

UC San Diego

SKAGGS SCHOOL OF PHARMACY
AND PHARMACEUTICAL SCIENCES

AS
CP

American Society of
CONSULTANT
PHARMACISTS

Welcome Back!

UCSD-ASCP had a successful Winter Quarter! The past several months have been an exciting time as we created new events while keeping traditional ones. The quarter kicked off with our Winter GBM, where we gathered interest in our annual Rose Grams Fundraiser for the Valentine's Day holiday season. We continued our popular Immunization and Medicare Part D outreaches as well as our tour with Dr. Segal at the Moore's Cancer Center. The new ASCP state president gave a lunchtime talk about her experiences and the opportunities at Palomar Health. We added a new Constipation educational talk to our Hypertension and Hyperlipidemia presentations. We ended the quarter with two kids events. The first being Pharmacy Day at UCSD Skaggs School of Pharmacy, where high school students learn about the different roles of the pharmacist in healthcare. The second event was part of the San Diego Festival of Science and Engineering. Participants of the Expo visited our Medication Safety booth to learn about a healthy diet and medication reconciliation. We are looking forward to an exciting Spring Quarter as we wrap up the academic year and welcome the new UCSD-ASCP Board!

Table of Contents

- 1 Welcome Back!
- 2 Rose Grams Fundraiser
- 3 Immunization Outreach
- 3 Moore's Cancer Center Tour
- 4 Hypertension and Hyperlipidemia Presentation
- 4 Winter Lunchtime Talk
- 5 Medicare Part D Outreach
- 6 Pharmacy Day
- 6 Constipation
- 7 San Diego Festival of Science and Engineering
- 7 Winter GBM



Save the Date!

Falls Prevention
Presentation

April 15, 2016

Asian Pacific
Health Foundation
Health Fair

April 23, 2016

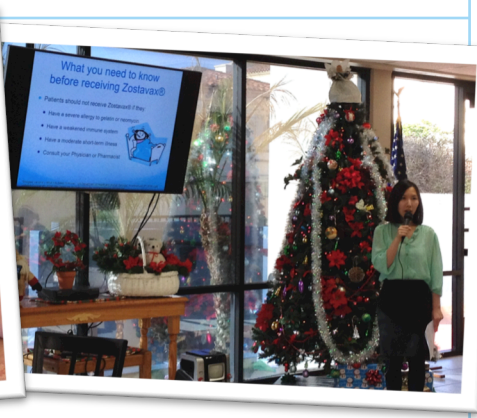
Rose Grams Fundraiser!

Tran Bao Nguyen (P1), UCSD-ASCP Member



One of the most memorable fundraisers of my first year of pharmacy has to be ASCP Rose Gram. I still vividly remember that morning of the event; our student break room was filled with flowers. What can start your day off better than seeing freshly cut roses and having your room filled with fresh rose aroma? The fundraiser is special also because it is such a nice subtle way to give roses to our friends, classmates, and upperclassmen who have helped us through our first year so far. Over 150 roses were sold, showing us how much help and effort we have given to one another and have gotten to know each other in such a short amount of time. The fundraiser would not be successful if our friendships have not bloomed. The event reminds me of how grateful we are to each other and that we will always be there for one another if life gets hard. Great thanks to ASCP for organizing the fundraiser and raising money for such a great cause for our geriatric community. I cannot wait to see the smiles of our community members at the Senior Prom this April!





Left. From left to right: Kaishan Ding, Eric Chen, Amy Hsu, and Samantha Kim. Middle. From left to right: Tiffany Cheng, Amy Hsu, Dr. Freedman, Elizabeth Duxbury, and Sirena Louie. Right: Kaishan presenting on Zostavax®.

