music performed by Tony Davis & his band. We also hosted an informational health fair where student pharmacists presented on topics relevant to the geriatric population, such as osteoarthritis and nutrition.



CSHP also joined us with a poison prevention poster that educated the seniors on safe practices and medication use. We would like to thank Dr. Mnatzaganian, our supportive sponsors, and our dedicated members for making this event such a huge success.



Senior Residents, ASCP members, and volunteers.

Spring GBM

Elliott Lam (P2), President-Elect

Our Spring GBM marked the beginning of a quarter filled with lots of events including our annual senior prom, a brand new event Vaccine Bingo, and the annual Spring Bake Sale! In addition to these event announcements, every current board member also outlined what their position responsibilities were for those who were interested in running for the 2019-2020 Executive Board positions in the upcoming elections!

Lastly, we announced details for the ASCP banquet at Leucadia Pizzeria in La Jolla to celebrate the closing of the school year and everything ASCP has accomplished in 2019. We would like to congratulate Allison Vu for her outstanding contribution to this club and being awarded member of the quarter! Let's not forget Linda Tran as well for getting honorable mentions!

Join us in welcoming our new board members for the 2019-2020 school year

President

Jennie Huynh (P3)

President Elect

Elliott Lam (P2)

VP of Community Outreach

Michelle Park (P2)

Community Affairs Coordinator

Tiffany Do (P3)

Treasurer

My Phung (P3)

VP of Internal Affairs

Shengxi Sun (P3)

Secretary

Yvonne Yap (P3)

VP of Professional Education

Stephanie Lam (P2)

Geriatrics Elective Coordinator

Annie Chang (P3)

Medicare Part D Outreach Coordinator

Victoria Nguyen (P2)

Member of the Quarter: Allison Vu (P2)

I've enjoyed participating in ASCP events as a P1 member of the 2018-2019 school year!

During fall quarter, I was enrolled in the Medicare Part D elective, which was helpful in breaking down complex coverage plans. Though I had worked in retail before, I never really understood or could simplify the "donut hole" idea to patients until then! I also had fun at Senior Formal. Everyone was in great spirits, and it was endearing to see the seniors dancing, smiling, and learning from the poster presentations.



President Jennie Huynh and Allison Vu.

During winter and spring, I had the opportunity to present relevant health topics such as cholesterol and immunizations to the assisted living home residents at Vi at La Jolla Village. It was rewarding to present at outreaches like Union of Pan Asian Communities (UPAC) and connect to the local groups. Throughout the year, I attended lunch time talks which gave me a better idea of what geriatric pharmacy entails. ASCP has been an amazing organization to be involved in, and each person I've met has been very welcoming. I'm grateful for all the chances to learn and explore the field of pharmacy!!

-Allison Vu (P2), Member

Vaccine Bingo Outreach

Jeffrey Rodriguez (P2), Member

I had never been to an outreach event with ASCP before, so I did not really know what to expect. While the turnout was lower than expected, I'm glad we made the most out of the situation and did our best to educate our audience in a professional and friendly way. The audience was really nice and I really appreciated that they gave us their undivided attention the entire time. They already held a notion that vaccinations are important, but they left knowing much more about why they themselves and those around them should stay up to date with their immunization schedule. I had so much fun with Vaccine Bingo, and I would definitely participate in future outreach events with ASCP!

Gourmet Bake Sale Fundraiser

My Phung (P3), Treasurer



The bake goods donated by members.

On May 31st, ASCP held its annual Spring Bake Sale in Skaggs Lobby during lunch time. Students donated many baked goods, some includes homemade mini cheese cakes, strawberry cream cupcakes, and also banana breads. Students also purchased baked items to donate. All the desserts were delicious! Students, staff, and faculty were able to enjoy the amazing and delicious treats donated by our very own ASCP members. A big thanks to all the generous baked goods donors and also to everyone who helped contributed to ASCP's fundraising by purchasing the baked goods. The money raised went towards future ASCP events.

