



# AS CP

## American Society of CONSULTANT PHARMACISTS



### *WHAT'S INSIDE*

1. Welcome Back!
2. Spring GBM Election
3. Lunchtime talk with Dr. Pujji  
COVID-19 Social Outreach  
for Older Adults
4. Member Spotlight
5. Blast from the Past:  
Alumni Spotlight
6. Who We Are

## *Welcome Back!*

UCSD-ASCP had a fun and successful academic year 2019-2020 despite the abrupt cancellation of events for the spring quarter due to the COVID-19 pandemic. Though we were not able to host Senior Prom, our most anticipated event of the quarter, or provide our usual outreach and educational presentations to both the public and the geriatric population, we hope we can in the near future once this pandemic is resolved. In the meantime, we will stay strong in the face of this adversity and together with you, we will overcome this obstacle!

We welcome all of you to this new school year, and look forward to seeing you at the exciting events we have planned for this upcoming year!

# Spring GBM and Elections

**Jennifer Pham (P2), Member**

In response to the COVID-19 pandemic, UCSD-ASCP took careful measures and cancelled our in-person Spring GBM, which was originally scheduled on Thursday, April 2nd, 2020. Our members instead received an email from the President-Elect, Elliot Lam, which listed information regarding the upcoming election, event updates, and our Winter Newsletter. The email highlighted one of the most exciting events of the quarter, the Spring Election, explained how that works, as well as outlined the responsibilities for the 2020-2021 Executive Board positions and encouraged members to participate. Although all future and planned events were postponed due to the aforementioned outbreak, we thanked everyone for their continual support, staying involved with our geriatric population and interested in ASCP.

Please join us in welcoming our UCSD-ASCP's Executive Board for the 2020-2021 school year!

*Join us in welcoming our new board members for the 2020-2021 school year*

**President**

**Elliott Lam (P3)**

**President Elect**

**Tommy Thai (P2)**

**VP of Community Outreach**

**Heidi Kim (P3)**

**VP of Professional Education**

**Kyle Ota (P2)**

**VP of Internal Affairs**

**David Wong (P3)**

**Community Affairs Coordinator**

**Michelle Park (P3)**

**Secretary**

**Stephanie Lam (P3)**

**Treasurer**

**Victoria Nguyen (P3)**

**Geriatrics Elective Coordinator**

**Amy Heman (P3)**

**COVID-19 Social Outreach Coordinator**

**Sharon Oh (P2)**

# Lunchtime talk with Dr. Pujji

Ernest Chow (P2), Member

Dr. Pujji, an experienced geriatric emergency doctor, gave us a lunch-time talk about her experiences as part of a busy emergency care team. Dr. Pujji provided for us the structure of the 4 M's on how healthcare teams evaluate a geriatric patient's visit to the hospital. Through the experiences she shared, Dr. Pujji clearly showed how her medical team specially cares for older adults in how they are assessing for specific parameters, such as fall risk or mental status. Her presentation was particularly timely in teaching us her considerations when her team addresses the impact of COVID-19 on their patients. I found this lunch-time talk valuable for my medical career in recognizing specialized needs and finding the best approach to improving the health of the geriatric population. My peers and I were inspired to continue to consider how we can improve the evaluation and care of older adult populations in the future!

# COVID-19 Social Outreach for Older Adults

Elliott Lam (P3), President

Due to the COVID-19 Pandemic, many older residents have been socially isolated for precautionary measures. With the help of Dr. Hart, ASCP has partnered up with Vi at La Jolla to start our COVID-19 Social Outreach Program whereby seniors and student volunteers are able to socialize with each other via phone calls. Many of our Skaggs students were eager to sign up and the program started off strong! Each week, students would check in with the seniors and the feedback I received were all very positive. The seniors very much enjoyed having students to converse with and the students likewise enjoyed the life stories that seniors had to share. We hope to continue this program with not only Vi at La Jolla, but also other senior care centers around the San Diego community!

