



ASCP

American Society of CONSULTANT PHARMACISTS

UCSD-ASCP QUARTERLY NEWSLETTER



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Welcome Back!

UCSD-ASCP started the academic year 2019-2020 with numerous educational presentations, health outreaches, fundraisers, and social events. We participated in the Alzheimer's Walk and annual organization fair at the beginning of the quarter. We hosted Senior Formal in December, as our most anticipated event during the fall quarter. Through multiple educational outreaches, we reached out to more senior facilities to help them better understand their medications. In addition, Dr. Devlin gave us a great presentation about geriatric medication physician's practice during a lunchtime talk. We concluded the quarter with DIY Cocoa Jar Fundraiser.

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!

Walk to End Alzheimer's

Jennie Huynh (P3), President

ASCP collaborated with CPNP and participated in the 2019 Walk to End Alzheimer's held at Liberty Station in San Diego. Our organization members fundraised for the event and walked to raise awareness about Alzheimer's disease. It was my 2nd year in a row attending this event; last year, we hosted a table with educational poster boards regarding insomnia and osteoarthritis while this year, we signed up to walk and raise money. It's always rewarding to participate and support this cause whether as a volunteer or as a walk participant. I hope ASCP and CPNP continue to be involved in the Walk to End Alzheimer's and help raise money towards finding a cure!



The participated board members

Student Org Fair

Shengxi Sun (P3), VP of Internal Affair



The participated board members

ASCP started out the 2019-2020 school year by taking part in the annual UCSD Organization Fair. We were so excited to meet the first year students, as they will be our new potential members in the near future. We were able to showcase our organization through answering many questions. Information was given about the community that our organization focuses on, and the events we hold throughout the year. Overall, we successfully recruited many new ASCP members for this year, and were excited for what they were planning to bring to our chapter!

Membership Drive

Shengxi Sun (P3), VP of Internal Affairs

ASCP welcomed new students to come learn about our organization at our membership drive. Our president, Jennie Huynh, gave an introduction on our organization and explained what it had to offer to students and the geriatric population. We also invited a guest speaker, Dr. Laura Hart, to share her experience working as a geriatric specialist and her career path in serving the geriatric community. In addition, at the end of the drive, we were able to give out raffle prizes to the attendees (Thanks to DaYung and Chipotle). We were able to recruit a good number of members and are excited to see their participation in ASCP!



Dr. Hart Sharing her career path.



The participated board members

Ice Cream Social

Yvonne Yap (P3), Secretary

On October 15th, ASCP welcomed the Class of 2023 with our annual Ice Cream Social. All students were welcomed to come mingle casually with current ASCP members. In addition to enjoying an afternoon filled with a variety of delicious ice cream flavors, prospective members also had the opportunity to speak with the executive board members to learn more about the organization's mission and the different ways to get involved. At the end of the event, many PIs were very interested in joining the organization, making this event a huge success!

Fall GBM and P1 Elections

Elliott Lam (P2), President Elect

On October 22nd, 2019, ASCP held its annual fall GBM and P1 elections. Lots of exciting events were announced for the upcoming quarter that our new members could participate in: Medicare Part D outreaches, a lunchtime talk with Dr. Shannon Devlin, and our highly anticipated Senior Formal. Every one seemed very excited to hear about all these new events for the quarter. Following our announcements, first year students ran in our 2019 Fall Elections for the positions of VP of Immunizations and VP of Self Care Outreach. Candidates were given two minutes to voice their ideas and what they had to offer to our organization. The elections were intense since every candidate showed a lot of passion towards helping the geriatric community and had many refreshing ideas. Ultimately, we elected Tommy Thai for VP of Immunizations and Kyle Ota for VP of Self Care Outreach. We thank every candidate for participating in our elections as well as all our new and old members for attending. We are excited for what ASCP has in store this year and we hope to see our members at our events!