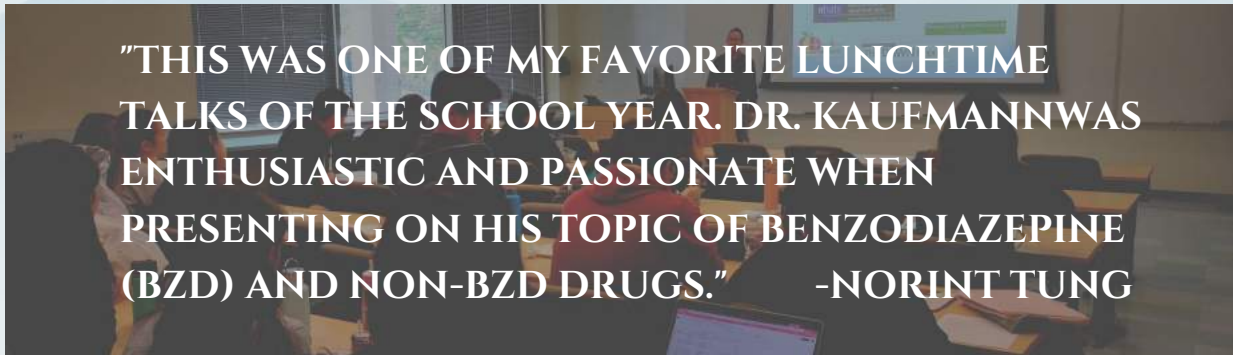


From left to right: Kathie Tran (previous Community Affairs Coordinator), Danh Pham , and Khanh Nguyen

Nutritional Diet Outreach

Danh Pham (P2), Member

It was a great opportunity to be able to volunteer for the ASCP outreach at Brookdale Carmel Valley nursing home. We gave a presentation on nutrition and it was enjoyable to see how engaging our audience was throughout the presentation. There were a lot of questions during the presentation. With the help of Dr. Kelly, we were able answer those questions. This experience helped me better understand the older adult population and I learned how to better cater the education to meet their specific needs. Overall, I was able to learn a lot from this experience and enjoy the interaction that I had with the older adults.



One theme Dr. Kaufmann highlighted was the correlations they share and contrast in which healthcare professionals prescribing frequency varies for different age groups. Also, what I really enjoyed about his presentation, was that he made it interactive by incorporating many questions to ask the audience. Additionally, he included many graphs, making it easier for me to understand the trends in regards of how prescribing BZD and non-BZD drugs are changing over time amongst the different age groups. All in all, Dr. Kaufmann truly provided a lunchtime talk, as he gave us the opportunity to discuss with him the multitude of topics revolving around the impacts that BZD and non-BZD drugs has on patients.

Lunchtime Talk with Dr. Kaufmann

Norint Tung (P2), Member



Dustin Huynh and Erin Yamanaka are presenting to students.

Rady's Day

Kenson Lam (P2), Member

On the Rady's Summer Medical Academy event, I was given an opportunity to educate high school students on the importance of medication safety for older adults. I teamed up with Michelle Park to explain about the why medication safety is a special concern for geriatric patients. Many reasons include taking multiple medications, prior chronic conditions, age-related changes and increased in vulnerability toward medications. Students were tasked to organize Aunt Betty's daily pill box. We first taught them to choose the appropriate therapy by reading the case study carefully to see what medications Betty is on. We then ask them to identify which pills to organize based on the medication monograph and pill description color. We then ask students to arrange the pills in the correct order from Monday to Friday. It was fun interacting with the students because I get to integrate what I learn in Pharmacy Practice to teach the students. I also get to teach them about high blood pressure medications, how ACE-inhibitors can cause dry cough, and an easy way to know if it is an ACE-inhibitor is to look at the suffix, "-pril." Overall, it was a very interactive event and the students really enjoyed it.

YOU'RE INVITED

Save the Date

Looking for more opportunities? Interested in learning more about our organization? You're free to gather more information from joining our Fall Membership Drive!

- **Fall Membership Drive - Monday Sept 30th at 12-1pm**

Want some free dessert and get to know some fun facts about UCSD-ASCP? Join our P1 Ice Cream Social!

- **P1 Ice Cream Social - Tues Oct 15th at 12-1pm**

Come to learn more about the upcoming events and support the P1s running for board positions!

- **Fall GBM and P1 Elections - Tues Oct 22nd at 12-1pm**

And... a lot more to come!

- **Fall Lunchtime Talk - Thurs Nov 14th at 12-1pm**
- **Senior Formal - Friday Nov 15th at 12:30-2:30pm**

End of the Year Banquet

Michelle Park (P2), VP of Community Outreach

ASCP had our annual End of the Year Banquet at Leucadia Pizzeria & Italian Restaurant on Tuesday, May 21st, to celebrate our successful year. The evening began with some delicious food, and then we got to reflect on our past accomplishments and thank our preceptors, board members, and dedicated ASCP members for all their hard work and support for the organization. We also welcomed the new board members for the 2019-2020 school year. The evening ended with lots of photos at the photo booth. We would like to thank our president, Anh Nguyen, for a wonderful and successful year. We will miss you! We look forward to another successful year with Jennie Huynh, who will now serve as president for the upcoming year.



From top/bottom and left/right: 1. lobster pizza served at banquet. 2. Members eating at their table. 3. UCSD-ASCP 2018-2019 board. 4. UCSD-ASCP 2019-2020 board. 5. Members eating at their table



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 seven 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 PINS

- 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 (1pt)
 - Attending Professional Education Events (1pt)
 - Writing an article for ASCP Newsletter (0.5pt)
 - Helping with fundraisers (0.5 pt)



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