YOU'RE INVITED

## Save the Date

**Looking for more opportunities? Interested in learning more about our organization? You're free to gather more information from joining our Fall Membership Drive!**

**Fall Member Drive -  
Wednesday Sept 30th  
at 12-1pm**

**Come to learn more about the upcoming events and support the PIs running for board positions!**

**Fall GBM and P1  
Elections - Thursday  
Oct 15th at 12-1pm**

**And... a lot more to come!**

**Moores Cancer Center  
Lunchtime Talk with  
Dr. Stephen Segal -  
Wednesday Oct 15th at  
12-1pm**

**ASCP Annual Virtual  
Conference - Nov 12th  
-15th**

# Member Spotlight: Daniel Tran (P2)

As I reflect upon my first year at Skaggs, I now truly understand the significance of ASCP's mission to educate students and to serve the needs of the geriatric community. Coming from a hospital background, I presumed that all patients received the best possible quality of care regardless of age or demographics. However, as I began my first intern position at a community pharmacy, I realized that the older adult population faces extra burdens including copious amounts of medication, chronic illnesses and difficulties navigating through Medicare and the health system.



*"I feel truly blessed to be surrounded by the passion and care of the students in UCSD-ASCP, and excited to continue serving the senior community in San Diego."*

While I stumbled with insurances and rejections, I saw firsthand the struggles of geriatric polypharmacy and chronic illness. More difficult than learning the medications was explaining why Medicare stopped paying for their medications in the "donut hole." The Medicare Part D and Dr. Hart's Geriatric Pharmacy electives were a game-changer in my education and allowed me to empower my patients with knowledge. I feel truly blessed to be surrounded by the passion and care of the students in UCSD-ASCP, and excited to continue serving the senior community in San Diego.

-Daniel Tran (P2), Member

# Alumni Spotlight: Kathie Tran

We like to introduce you to Kathie Tran who recently graduated from Skaggs this past year. She served as both ASCP VP of Community Outreach for 2017-18 and Community Affair Coordinator for 2018-2019. We caught up with her to see how she is doing these days!



**Kathie Tran with her friend's puppy.**

**D:** Where are you currently now and doing at the moment?

**Kathie:** I'm currently a PGY1 Ambulatory Care Resident at UC Davis Health in Sacramento, CA. As an ambulatory care resident, we work primarily in the outpatient setting in various specialty clinics like infectious disease, hepatology, transplant, pulmonology ... you name it we have it. We are responsible for managing our patients from beginning to end (with guidance from our preceptors, of course). We also must balance a resident research project along with other internal projects throughout the year. But wait, there's more! We also have a staffing component where we are working in the hospital or at clinics. And finally, we have the opportunity to precept pharmacy students from UCSF and UOP with a layered learning type model. Phew, it sounds like a lot but thankfully we are surrounded by amazing staff pharmacists who support us at every step of the way!

**D:** What do you miss about ASCP? How did being a part of this organization help you get to where you are on this journey?

**Kathie:** I would say I definitely miss the Senior Formals with ASCP. They were always a fun time. Being combine having a good time with music and dancing while also providing an educational outreach was the best of both worlds.

My involvement with ASCP started off as a student who wanted to educate the geriatric community. You pick up different communication skills when working with older adults. ASCP has also helped me developed my leadership skills with previous chair positions. I also had opportunities to attend ASCP annual meetings 3/4 years and have learned so much from other students and pharmacists.

**D:** What do you like to do for fun during your free time?

**Kathie:** With the little free time I have, you can catch me bingeing shows on Netflix or giving myself a spa day (I'm talking manicures, pedicures, face masks). No matter where you are, you always needs to make time for self care.

**D:** For the final question, What would you like to say to the residents at Vi at La Jolla Village?

**Kathie:** Hope all the residents at Vi are staying safe and healthy during these trying times!

If you would like to talk to Kathie, know her better, or have any questions, you can contact her via Facebook or email (contact the Newsletter Editor for the email). Don't be afraid, they don't bite! :)



## 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 ten 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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