

UCSan Diego  
 SKAGGS SCHOOL OF PHARMACY  
 AND PHARMACEUTICAL SCIENCES

# ASCP American Society of CONSULTANT PHARMACISTS

## Welcome Back!

UCSD-ASCP wrapped up the 2015 year successfully! The past several months have been exciting as we created new events and at the same time kept the traditional ones. The summer months saw a new collaborative event with the Rady Children's Summer Medical Academy. The exciting event presented a modified Pharmacy Day to high school students in the Rady Children's program. The fall quarter started with the annual Skaggs School of Pharmacy Org Fair. After an intense Exec Board Meeting, ASCP invited incoming students to an Ice Cream Social with the board. Interested students joined members during the Membership Drive, where students learned more about the organization. The drive was followed by the first GBM of the quarter and the presentation of upcoming events. The quarter had a series of VA Tours and Medicare Part D Outreaches, which were interspersed with the Fall Prevention Outreach and Lunchtime Talk. Some students went to the ASCP Annual Conference to present posters and learn about new programs and ideas to incorporate into UCSD-ASCP. The end of the quarter saw the success of another year of the Rockin' Stockings Fundraiser.

### Sneak Peek!

Pharmacy Day:  
 2/20/2016

Rosegrams  
 Fundraiser:  
 2/5/2016

Hypertension  
 Presentation:  
 2/21/2016

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# Rady Children's Summer Medical Academy

**Teresa Vu, Board Liaison (P3)**

On July 17<sup>th</sup>, 2015, various organizations at Skaggs School of Pharmacy came together to collaborate with Rady Children's Summer Medical Academy. The school created a fun-filled day consisting of various events that exposed high school students to the exciting roles of the pharmacist. The events covered a wide breadth of topics: Clinical Pharmacy (dose adjustments, IV medication preparations, code blue), Medication Management (diabetes, asthma, medication safety), and Compounding. UCSD-ASCP specifically help create the medication safety portion of the activities, which included organizing Aunt Betty's medications. The high school students had to identify the medications that Aunt Betty has been taking. Then, they choose the appropriate medication for each of Aunt Betty's disease states. The activities guided the students towards better understanding issues surrounding polypharmacy and the geriatric population.



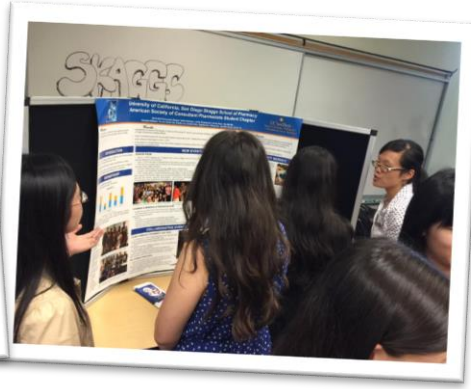
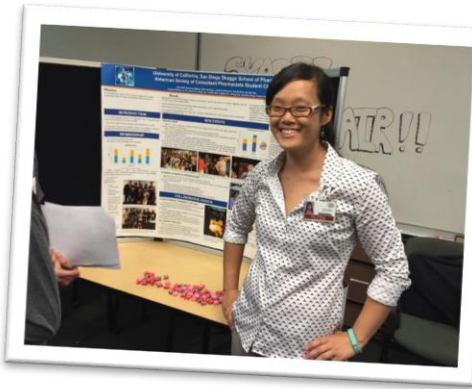
**Top and Middle:** Students learn how to inject fluids into an IV bag.



**Left Upper Quadrant:** Student learns how to use inhalers. **Right Upper Quadrant and Left Lower Quadrant:** Students compound chap stick. **Right Lower Quadrant:** Student displays a completed chap stick.



**Top and Bottom:** Students practice preparing IV medications.



Left: Nikki Mulligan presents poster on UCSD-ASCP organization.  
 Middle and Right: Students learn about the activities associated with UCSD-ASCP organization.

## 2015 Org Fair

### Jaye Kim, Secretary (P3)

2015 Org Fair welcomed the new Class of 2019 P1 class to the Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS). Representatives from each of the SSPPS student organizations spent hours promoting their organization, as well as helping newcomers feel at home. ASCP definitely stood out from the crowd with the largest number of representatives poised and ready to speak to the new students. ASCP also had a shiny new poster filled with interesting captions and highlights from past and upcoming ASCP events and outreaches. Our ASCP chapter boasts an ongoing increase in student

membership and rewarding outreach events such as the educational presentations regarding safe use of medications out in the community and the senior prom.

