



UC San Diego
 SKAGGS SCHOOL OF PHARMACY
 AND PHARMACEUTICAL SCIENCES

ASCP American Society of CONSULTANT PHARMACISTS

Welcome Back!

UCSD-ASCP finished the 2015-2016 academic year strong with countless outreaches, educational programs, and other exciting events. We started off the quarter with Senior Prom, one of our biggest and long-planned events of the year. This year's Senior Prom proved to be successful as we received generous donations from Teavana and Sprinkles Cupcakes. Our ASCP chapter also reached out to new locations as we continued to present our Immunizations and Falls Prevention outreach series. During our Spring GBM, many dedicated ASCP members ran in Spring elections for our Executive Board Member positions for the upcoming year. In addition, the P1 Liaison position was unanimously voted to be changed to the title, VP of Self-Care Outreach. The GBM was followed the Asian Pacific Health Foundation Health Fair where volunteers promoted Medicare Part D knowledge. We invited Lydia Lombardi for our lunchtime talk where she shared her experience working as a clinical social worker. This quarter, we also had the chance to tour PharMerica, a pharmacy management service company. Our final fundraising event of the year, the Spring Fling Bake Sale, proved to be successful as we raised \$187. We celebrated our successful year at the end-of-the-year banquet at Leucadia. Finally, our summer event, Rady's Day, took place at Janssen where we educated high school students about the profession of pharmacy. We welcome you to the new school year and look forward to the wonderful events planned for the upcoming quarter!

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From left to right: Elizabeth Duxbury, Samantha Kim, Eric Chen, and Amy Hsu at Senior Prom.

Senior Prom Amy Hsu (P1), VP of Immunizations

Once again, ASCP hosted a successful Senior Prom for the elderly residents of senior homes. This year's Hollywood-themed event took place on April 8th at Temple Emanu-El in San Diego. The event was filled with music, dancing, laughter, and smiles as the volunteers joined hands with the senior citizens in singing and dancing. We had a huge volunteer and participant turnout and four poster sessions including cholesterol, blood pressure, shingles, and seasonal allergies. This event was one of the biggest events of the year and required several different planning committees and quarters of planning ahead to make possible. We also received generous



Top (from left to right): Tiffany Cheng, Sirena Louie, Amy Hsu, and Eric Chen as they give poster presentations.

Bottom left: Quyen Nguyen dancing with a senior resident.

Bottom right: ASCP Executive Board at Senior Prom.

donations from Sprinkles Cupcakes and Teavana and gave out other raffle prizes for the participants who visited the volunteers at the poster sessions. At the end of the event, we gave special thanks to our beloved preceptor, Dr. Freedman, who will be retiring after this quarter. This event was special in that it would be her last ASCP event before she retires. We would like to thank Dr. Freedman, and all of our sponsors and dedicated members for making this event such a success. We couldn't be happier with the turnout and we look forward to next year's Senior Prom!



Top: Nikki Mulligan, our chapter president, giving thanks to our beloved preceptor, Dr. Freedman.

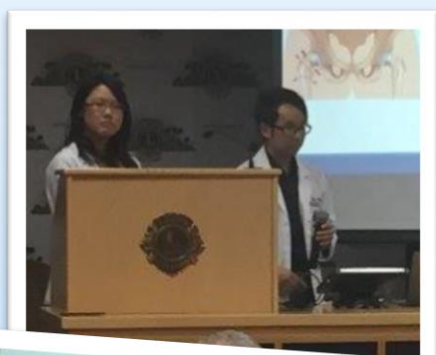
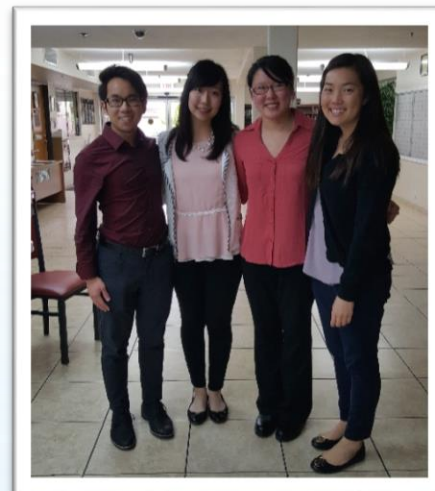
Bottom: Dedicated ASCP volunteers at Senior Prom.

