



UC San Diego
SKAGGS SCHOOL OF PHARMACY
AND PHARMACEUTICAL SCIENCES

ASCP American Society of
CONSULTANT
PHARMACISTS

Welcome Back!

UCSD-ASCP wrapped up the 2017-2018 academic year successfully with many exciting events, including a variety of educational outreaches, informative lunchtime talks, facility tours, and Senior Prom. Senior Prom is one of our most anticipated event during Spring quarter. Seniors enjoyed a day filled with music, dancing, photos, and food, all while learning about various health-related topics. This quarter was also filled with numerous education outreaches that focused on topics such as vitamins and minerals, nutrition, osteoarthritis, and senior specific immunizations. In addition to educational outreaches, we also had the pleasure of having Ms. Elliot Stirling speak about advanced care planning in the geriatric population. She gave members tools and tips on how to bring up difficult conversation regarding end-of-life care. In terms of facility tours, students toured PharMerica, where they were able to learn about the operations of long-term care pharmacy. ASCP also led a workshop at Rady's Day, teaching high school students about the importance of medication safety, especially in the senior population. We ended the academic year with a successful bake sale fundraiser and our annual banquet. We welcome all of you to this new school year, and look forward seeing you at the exciting events we have planned this upcoming year!

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Senior Prom Jennie Huynh (P2), President Elect

On Friday April 20th, 2018, ASCP hosted its 4th annual Senior Prom at the College Avenue Center. This event is one of the most popular events of the year as seniors in the community look forward to a pleasurable afternoon of singing, dancing, and socializing. This year attendees experienced a floral spring theme alongside a photo booth and upbeat music performed by Tony Davis and his band. There was also an informational health fair featuring topics relevant to the older adult population, such as vitamins and osteoarthritis.



We would like to thank Dr. Mnatzaganian, our loyal sponsors, and our dedicated members for making this event such a huge success year after year. See you in 2019 at the next Senior Prom!

From top to bottom:

- 1) ASCP Board, Faculty, and Members
- 2) Senior residents and ASCP members dancing
- 3) Yana Kalendarev educating residents on the topic diabetes control
- 4) Senior residents dancing
- 5) From left to right: Eric Chen, Sohrab Sadeghi, Jennie Huynh, Yvonne Yap

Spring GBM

Yvonne Pham (P3), Secretary



2017-2018 ASCP Board

tour at PharMerica Long Term Care. We were also excited about our annual Spring bake sale, which retrospectively was a success. Lastly, we outlined the duties of each position for elections for the 2018-2019 Executive Board for anyone who may have been interested in joining our family! We would like to congratulate and appreciate the unyielding effort put in by our Member of the Quarter: Shengxi Sun!

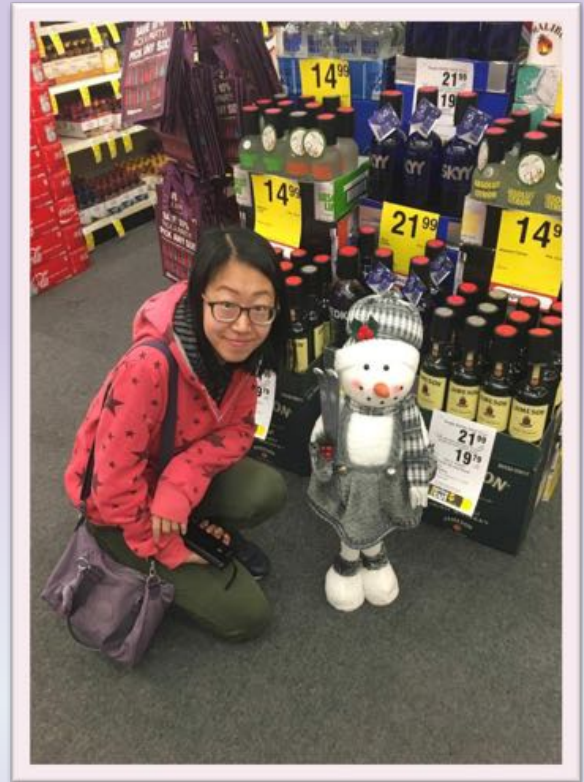
ASCP kicked off the new quarter with an informational GBM about our upcoming events for the year! Activities introduced included Senior Prom, educational presentations comprising of topics like osteoporosis, immunization awareness and diseases prevention, and nutritional diet for the elderly. We also discussed about our upcoming Spring quarter

Please join us in welcoming our new board members for the 2018-2019 school year!