Immunization Outreach

Elizabeth Duxbury (P1), UCSD-ASCP Member

Tiffany Cheng, Sirena Louie, and Elizabeth Duxbury of the University of California, San Diego Skaggs School of Pharmacy were given the opportunity to educate residents of the Vi At La Jolla Village about immunizations for older adults. Dr. Beverley Freedman accompanied the students along with the ASCP VP of Immunization, Amy Hsu. The students discussed the importance of the Zostavax® vaccine, Fluzone® High-Dose vaccine,

Pneumovax® 23, Prevnar® 13, and Tdap vaccine. The presentation considered the importance of getting vaccines to protect oneself and others, but also potential side effects. At the conclusion of the slide show there were many questions from the residents about their own health and risk of shingles. The students, along with Dr. Beverley Freedman, were able to answer the questions and have a discussion.

Moore's Cancer Center Tour

Sirena Louie (P1), UCSD-ASCP Member

On January 23, 2016, UCSD-ASCP members took a tour of UCSD Moore's Cancer Center in La Jolla. UCSD Moore's Cancer Center is a National Cancer Institute-Designated Comprehensive Center, the only one in the San Diego region. This facility unites cancer-related research laboratories, clinical trials, and prevention and outreach programs under one roof. The tour began with an introduction by Dr. Segal, Clinical Oncology Pharmacist, who brought members on an extensive tour of the hospital. Members were informed on the unique aspects of Moore's Cancer Center and the differences between its pharmacy specialty positions. Dr. Segal showed members the hospital's three specialized departments within pharmacy: retail/outpatient, infusion, and investigational drug services. During the tour, Dr.

Segal answered member's questions on a pharmacist's daily tasks and elaborated on his job in the infusion pharmacy. Members visited the beautiful bamboo courtyard, outpatient pharmacy, infusion pharmacy, infusion center, sterile compounding clean room, and investigational drug services sector. Overall, members thoroughly enjoyed learning about the different specialty pharmacy departments in Moore's Cancer Center and the role pharmacists have in outpatient cancer treatment.

ASCP members with Dr. Segal

From left to right: Sama Al Patty, Mustafa Hussain, Dr. Segal, Laifou Saechao, Sirena Louie, Amy Le



Hypertension and Hyperlipidemia Presentation and Brown Bag Event

Jenny Liang (P2), UCSD-ASCP Member

ASCP started off the Winter quarter with a Hypertension and Hyperlipidemia presentation followed by a Brown Bag event at Brookview Village, a retirement community in Poway. Seniors gathered on a Friday afternoon to learn about management of high blood pressure and high cholesterol through non-pharmacological therapies and medications. Pharmacy students, Vanessa On (P1), Kyunghun Park (P1), Jenny Liang (P2), and Lissa Ishihara (P2) presented a brief overview of each of the topics giving a background to the conditions, risk factors, common medications prescribed, and strategies for diet and lifestyle management. Throughout the presentation, seniors eagerly shared their concerns, all which were thoroughly addressed by students and our preceptor, Dr. David Bao. After the presentation, students partnered up and started the Brown Bag portion of the event. Medications were reviewed for drug-drug interactions, food-drug interactions, misuse, and necessity. Participants came prepared with questions about their medications and expressed their appreciation for the event at the end. Interacting with seniors at Brookview was definitely a rewarding experience for us students as well!



From left to right: Dr. David Bao, Quyen Nguyen, Jenny Liang, Kyunghun Park, Vanessa On, Lissa Ishihara

Winter Lunchtime Talk with Dr. Elliott

Lai Saechao (P2), VP of Professional Education

On Friday February 19th, Laura Elliott, PharmD, CGP gave a lunchtime talk to ASCP members about her involvements with ASCP as the current California chapter president and discussed the general background on geriatric pharmacy rotations for student pharmacists and pharmacy residents. Dr. Elliott is the trauma and surgical ICU pharmacist at Palomar Medical Center and she shared stories from personal experience that illustrated the importance of having an extensive knowledge and understanding of geriatric care because this expertise can greatly improve an older person's quality of life. Dr. Elliott also talked about how California's ASCP chapter has worked

ASCP board and members with Dr. Laura Elliott



persistently in 2015 towards expanding ASCP's influence on Capitol Hill in order to grow its network and influence. At the end of the event, Dr. Elliott was able to talk about some of the research projects for student pharmacists offered at Palomar Medical Center, and a short thank you announcement was made. This lunchtime talk allowed ASCP members to get more insight into Dr. Elliott's work schedule and responsibilities, and allowed ASCP members to ask questions regarding the goals of California's ASCP chapter and student and residency geriatric rotations.