Join us in welcoming our new board members being elected

VP of Immunization

Tommy Thai (P1)

VP of Self Care Outreach

Kyle Ota (P1)



The participated board members

Vitamins and Minerals Presentation

Sharon Oh (P1), Member

My classmate Jenny and I educated a group of geriatric individuals at the Vi at La Jolla Village on Vitamins and Minerals, which entailed a brief yet informative powerpoint presentation as well as numerous opportunities for Jenny and I to engage with the individuals by answering any questions regarding supplements. The Vitamins and Minerals Outreach hosted by ASCP was an incredible experience and I truly appreciated the heartfelt conversations that I had with the attendees as well as the opportunity for Jenny and I to gain a deeper understanding on the scope of vitamins.



From left to right: Michelle Park, Sharon Oh, Jenny Yang, Dr. Laura Hart

How the Body Changes Presentation

Stephanie Youn (P1), Member

This was my first outreach event with ASCP at the Vi at La Jolla Senior Home, where I had the opportunity to present on the effect of age on the body's response to medications. We went over the changes in kidney, liver, and heart functions, and drug metabolism, which naturally occur as the body ages. Several of the residents from the Vi at La Jolla senior homes attended the presentation, and showed interest in the topic. We also had the opportunity to chat with a few of the residents after the presentation, which opened my eyes to the needs of the older adult population. This outreach event reinforced the importance of consultant pharmacists and ASCP, and I am grateful to be a part of this organization. I look forward to participating in more outreach events with ASCP!



From left to right: Phuong Le, Stephanie Youn, Dr. Joe Ma

Poster for the presentation

Naval Hospital Tour

Heidi Kim (P2), Member

Thank you to UCSD ASCP for organizing the tour at the Naval Base for us on October 11, 2019. It was an amazing tour where we got a glimpse into an area of pharmacy that not many student pharmacists are able to see unless they have a rotation there.

During the tour, we got to see how the world of pharmacy is organized into different areas of expertise to better the health of patients who serve our country. On the naval base, pharmacists were able to be in an inpatient, outpatient, or ambulatory care setting. Because they serve so many patients, they are well staffed and have many medications on hand for their patients. One does not have to be a member of service in order to work in the naval base. Civilians can also join the team and assist patients. I would recommend this tour again for next year.



The participated students

Lunchtime Talk with Dr. Shannon Devlin

Jennifer Rhee (P1), Member



Dr. Shannon Devlin and the participated board members

On November 14th, 2019, Dr. Shannon Devlin graciously visited the Skaggs campus to give a lunchtime talk about medications that should be avoided when treating the elderly population. Dr. Devlin, a physician who is currently completing her geriatrics fellowship at UC San Diego, educated ASCP members about adverse effects that are associated with specific medication classes. For example, in patients that are older than 70, aspirin should not be used for primary prevention for cardiovascular disease events due to the risk of GI bleeds and the increased risk of brain bleeds from falls. In addition, she explained that there are different guidelines for diabetes management in elderly patients. In cases of older patients with several comorbidities and a life expectancy of less than 10 years, the American Geriatrics Society recommends a less stringent A1C goal of 8-9%. Dr. Devlin also went over several practical tips when counseling older patients, such as talking to the patients' caregivers and using tools like pillboxes and Pocketalkers. At the end of the talk, ASCP members felt inspired to apply their newfound knowledge to provide better care for their future elderly patients.



From left to right: Dr. David Bao, Meri Darragjati, Sharon Oh, Sam Abelyan, and Michael Ley

Kaiser/UPAC Health Fair

Michelle Park (P2), VP of Community Outreach

For the second time this year, ASCP was able to have 2 educational posters at the Kaiser/UPAC health fair. Four student volunteers—Michael Ley, Sharon Oh, Meri Darragjati, and Sam Abelyan—had the opportunity to educate attendees on osteoarthritis and on some essential vitamins and minerals for older adults. The student pharmacists had a great time presenting the material and answering all the questions the attendees had with the help of our two preceptors, Dr. David Bao and Dr. Jennifer Cao. It was a rewarding experience, being able to witness the attendees learn something new about their health. We loved having the opportunity to educate the public and hope to be able to collaborate with Kaiser/UPAC again in the future.