Immunizations Outreach

Eric Chen (P1), UCSD-ASCP Member

On April 11th, Tiffany Cheng, Samantha Kim, and Eric Chen had the opportunity to present the importance of senior-specific vaccinations to the residents of St. John's Plaza in Lemon Grove, California. They were accompanied by the VP of Immunizations, Amy Hsu, and their pharmacy preceptor, Dr. Christina Mnatzaganian. The presenters emphasized the importance of receiving the shingles shot (Zostavax vaccine), to get their flu shot annually, and to follow up with their doctor about any booster shots they may need including the pneumonia and TDap vaccinations. Another point the presenters emphasized about the Zostavax vaccine was its time-sensitivity, as every year after the age of 60 reduces its effectiveness. At the end of the presentation, the floor was opened up to a questions-and-answers session in which the presenters cleared up any confusion the audience still had. The event wrapped up a successful year of immunization presentations that reached out to the residents of many senior centers.

From left to right: Eric Chen, Tiffany Cheng, Amy Hsu, and Samantha Kim at the Immunizations Presentation.



Falls Prevention Outreach

Amy Hsu (P1), VP of Immunizations

Eric Chen and Amy Hsu visited Lions Community Manor on April 15th to educate patients on the prevention of falls. They were accompanied by Quyen Nguyen, our VP of Community Outreach, and Dr. Nathan Painter, our pharmacist preceptor. The audience consisted mainly of Mandarin speaking patients, giving the volunteers a chance to use their bilingual abilities to present the knowledge in both English and Mandarin. The audience members were very engaged in the material and learned about the steps to take in case they have fallen. The audience utilized this opportunity to ask the student pharmacists and Dr. Painter about the current medication they were taking as well. This successful event marked the last of its kind for this academic year, planned by our very own VP of Community Outreach, Quyen Nguyen.



Top (from left to right): Amy Hsu and Eric Chen.
Bottom: Eric Chen giving a Mandarin translation of the presentation.

Spring GBM

Jenny Dong (P2), President Elect

On April 21st, ASCP-UCSD members took time out of their busy schedule to support their fellow classmates during the Spring Election for our new executive board! All of the candidates gave impressive speeches and amazing outlooks for next year, so it was not an easy decision for the members! Members also enjoyed fresh made sandwiches from a local eatery while they listened intently to what each candidate had to offer. After careful deliberation, the votes are in! We welcome our executive board for the 2016-2017 school year!

Welcome our new executive board for the 2016-2017 school year:

President-Elect
Samantha Kim

Community Affairs Coordinator
Quyen Nguyen

VP of Community Outreach
Elizabeth Duxbury

VP of Professional Education
Kaishan Ding

Board Liaison
Amy Hsu

Geriatric Elective Coordinator
Laifou Saechao

Medicare Part D Elective Coordinator
Jenny Liang

Secretary
Bao-Ling Lei

Treasurer
Eric Chen



Top (from left to right): Jenny Dong, Lai Saecho, Lissa Ishihara, and Jane Chang.

Bottom (from left to right): Cydnee Ng, May-May On, and Bao-Ling Lei at Spring Elections.

Left: Nikki Mulligan, ASCP President, at Spring GBM.



Save the Date!

Monday, September 26th, 2016

Fall Membership Drive - Learn more about upcoming events and P1 Executive Board Member positions!

Asian Pacific Health Foundation Health Fair

Bao-Ling Lei (P2), Medicare Part D Elective Coordinator, and Jenny Liang (P2), UCSD-ASCP Member



From left to right: Yafang Xie, Kaishan Ding, Bao-Ling Lei, health fair participant, Dr. Binh Tran.

Oftentimes, the importance of finding the right Part D plan is overlooked. Seniors may not realize that each plan differs in drug coverage due to differences in premiums, deductibles, and copays. With the help of student pharmacists trained under the Medicare Part D elective held every fall quarter, seniors can potentially reduce their spending on prescription medications. Through the

Medicare Part D outreaches, pharmacy students can not only help seniors understand their medications, but also help them understand the benefits they are entitled to under Medicare.