Left: Liu Liu, Bao-Ling Lei, and Jenny Liang.
 Middle: Many seniors enjoy learning about Medicare Part D.
 Right: Yulan Nancy Lan (site coordinator), Liu Liu, a senior from the audience, Jenny Liang.

Medicare Part D Outreach Lions Community Manor Outreach

Liu Liu (P2), UCSD-ASCP Member

On February 12, 2016, two ASCP student members, Jenny Liang and Liu Liu, volunteered to provide a one-hour information session of 2016 Medicare Part D plan for seniors at the Lions Community Manor. To give consideration to the multi-cultural community, one student pharmacist presented in English and the other one took the role of being the Chinese translator. Because the majority of the audience there was speaking Mandarin and Cantonese, the presence of a student translator could facilitate the presentation and help overcome the language barrier that is a significant factor to consider in patient interaction. As a result, many seniors attended the event and showed great interest of learning more about their qualified plans.

By attending the presentation, seniors had the opportunity to learn about the differences between plans and the important dates they should remember regarding plan enrollments. Most importantly, this presentation covered many important points that seniors found

helpful in choosing the best plan that would benefit them the most. An interactive Q&A session was held after the presentation to better assist the seniors with their inquiries regarding Medicare part D plans. Overall, many seniors were confused about the policy behind deductibles and coverage gap of Medicare plans. The pharmacist preceptor Dr. David Bao, together with student translator and student presenter, explained to the seniors about the concepts with simple language in order to clear their confusion. It was a great setting to address those issues and educate the seniors with the current Medicare part D policies.

This experience is a great opportunity for student pharmacists to interact with seniors early in their study, which could be beneficial in their future practice as pharmacists. As student pharmacists, we want to show our concern and respect towards the community, and the best way is to go into the community and make a difference.

Pharmacy Day

Teresa Vu (P3), Board Liaison

This year Pharmacy Day took place on February 20, 2016 with Dr. Freedman as the preceptor. We welcome approximately 150 high school students from around the San Diego area to UCSD Skaggs School of Pharmacy to enjoy a day filled with activities that exposed them to the various roles of the pharmacist. UCSD-ASCP was responsible for the medication safety activity. This year we created a new activity, “The Aunt Betty Patient Case.”



Pharmacy student volunteers guided the high school students toward choosing a medication therapy for Aunt Betty’s diabetes and hypertension. They, then, identified the pills using a drug monograph and sorted the pills into Aunt Betty’s pillbox. The students even learned about counseling, the rule of 15, and the DASH diet. The students had a wonderful time learning about polypharmacy and medication reconciliation.



Top: Courtney Miller guiding students through the patient case.

Bottom: Dr. Freedman enjoying the new Aunt Betty Patient Case.

Constipation: Treatment and Prevention

Samantha Kim (P1), P1 Liaison

On Monday, February 29th, a group of first-year ASCP pharmacy students and myself went to provide an educational lecture on how to treat and prevent constipation. We had about 20 residents from the Vi La Jolla participate in the lecture, and most were engaged and interested in how to treat this common problem among the geriatric population. We discussed various over the counter products to talk about when to use certain medications depending on the situation, and were able to answer any misconceptions on product selection.



The latter part of the lecture stressed non-pharmacological methods to prevent constipation involving: exercise, daily fiber and water intake, and bowel training. By providing information on how constipation medications work, there was a connection with how these non-pharmacological methods correlate or stimulate similar movements. At the end of the presentation, we encouraged residents by providing them with “fiber-friendly” goodie bags.