ASCP is looking to reach new and current student pharmacists to increase their pharmacy skill set with essential knowledge and understanding of special populations, in order to enhance the quality of care for older persons. We hope that many P1s decide to learn more about serving this highly specialized yet rapidly growing patient population and look forward to meeting everyone at our future events.



## ASCP Website

Please contact any of the board members if you have any questions or if you would like to learn more!

Visit our website at [ascpucsd.wix.com/ascp!](http://ascpucsd.wix.com/ascp!)

**Important**

Facebook Page



• **Announcements** •

October 16, 2015  
First Fall GBM

Executive Board  
2015 - 2016

April 17, 2015  
Senior Prom



**Left:** Students learn about the events planned for the upcoming quarter. **Middle:** Tiffany Cheng, Kaishan Ding, Bao-Ling Lei, and Liu Liu enjoy ice cream. **Right:** Students mingle at the Ice Cream Social.

## ASCP P1 Ice Cream Social

### Jenny Dong, Vice President (P2)

On September 29th, ASCP welcomed the Class of 2019 with a P1 Ice Cream Social. The executive board, current ASCP members, and P1's enjoyed mouthwatering ice cream on a bright sunny afternoon that reached temperatures over 80°F. While enjoying flavors of mint, strawberry, vanilla, and chocolate, the P1's had a chance to speak to current ASCP members to learn more about the organization and what is in store for them this school year. This event provided not only a great medium for student interactions, but also a delicious dessert after everyone's lunch meal.



**Top:** Siu Mei Ma, Alice Koh, Nikki Mulligan, and Jin Yang  
**Bottom:** Left to right. Top Row. Quyen Nguyen, Dr. Freedman, Siu Mei Ma, Jin Yang, Jenny Dong, Bao-Ling lei. Bottom Row. Teresa Vu, Jaye Kim, Nikki Mulligan, Alice Koh  
**Right:** Nikki Mulligan runs the raffle for the gift cards!

## Membership Drive 2015-2016

### Nikki Mulligan (P3), President

ASCP kicked off the academic year with our annual Membership Drive on Wednesday, October 7<sup>th</sup> with strong turnout from our incoming P1 class! We gave out a total of 70 pie tokens, one for every attendee, which were generously donated by Project Pie. Our guest speaker, Dr. Beverley Freedman, shared a very moving and personal perspective on aging. Her compassion for patients and passion for patient care is inspiring to us all. The meeting was closed with an exciting raffle of two \$100 gift cards for Ranch 99. Thank you to everyone that attended the Membership Drive, our officers that worked hard to bring donations to our drive and Dr. Freedman. The executive board looks forward to creating a year of great events and gives a warm welcome to our new P1 members!

**Thanks to our Sponsors!**



## First GBM

### Jenny Dong (P2), President-Elect

ASCP held its first GBM of the school year on October 16, a day of light sprinkles and crisp autumn breeze. New and returning members enjoyed Vietnamese sandwiches for lunch while the board provided a brief overview of recent and future events including the ASCP Annual Meeting, VA Tour, Lunchtime Talk with Dr. Thomas, Fall Prevention Outreach, Legislative Day, Medicare Part D Outreaches, Spring Elective on Geriatric Pharmacotherapy, UCSD-ASCP Spring 2015 Newsletter, Children's Summer Medical Academy, and Rocking Stocking Fundraiser.



### Congratulations!

Members had the chance to not only take a sneak peek on IPPE opportunities, but also how they can contribute to one of our biggest event of the year, Senior Prom. The meeting then concluded with Fall Elections, during which candidates gave very impressive speeches reflective of their enthusiasm and preparedness. ASCP welcomes its new P1 board members: Samantha Kim for P1 Liaison and Amy Hsu or VP of Immunization. Congratulations!



## VA Hospital Tour with Dr. Zeldman

### Cara Eskelsen (P1), UCSD-ASCP Member

On October 16, 2015, UCSD-ASCP members took a tour of the VA Hospital in La Jolla. At the beginning of the tour, members were introduced to Dr. Zelman, a geriatric clinical pharmacist, and resident Sophia Lai, who took members on an extensive tour of the hospital. Members saw many areas, including the central pharmacy, satellite pharmacies, intensive care unit, palliative care area, healing garden, and home infusion center. While touring, Sophia answered members' questions about pharmacy school, the UCSD VA residency track, and applying for residencies. Dr. Zelman then discussed his job in the palliative care center and took members to an IV preparation room, where he showed members various types of prepared IV solutions. Overall, members agreed that it was a great experience because they had the chance to see so many areas of a hospital with such a variety of services for its patients, as well as the opportunity to get their questions regarding residency and pharmacy in the hospital setting answered.