Sharon Oh and Dr. Vishnavi Reddy



At our booth, students were actively engaged in educational conversations.

On December 4th, ASCP held our second annual DIY Hot Cocoa Jar fundraiser in the Fall quarter, in preparations for the coming holiday celebrations. Many jars were purchased as gifts for friends, bigs, and faculties to show appreciation to them. Participants had a great and fun time putting the jars together, listening to holiday tunes, and enjoying hot chocolate as refreshment. A great big thanks to everyone who helped and supported ASCP's fundraiser and contributed to another successful year!

DIY Hot Cocoa Jar Fundraiser

My Phung (P3), Treasurer

Medicare Part D Outreaches

Victoria Nguyen (P2), Medicare Part D Outreach Coordinator

As a part of the Medicare Part D elective that is taught by Dr. Nathan Painter, the Medicare Part D outreaches allows students to apply the skills they learn in the elective to assist seniors in the San Diego community. As the senior population starts to grow, health care professionals have to adapt to this growing population and tend to their needs. This includes Medicare Part D. Many seniors need assistance when it comes to choosing the best and affordable plans to cater to their medication lists. At the outreaches, students play a key role in informing the seniors about the plan options. The Medicare Part D outreaches also gives students the opportunity to learn about geriatric care and how to interact with this specific patient population.

The outreaches were held at multiple senior communities across San Diego county as well as at the UCSD Transplant clinic in La Jolla. At the outreaches, students sat down with each patient to discuss and update the patient's medication list that is provided on Medicare.gov. Students guided the seniors through the site, as it has been recently updated. After updating the medication lists and pharmacy preferences, the students then discuss the potential Part D plans that are available. The patients are provided with a clear comparison between each plan, including benefits, monthly premiums, and deductibles.

Students who attended the outreaches have enjoyed helping the patients who come to the outreaches. As the students help the outreach patients, they are able to establish a more personal connection with the patient. The outreaches have provided the students with the skill sets needed in order to effectively communicate with the geriatric population. Many of the patients who come to the outreaches have been able to save a lot of money through changing their Part D plans. These patients also leave the outreach with a better understanding about Medicare, specifically Medicare Part D. The Medicare Part D outreaches not only allows students to have a deeper understanding about medicare, but also is a way to help the growing senior community have a more complete understanding of their plan benefits