This past spring, Medicare Part D collaborated with Asian Pacific Health Foundation participating in three health fairs to help potential and current Medicare enrollees understand their benefits and answer any questions regarding their plan. At each outreach, we provided poster presentations to a broad spectrum of patients and experienced the cultural diversity in our community. The first outreach took place on April 23rd, where we assisted the Chinese population at a Sunday Church. The second health fair was on May 15th, where we assisted Vietnamese patients at the Vietnamese Federation of San Diego. Pharmacists, Dr. Binh Tran and Dr. Sandy Chong, volunteered to precept the students and provided additional information to the attendees. The last event of the year was held on May 28th at the Indo-Chinese Association.



Dedicated volunteers at the Asian Pacific Health Foundation Health Fair.



From left to right: Dr. Binh Tran, Dr. Kayla Giang, Kaishan Ding, Yafang Xie, Bao-Ling Lei, Cecilia McConnon.

At these events, our Medicare Part D poster and pamphlets explained the different services provided under Medicare Parts A, B, C, and D and online resources using Medicare.gov.

We received many positive comments from patients. Many stated that they did not know much about Medicare Part D and felt that they did not have access to resources. Nurses thought it would be helpful to add a Brown Bag session at future events.

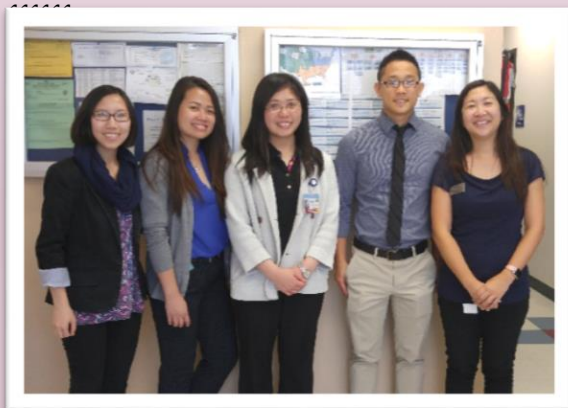


Jenny Liang at a poster presentation explaining Medicare Part D to a patient.

PharMerica Tour

Thu Le (P1), UCSD-ASCP Member

On April 29th 2016, four ASCP-UCSD members visited PharMerica Inc. When the members arrived, they were greeted warmly by Dr. Tam. At PharMerica Inc., ASCP members were introduced to the pharmacists and pharmacy technicians working there. They also had the opportunity to tour around the pharmacy including order input, electronic update board, bubble packaging area, and sterile IV compounding area. Dr. Tam was kind and welcoming; she explained how the pharmacy works to provide care for nine long-term care facilities around the area. Dr. Tam also answered members' questions regarding the work environment, FDA regulation, response to emergency calls, and the training required to work in PharMerica Inc. Dr. Tam then show members the controlled substance room and the work process in this area. At the end, Dr. Tam concluded the tour with an uplifting goodbye and welcomed future visits from ASCP members. Overall, all members who went on the tour learned about a different field of pharmacy and expressed interest in serving the geriatric population in the near future.



From left to right: Kaishan Ding, Thu Le, Bao-Ling Lei, Laifou Saechao, Dr. Tiffanie Tam

Overall, all members who went on the tour learned about a different field of pharmacy and expressed interest in serving the geriatric population in the near future.

Lunchtime Talk

Lai Saechao (P2), VP of Professional Education

On Friday May 13th, Lydia Lombardi gave a lunchtime talk on advanced care planning and Physician Orders for Life Sustaining Treatment (POLST). Lydia is a clinical social worker and therapist, and she is also the board chair for the San Diego County Coalition for Improving End-of-Life Care. Lydia began the talk by presenting startling facts about advance care planning. For instance, more than 90% of people think it's important to talk about their loved ones' and their own wishes for end-of-life care, yet less than 30% of people have discussed what they or their family want when it comes to end-of-life care. Lydia then went on to expand more on advanced directive and POLST forms that indicate the type of care and services an individual wishes to have at the end of his or her life. Lydia's talk was very lively and informative and we hope to have her for more talks in the near future!



From left to right: Siu Mei Ma, Jenny Dong, Bao-Ling Lei, Nikki Mulligan, Lai Saechao, Lydia Lombardi, Alice Koh, and Jaye Kim.