**ASCP members with Dr. Zelman**  
From left to right: Laifou Saechao, Brian Park, Kaitlyn Kennett, Alda Tran, Mustafa Hussain, May-May On, Kathy Nguyen, Michael Yoon, Cydnee Ng, Tiffany Cheng, Cara Eskelsen, Jenny Liang, Dr. Zelman, Amelia Weidling, Amy Hsu, Courtney Miller, Hooree Amerkhanian, Liz Duxbury

## Fall Prevention

### Han Dinh (P1), UCSD-ASCP Member

Since it was the first time ASCP did the Falls Prevention Presentation, all of the student pharmacists who took part in it were very excited, yet nervous at the same time. After crossing a beautiful red bridge under cool weather, we entered a well-lit community center at Brookview Village in Poway, where the seniors were waiting for our presentation.

We started off informing the seniors about risk factors that may lead to falls and what to do if they fell. The audience was very interested when we talked about ways to prevent falls such as diet intake, medication evaluation and some light exercises. Everybody-students, audience, and even the preceptor- joined us during our exercise showcase. We received some head nods from the audience, signaling that they could incorporate these exercises into their daily lives. The next twenty minutes was more like a story-sharing session, in which some audience shared their experience about preventing falls and reminded each other to be careful.



Listening to stories from these young-minded seniors, the students' nervousness definitely went away and excitement bumped up twice as much as the beginning. Finally, we answered some questions from the audience. For complicated questions about medications, we referred to our preceptor, Dr. Joseph Ma, for more thorough answers.

The seniors learned something new from the presentation and knew how to prevent themselves from falling. The seniors would like to express their appreciation towards the pharmacist preceptor and student pharmacists. The students were also very grateful about this learning experience because to some of us, this was our first time interacting with geriatric population. We hope to continue these activities to serve the seniors in the future.

**Top. From left to right:** Dr. Ma, Quyen Nguyen, Thu Le, Elizabeth Duxbury, and Han Dinh



**Bottom:** The audience participated as students explained ways to prevent falls

## Lunchtime Talk with Dr. Thomas

### Teresa Vu (P3), Board Liaison

On November 2, 2015, Dr. Colin Thomas MD, MPH came to Skaggs School of Pharmacy to speak about Geriatric care and Medicine. Dr. Thomas is currently the Interim Division Chief and Clinical Professor of Geriatric Medicine at UCSD School of Medicine. His interactive talk brought to light issues pertaining to healthcare costs, therapy management, time spent per patient, as well as home health care. He spoke extensively about the importance of the pharmacist within the medical team on the geriatric wards. According to Dr. Thomas, geriatric medicine is an expanding area and the demands for additional healthcare team members specializing in geriatrics are growing proportionally.



**ASCP board with Dr. Thomas**  
From left to right: Alice Koh, Amy Hsu, Nikki Mulligan, Lai Saechao, Dr. Thomas, Quyen Nguyen, Bao-Ling Lei, Teresa Vu, Siu Mei Ma, Jenny Dong

## Medicare Part D Outreaches

### Bao-Ling Lei (P2), Medicare Part D Outreach Coordinator

Once again, the Medicare Part D elective was a success this year. Led by Dr. Nathan Painter, the course continued to offer the opportunity to 45 students to learn about Medicare Part D. Medicare Part D is a huge part of our geriatric health care system. Although it is designed for seniors over the age of 65, seniors often have difficulty understanding the benefits that they are entitled to. As a result, they end up spending much more on prescription medications than they should.



**APHF:** Left to Right. Bao-Ling Lei, Jeffrey He, Han Dinh, Hien Huynh, Kathy Nguyen, Thu Le, patient, patient, Dr. Painter

In this class, our students were introduced to the Medicare Part D program and had case practices on how to navigate the Medicare website. They then applied their knowledge at outreaches to assist patients in selecting and enrolling in the most appropriate Medicare plan. Six outreaches were successfully completed in the fall quarter at five different locations, and our students interacted with more than thirty patients. During the outreaches, students made recommendations to change insurance plans that saved patients hundreds of dollars. Besides saving seniors money, the students had the chance to practice their counseling skills and address adherence problems. In addition, this year, three of our fellow undergraduate pre-pharmacy students joined us at one of the outreaches as translators. Their help made the patient interaction smooth and is greatly appreciated.

The Medicare Part D course is offered to pharmacy students every fall quarter. This course builds a bridge for students to reach out to our geriatric community, where we educate patients not only on their medications but also their health benefits. This overall contributes to the goal of better health for the senior community.