President Anh Nguyen	Medicare Part D Coordinator Natalie Tran	Treasurer My Phung	Secretary Yvonne Pham
President Elect Jennie Huynh	VP of Professional Education Shengxi Sun	Save the Date! Monday, October 24, 2018 12:00P.M. - 1:00P.M. ASCP's 1 st GBM - Join us to learn more about the upcoming events we have for you this quarter! Also, come support the P1s running for a board position!	
VP of Community Outreach Tiffany Do	Geriatrics Elective Coordinator Sohrab Sadeghi		
Community Affairs Coordinator Kathie Tran	VP of Internal Affairs Yvonne Yap		

Member of the Quarter: Shengxi Sun

In the past 2017-2018 school year, I've actively participated in ASCP as a P1 student. During fall quarter, I attended the lunchtime talk with Dr. Elliott, learning about the pharmacists' role in ICU/trauma department. In winter quarter, in addition to the lunchtime talk given by Dr. Moore about geriatric alcohol abuse, I've also participated in Moore's Cancer Center tour, which was my favorite as it had taught me a lot about the advanced oncology in real-time practice and what a normal day of an oncology pharmacist would look like. I've also been to PharMerica, the long-term care facility, to learn about what pharmacists do in this setting. Additionally, I attended Senior Prom during spring quarter. It was my honor to participate in such a fun event as I was strongly encouraged to give back to the community through cheering up with these lovely seniors. -Shengxi Sun (P2), VP of Professional Education



Vitamins and Minerals Outreach

QuynhMy Nguyen (P2), Member

Before the Vitamins and Minerals outreach at Vi at La Jolla, I had never given a presentation to a geriatric population. However, after this event, I regretted that I hadn't sign up for more of ASCP's outreaches. I had so much fun sharing my knowledge with the seniors. It was even more rewarding that many of the audience members were very engaged in our presentation. One lady was actively taking notes, while several other members offered suggestions to improve future presentations. For example, they wanted to know what items in their menus were the most loaded with certain vitamins or minerals. Their concern for their own health and desire to learn how to best take care of themselves empowered me to continue teaching others. I realized that patients really do want to know how to take care of themselves, and that it's up to pharmacists and other healthcare providers to give them the knowledge and tools to do that.



QuynhMy Nguyen and Katie Kesler educating senior residents on vitamins and minerals.

Spring Bake Sale Fundraiser Melody Padilla (P4), Previous Treasurer

The smell of cookies and cupcake filled the school during lunchtime for ASCP's Spring Bake Sale held on May 21. Featured goods this year included strawberry cupcakes, homemade banana bread, fresh snickerdoodles, and even hot pigs-in-a-blanket. ASCP members graciously donated and baked goods for the sale. Students, faculty and staff were eager to see what we offered this year and did not hesitate to indulge on delicious snacks. The funds raised from this event went towards the End of the Year Banquet and will help fund future ASCP events.



Natalie Tran, Anh Nguyen, Melody Padilla, and Kathie Tran helped sell baked goods during ASCP's annual bake sale.

Nutritional Diet for Older Adults

Kathie Tran (P3), Community Affairs Coordinator

What the residents of Vi of La Jolla requested, the students at ASCP-UCSD delivers. A new presentation was made covering healthy diets for older adults and it included serving sizes, important food groups, and even the major nutrients that are in them. Katie Kessler and David Kim made the presentation extremely interactive by demonstrating to the residents serving sizes with their hands. Finally, a menu from the home was used to plan a potential meal that would incorporate the important food groups and what meals to avoid. Everyone enjoyed the presentation!



Katie Kesler and David Kim presenting on the importance of a healthy diet for older adults.

PharMerica Tour Lydia Chen (P2), Member



From left to right, top to bottom: Lydia Chen, Guannan Wang, Michael Miller, Shengxi Sun, Anna To, and Natalie Tran

and learn about USP regulations. From the tour and talking to the pharmacists, we were able to gain a better understanding of what a long-term care pharmacy is and what a pharmacist does in this setting. We learned that long-term care pharmacy is a mixture of community pharmacy and hospital pharmacy; long-term care pharmacists apply their clinical knowledge in making dose recommendations while filling and dispensing medication without having the direct-patient interaction component as in a community pharmacy.