Spring Fling Bake Sale

Thu Le (P1), UCSD-ASCP Member

On May 18th, 2016, the Spring Fundraising Bake Sale for ASCP was announced. Members were excited to participate and show off their baking skills, and students were anticipating all the great baked goods ASCP has to offer. On May 18th, several baked goods were displayed for sale. Banana bread, red velvet cupcakes, peanut butter dipped pretzel sticks, and Hershey Kisses cookies are some among the variety of bakery items ASCP had to offer. Students, staff, and faculties were excitedly waiting to get their dessert. The sale went on for a few hours, but most items were sold out within minutes. Students and staff enjoyed their baked goods so much they wanted to have more, although the sale ended quickly. Overall, it was a successful fundraiser, and we made a \$187 profit. Even though the Bake Sale was over, students and staff cannot wait until our next Bake Sale Fundraiser!



Top (from left to right):
Manreet Sivia and Mustafa Hussain.

Middle left (from left to right):
Kaylene De Vries, Kathleen Hennessy, and Elizabeth Duxbury.

Middle right (from left to right): Sirena Louie and Elizabeth Duxbury.

Annual ASCP Banquet

Amy Hsu (P1), VP of Immunizations

We celebrated our successful year at our annual banquet, this time held at Leucadia Pizzeria & Italian Restaurant on May 20th. Joined by our ASCP members and Executive Board members were our beloved preceptors, Dr. David Bao, Dr. Binh Tran, and Dr. Beverley Freedman. Our chapter president, Nikki Mulligan, gave a recap of the numerous successful events of the year and gave thanks to the supportive preceptors, board members, and volunteers. The new Executive Board members for the upcoming year were introduced. Jenny Dong, who served as the President-Elect for the past year, will now serve as ASCP President and continue the outstanding work of Nikki Mulligan. We would truly like to thank Nikki for her dedication in coordinating all of ASCP's outreaches and events. Her leadership and guidance has been a true inspiration and the organization will definitely miss her. We would like to wish her best of luck on her future endeavors!



Top (from left to right): President Nikki Mulligan with ASCP Preceptor, Dr. David Bao.

Below: Preceptors Dr. Binh Tran and Dr. Beverley Freedman expressing their appreciation for the organization.

Bottom left (from top to bottom, left to right): Quyen Nguyen, Erin Lee, Jenny Liang, Jenny Dong, Jane Chang, Tiffany Cheng, Annie Hu, Kaishan Ding, and Bao-Ling Lei.

Rady Summer Medical Academy Mini Pharmacy Day

Eric Chen (P1), UCSD-ASCP Member



Top left (from left to right): Sagar Solanki and Yana Kalendareva helping students with patient cases.

Top right: Amy Hsu, Board Liaison, presenting the importance of medication safety.

Bottom right (from left to right): Hooree Amerkhanian, Samantha Kim, and Jordon Gilmore leading the workshop.

This summer, we had our last event of the school year on July 15th. In this summer Medical Academy hosted by Janssen, students from numerous high schools in the area participated in hands-on learning activities presented by the numerous organizations of Skaggs School of Pharmacy and Pharmaceutical Sciences. The workshop presented by ASCP was led by the newly elected Board Liaison, Amy Hsu. The workshop focused on medication safety where students had to solve patient cases with the help of pharmacy students. The high school participants were able to solve the cases and fill pill boxes with medication represented by candy. The students were very engaged and were tested on their knowledge at the end with questions from the group leaders. This event successfully wrapped up the 2015-2016 school year and we truly look forward to what the next year has to offer!

Special Thanks to Dr. Beverley Freedman

Amy Hsu (P1), UCSD-ASCP Member

Our beloved professor, Dr. Beverley Freedman, who has been our valued preceptor for countless years, will be retiring. Fortunately, she will continue to work with ASCP! Her guidance and support in our organization has been treasured and truly appreciated. We would like to thank Dr. Freedman for her hard work, leadership, and compassion as a preceptor working with ASCP. We look forward to seeing your smile at future ASCP events Dr. Freedman!



From left to right, top to bottom: Quyen Nguyen, Dr. Freedman, Siu Mei Ma, Jin Yang, Jenny Dong, Bao-Ling Lei, Teresa Vu, Jaye Kim, Nikki Mulligan, and Alice Koh at the Fall 2015 ASCP Membership Drive.



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:
Amy Hsu, Board Liaison (P1)

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