**Horton House:** From left to right. Front row: Jenny Liang, Liu Liu, Katayoun Barghi, Back row: Kathy Nguyen, Patrick Torres, Nawal Affif, Lillian Tao, Dr. Painter

## Rockin' Stockings Fundraiser

### Cyndnee Ng (P1), UCSD-ASCP Member

This holiday season started with a blast with ASCP's annual festive fundraiser, Rocking Stockings! The fundraising event, which was organized with the Office of Student Affairs, was held on November 30th, 2015 and December 2nd, 2015. It was the perfect way for students to relax and mingle with others before preparing for finals! The Office of Student Affairs offered a delicious Hot Cocoa Bar for students to enjoy while they showcased their creative and artistic skills. Students decorated mini stockings with glitter, snowflake gems, pom-poms, and holiday-themed foam stickers as holiday music filled the room. These stockings were then filled with various candies and delivered to fellow students as personalized holiday gifts in their mailboxes during finals week. All in all, the fundraiser was a big hit among students and successfully raised \$133.07 for ASCP!



## Sirena Louie (P1), UCSD-ASCP Member



**Left to Right:** Melody Padilla, Sirena Louie, Amy Le, Jordan Gilmore, Gordon Young, Eric Chen, Kathleen Hennessy, and Robin Huang

The holiday spirit was in the air at Skaggs! ASCP hosted their Annual Rockin' Stockings Fundraiser Event. The Office of Student Affairs provided mouth-watering hot cocoa. As the holidays approached, students created beautiful mini stockings while sipping on their marshmallow filled drink. Christmas themed stickers, glitter glue, ribbons, and gems embellished the stockings. From the excessive amount of glittery hot glue to figuring out how to stick on as many Christmas trees on their stockings as possible, students had fun relaxing right before finals. Stockings were filled with delicious chocolate and candy canes, and delivered as a treat to student mailboxes during finals week. This year ASCP sold 60 Christmas stockings and raised over \$125! We would like to sincerely thank the students at Skaggs for their participation and support. Thank you for contributing to this fundraiser and making another ASCP event memorable for everyone!



# ASCP Annual Meeting 2015

Yu Jin (P3), Past Board Liaison



**Left:** Nikki Mulligan presents poster about UCSD-ASCP.

**Middle:** Kaishan Ding, Siu Mei Ma, Nikki Mulligan, and Yu Jin attend the ASCP Annual Meeting 2015.

**Right:** Esther Park presents her research poster.

This year the ASCP Annual Meeting took place in the Paris Hotel at Las Vegas, Nevada from October 29<sup>th</sup> to November 1<sup>st</sup>. The annual meeting brought together consultant pharmacists from all over the country. This year the delegates from UCSD were Yu Jin (P3) and Kaishan Ding (P2). The workshops at the conference were mainly geared towards improving geriatric care. The conference kicked off with an award reception on Thursday night to recognize the current leaders in consultant pharmacy. The next morning, the conference started full swing with the key note speaker. This year the keynote speaker was a representative from Zappos who emphasized the importance of building a culture in the workplace. The organizers polled the audience during the talk to encourage participation. As soon as the keynote ended, the workshops began.

The meeting was packed with different workshops on different major topics. Major topics included updates to the Beers' List, improvements in senior care facilities, renal adjustments, diabetes management, antibiotic use, and pharmacogenomics. A recurring theme throughout the workshops is the need for policy changes and a push for increased advocacy for the pharmacy profession. A major point of contention in this past year has been increasing antibiotic stewardship and awareness. The workshops were all well attended and the audience had many questions about how to apply concepts from the workshop into their own practice. When there was a break from learning, conference attendees could relax and browse the Exhibit Hall, where various vendors brought out their newest wares.

Aside from meeting professionals, there were many activities for the students as well. Friday afternoon featured the Student Activity Fair, where ASCP student chapters across the nation showcased their activities throughout the year. Siu Mei Ma (P3) represented our student chapter at UCSD and focused on presenting our annual Senior Prom. Many ideas were exchanged among the chapters for new events. On Saturday morning, students gathered once more, but this time to present student research posters. The majority of posters focused on elderly care concerns such as osteoporosis and medication safety. From our school, we had Nikki Mulligan (P3) and Esther Park (P4) present on their student research. After the session, the students had a lunch gathering at the delicious Spicy Market Buffet. The day ended with a pharmacy student quiz bowl, where students were organized into teams and competed in the topics of cardiology, nephrology, oncology, drug-drug interactions, and pharmacy law. There were a lot of chances to bond with other students and have a great time while furthering our knowledge of pharmacy.

The annual meeting was a great experience. Having UCSD representatives at the meeting were a good way to not only learn from other chapters but also increase our presence among other pharmacy schools in the nation. Hopefully next year there will be more students who attend the conference.

# 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!

# ASCP



## 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](http://www.facebook.com/ucsdascp)



## Contact UCSD-ASCP!

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