Stephanie Youn was assisting patient in a Medicare Part D Outreach

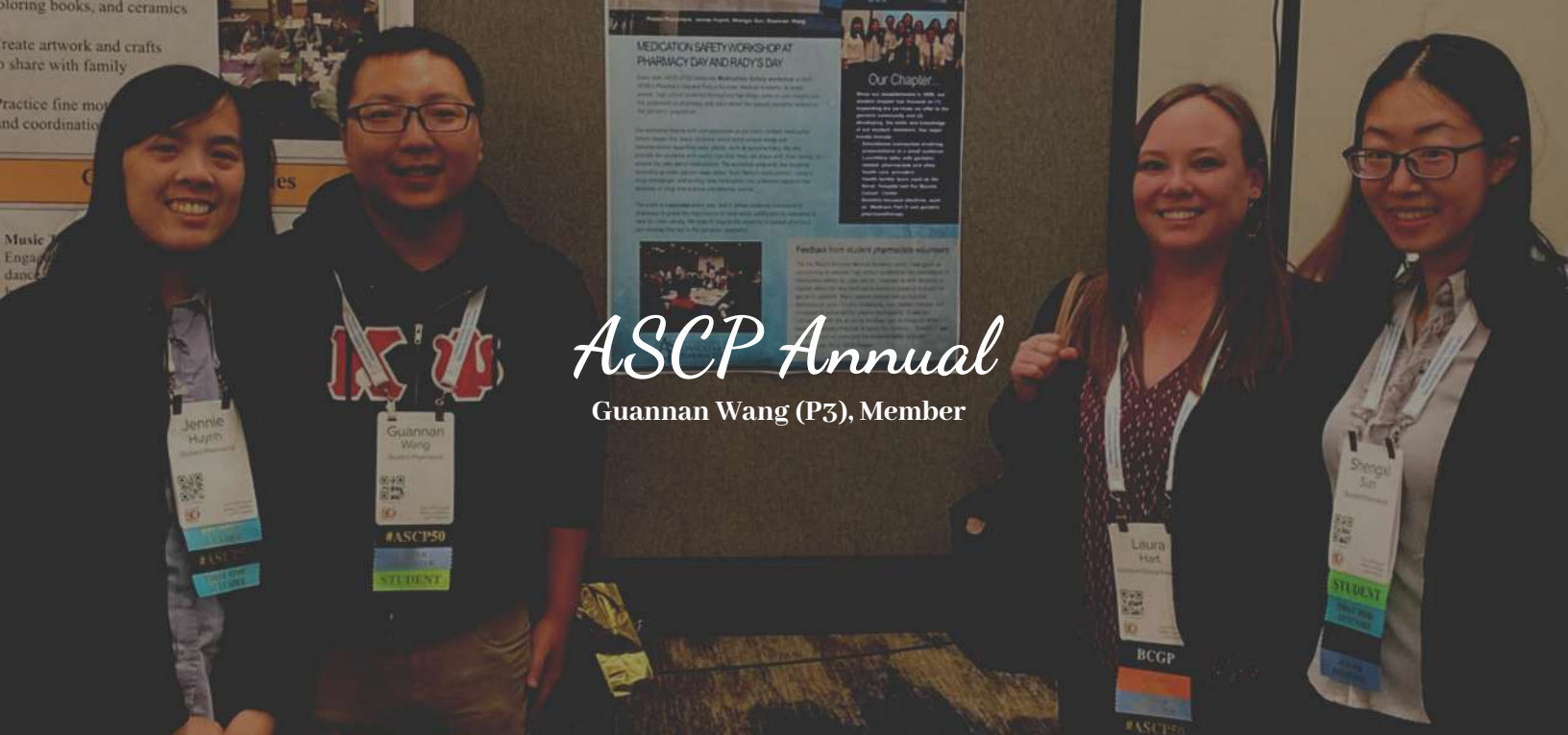
Senior Formal

Micah Holmes (P1), Member

At the ASCP Senior Formal Outreach, I was given the opportunity to provide hypertension screenings and education to senior citizens who attended. It was a great learning experience, especially because we just finished our vital signs lecture in Pharmacy Practice, and I was able to practice what I have learned. I also enjoyed hearing the stories of the seniors about their lifestyle and the things they love to do. By making a conscious effort to have an active way of living through the ordinary things that they do every day, they are weaving a healthy lifestyle that improves their quality of life.



Participating ASCP/APhA members and volunteers.



ASCP Annual

Guannan Wang (P3), Member

ASCP Annual 2019 was taken place at Grapevine, Texas from November 7th to 10th. It was a great pleasure to have this opportunity for me to represent ASCP-UCSD chapter as a delegate along with Shengxi Sun and Jennie Huynh at the annual meeting. I personally learned a lot of the field of consultant pharmacy by meeting with many consultant pharmacists who are actively working in this field all over the U.S.; also, we learned current anticoagulation therapy, advances in diabetes management for older adults, management of HIV in older adults, and many other new therapies/treatments for many diseases by attending the workshops. As representatives of UCSD chapter, we presented our chapter's poster at the Student Chapter Activity Fair to introduce students/faculty members from other chapters about what we did for Senior Prom and Rady's Day, and we also had the chance to see what great events other chapters are doing for their outreach, social, and fundraiser events. Last but not least, we supported our chapter member, Kath Tran, and our Skaggs faculty, Dr. Hart, at the Robert J. Miller Research & Education Poster Session. Overall, attending the ASCP Annual provided me the opportunity to learn much more about this special field and it also allowed me to make connections with students and faculty members from other student chapters. Most importantly, it provided me a great weekend to bond with my classmates Shengxi and Jennie and our dearest faculty Dr. Laura Hart and Dr. Jonathan Watanabe.



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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