On May 8, 2018, a group of P1 and P2 students visited PharMerica located in San Diego. PharMerica is a long-term care pharmacy with locations all over the United States. During the tour, we got to see the facility starting from the computer system that PharMerica uses to process prescription orders to the filling of the prescriptions to the packaging of filled prescriptions for delivery. We also got to see their newly built IV compounding room

Lunchtime Talk with Ms. Elliot Stirling

Natalie Tran (P3), Medicare Part D Coordinator

Ms. Ellen Stirling, a representative from the San Diego County Coalition for Improving End-of-Life Care, visited the UCSD campus on Tuesday May 29, 2018 to talk about advanced care planning in the geriatric population and provided some helpful resources. The students learned the importance of the process, which allows competent adults to guide their medical care at times when they are unable to speak for themselves. Through useful tools, such as the "Go Wish Cards", students got to sample how to bring up difficult conversations among family members regarding end-of-life care. Towards the end of the talk, the students were able to see how different values and beliefs can influence decisions for future health care goals.



Medicare Part D Brown Bag Event

Alda Tran (P4), Past Medicare Part D Coordinator

On April 27, QuynhMy Nguyen and Katie Kesler participated in the Medicare Part D Brown Bag Event. The “Brown Bag” in the brown bag event symbolizes the patient’s medication bag. Our purpose of this event is to do a quick medication reconciliation and check for drug-drug interactions. QuynhMy and Katie did a great job in answering questions that the patients had about their medications to their best knowledge and emphasizing important counseling points during the event. I know that all the patients who came, had left with some knowledge.



Osteoarthritis Outreach

Guannan Wang (P2), Member



Maher Alhaja and Guannan Wang presenting on osteoarthritis

On Friday May 11th, 2018, Guannan Wang and Maher Alhaja educated residents of Brookdale Senior Living about osteoarthritis. Guannan Wang said it was a fabulous experience to use the knowledge he learned from pharmacy school to educate the seniors and doing outreach at senior residence is the best way to give back to the community. Guannan stated that “This is my first time visiting a senior residence and

working with geriatric patients. I had a great time interacting with all the senior residents, and I was surprised that they actually knew more than I do about osteoarthritis. One lady who has osteoarthritis shared her medical history with us and also told us about her treatments for osteoarthritis which were not included in our presentation at all. I felt so lucky that I learned a lot from the patient about osteoarthritis as well through the outreach.”

Immunizations Outreach

Yvonne Yap (P2), VP of Internal Affairs

On May 22, ASCP held the last senior specific immunizations outreach for the year at St. John's Plaza. Katie Kesler and Guannan Wang discussed the importance of senior specific vaccinations to prevent diseases. They were accompanied by VP of Immunizations, Yvonne Yap, and their pharmacist preceptor, Dr. David Bao. The immunization topics covered included Shingles (Zostavax and Shingrix), pneumonia (Pneumovax 23 and Prevnar 13), flu, and tetanus. The presentation was heavily focused on the newly approved Shingles vaccine, Shingrix. Residents learned about the main differences between the Shingrix and Zostavax vaccine. The effectiveness, route of administration, and scheduling for both vaccines were thoroughly compared. At the end of the presentation, there was a Q and A session where the residents had the chance to ask about anything they did not understand during the presentation.



Dr. Bao, Guannan Wang, and Katie Kesler discussing senior specific vaccinations with the residents at St. John's Plaza.

Rady's Day

Liselle Ang (P2), Member



On June 22nd, the Rady Summer Medical Academy Mini Pharmacy Day was held at Janssen Research and Development. Students were given the opportunity to participate in different activities that enabled them to explore the various aspects of the pharmacy profession. UCSD Skaggs School of Pharmacy students assisted with the activities which included diabetes education, where students learned how to read blood glucose levels; asthma awareness, where students were taught the proper use of an inhaler; medication safety recognition, where students were informed of the different scenarios where medication safety can be a concern; clinical pharmacy information, where students prepared IV bags; and the compounding process, where students made their own lip balm. Not only did students engage in these hands-on activities, they also had the opportunity to hear from different pharmacists regarding the various roles and responsibilities of the profession.

ASCP Annual Banquet

Anh Nguyen (P3), President

On Thursday, May 24th, ASCP had our End of the Year Banquet at Leucadia Pizzeria & Italian Restaurant. It was an evening to celebrate all the accomplishments that ASCP had achieved this past school year, as well as thank all of our wonderful and dedicated members and preceptors for making it all possible. In addition, we also congratulated old board for all their hard work and welcomed in the new board for a fun and amazing year ahead. The banquet started off with food and a slideshow that was a trip down memory lane with pictures of our Lunchtime Talks, Educational Outreaches, Senior Formal and Prom, and so much more. The night then ended with gifts exchanges and lots and lots of pictures. It was definitely a night to remember with so much food and laughter. We cannot wait until next year!





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:
Yvonne Yap (P2), VP of Internal Affairs

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