Bottom. Left to Right: Samantha Kim, Cydnee Ng, Amy Hsu, Eric Chen, and Dr. Christina Mnatzaganian. Top. Left to Right: Amy Hsu, Eric Chen.

San Diego Festival of Science and Engineering

Cara Eskelsen (P1), UCSD-ASCP Member

On Saturday, March 5th 2016, ASCP participated in the San Diego Festival of Science and Engineering, a ten-day festival at Petco Park that showcases hundreds of hands-on STEM exhibits for children, young adults, and parents to participate in. Cara Eskelsen and Jamie Ta ran three activities under the supervision of Teresa Vu, ASCP's Board Liaison. In addition to talking with passers-by about the aspects and importance of having a healthy diet, activities centered on medication safety were conducted. One activity involved converting written short-hand prescriptions into long-hand, and another was focused on optimizing Aunt Betty's medication regimen to prevent her from having too many unwanted side-effects from her medications. Participants and facilitators had fun learning and teaching about the importance of medication safety!



Left to Right: Cara Eskelsen, Teresa Vu

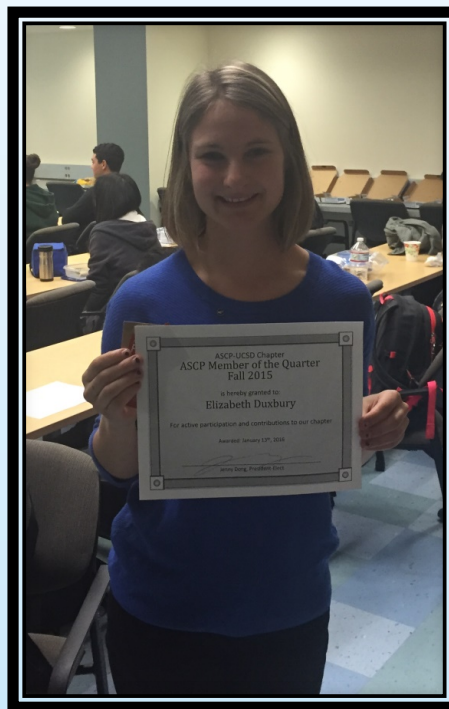
Winter GBM

Nikki Mulligan (P3), President

ASCP's Winter GBM on Wednesday, January 13th started with a quick recap of ASCP Annual 2015 in Las Vegas from our delegates Yu Jin (P3) and Kaishan Ding (P2). ASCP was also well represented at ASCP Annual's poster sessions with research from Ester Porky (P4) and reports on the UCSD chapter's events by Siu Mei Ma (P3) and Nikki Mulligan (P3). We were pleased to announce our Fall Member of the Quarter, Elizabeth Duxbury (P1) for strong participation in ASCP's fall events. As our lunchtime GBM progressed, we previewed events included our first "Non-Pharm" series lecture on constipation created by our P1 liaison, Samantha Kim. We offered a sneak peek at the Moores Cancer Center Tour with Dr. Segal, lunchtime talk with Dr. Chau and Fall prevention presentation. ASCP also announced a combined hypertension, hyperlipidemia and brown bag event, additional immunization and Medicare Part D educational events. We closed with advertisements for our favorite Rose Grams Fundraiser which funds ASCP's Senior Prom event which is currently scheduled for the spring quarter. Thank you to all our members that came out to the event!

Congratulations!

Elizabeth Duxbury



ASCP

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 five 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)

*Other events are at the discretion of the exec board

We're on the Web!

<http://ascpucsd.wix.com/ascp>

Visit our Facebook Page!

www.facebook.com/ucsdascp



Contact UCSD-ASCP!

UCSD Skaggs School of Pharmacy and
Pharmaceutical Sciences
9500 Gilman Drive
La Jolla, CA 92093
Email: ucsd.ascp@gmail.com

UCSD-ASCP Newsletter Editor:
Teresa Vu, Board Liaison (P3)