

Fall 2011

**ASCP** American Society of  
**CONSULTANT**  
**PHARMACISTS**

  
**UC San Diego**  
SKAGGS SCHOOL OF PHARMACY  
AND PHARMACEUTICAL SCIENCES

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**Welcome!**

Lindsey Mann

All of us at UCSD-ASCP hope that you and yours had a happy and safe holiday season! Our fall quarter was very busy and incredibly successful; our Membership Trifecta was a big hit, as you’ll see below, and we had lots of presentations and student member enrichment programs. But don’t think we’re stopping there; we’re going to have more presentations and talks, as well as our annual Phar-

macy Day program, where we teach high school students about the importance of medication safety. This year, we will also be adding the San Diego Science Festival, where the general public will be able to see our Pharmacy Day program in action. After a bit of a break from school, we are ready to jump back in!

**Membership Trifecta****Membership Drive**

Bill Madden

On September 29<sup>th</sup>, the UCSD-ASCP Student Chapter hosted its 3<sup>rd</sup> annual Membership Drive, held at the UCSD Skaggs School of Pharmacy. Dr. Greg Medley, Pharm.D., and former CA-ASCP Chapter President, was our key-note speaker at the Membership Drive. Dr. Medley discussed the upcoming exponential rise in the older adult population that will occur over the next 20 years, the importance of pharmacists in managing the medications of the older adult population, and stressed that joining ASCP is an excellent method for student pharmacists to obtain the tools to perform MTM for the older adult population. At the end of Dr. Medley’s talk, we raffled off prizes to our attendees. Several local vendors generously donated raffle prizes, such as gift certificates from Sprinkles, Golden Spoon, Pick-Up Stix, Islands, as well as UCSD Skaggs School of Pharmacy gear from the UCSD Bookstore. We also provided an incentive for students to join ASCP by offering additional raffle tickets to those who joined at the Membership Drive. We were pleased that **over 60 student pharmacists** attended the membership, and we are extremely pleased to report that we now have **35 new members!** We would like to send our sincerest gratitude to Dr. Greg Medley for speaking at our Membership Drive and informing our new members why it is important to join ASCP. We would also like to thank all of the local vendors that donated raffle prizes.



## Upcoming Events

**February 25th:** Pharmacy Day  
**March 3rd:** UCSD SSPPS Health Fair  
**March 24th:** San Diego Science Festival

## Past Events

Tour of Ron's Pharmacy  
 Geriatric Pharmacy Talk  
 Consultant Pharmacist Networking Session  
 MUST Presentation at War Memorial in Balboa Park  
 'Over 90 and Loving It' Screening  
 Fall 2011 Membership Drive  
 LiveWell Shingles and Pneumococcal Presentation  
 VA Stand-Down  
 Hypertension Educational Outreach at Balboa Park  
 MUST Presentation at Vi La Jolla

## "Over 90 and Loving It" Film Screening Inspires ASCP Members

Kellie Kocher

On Wednesday, October 5<sup>th</sup>, 2011, new and old ASCP members gathered for an on-campus screening of a documentary titled "Over 90 & Loving it." This event served as the second installment of Chapter President Bill Madden's membership drive "Trifecta" and proved to be a fun and memorable evening for all in attendance. While munching on candy-embellished popcorn and a delicious strawberry cake made by our treasurer, Christine Manalo, we learned about the lives of an extraordinary group of adults over the age of 90.

The stars of the film were engaging and quite diverse. We

heard stories from a gold medal-winning Senior Olympian, a New York City taxi cab driver, a writer, a charity organizer, several musicians, and a political activist who walked across the United States. One



favorite of the evening was Nola Ochs, who at the age of 98 became the oldest person in the world to earn a bachelor's and a master's degree. I noticed several inspiring commonalities in the lives of these

older adults; they were independent, creative, passionate, physically active, surrounded by loved ones, and involved in mentally stimulating activities.

Could a full, active lifestyle be the key to living a long and healthy life? Perhaps - but at the very least, these exceptional individuals are a true inspiration and a great reminder that age is no excuse to stop enjoying life or watch it from the sidelines. As a health-care professional that will serve the growing population of older adults, I felt that the most valuable message of the movie was that we should never underestimate the power of determination and a positive outlook.

## The First-Annual Consultant Pharmacist Networking Session

Lindsey Mann



On October 27<sup>th</sup>, 2011, as the third and final portion of our

in our downstairs auditorium and lobby, the Health Sciences

Fall Membership Trifecta, UCSD-ASCP held the Consultant Pharmacist Networking Session. Months in the making, the event took place

Education Center. Six pharmacists participated, including former ASCP National President Dr. Lee Meyer, CA-ASCP President Dr. Kathy Karlheim, former Ca-ASCP President Dr. Greg Medley, Dr. Stephanie Matinpour, and our preceptors Drs. Joseph Ma and Sarah McBane. The first hour of the event (*continues on next page*)

## The First-Annual Consultant Pharmacist Networking Session (cont'd)

consisted of the pharmacists introducing themselves and what they do, then transitioned to a question and answer session. Many of the questions revolved around what a consultant pharmacist does, and what a typical day looks like, and we learned that there is no such thing as a typical day in consultant pharmacy! Another question that was especially near to the students' hearts was what kind of training was involved in becoming a consultant pharmacist or certified geriatric pharmacist.

The students were very inquisitive and asked a lot of great questions, so many that unfortunately they had to be cut off in order to move to the second

portion of evening, the informal networking session in our lobby. The purpose of this shift was to allow students to



meet the pharmacists personally, and get to know them a little better, or ask questions that they may not have felt comfortable asking before or didn't get a chance to ask. We also had snacks such as pizza and salad donated by Whole Foods, as well as baked goods and drinks. The lobby was very crowded as the students

chatted with each other and with the pharmacists while enjoying the snacks.

The student turn-out of more than 60 students was much better than we expected, as two of the classes had a midterm the next day. We had also invited the UCSD Pre-Pharmacy Society to attend, and they made up almost half of the crowd. Although this was a first-time event, it was such a success that we plan on making it an annual affair, and hope to see you all there next year! UCSD -ASCP would like to thank our wonderful pharmacists who gave their time to share their experience with our students, as well as Whole Foods for donating appetizers.

## Executive Board: 2011-2012

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## Presenting on Shingles and Pneumococcal Disease

Sheryl Gong

On October 6th, 2011, members from UCSD-ASCP visited the College Avenue Jewish Community Center and did a presentation on Shingles and Pneumococcal disease and vaccination to the geriatric community. This outreach provided general information about these diseases, the complications that can arise, as well as prevention strategies.

By empowering the community through information, they can be more aware of the signs and symptoms, and take charge of their lives. It is important as student pharmacists that we do what we can to communicate with our patients in a way they can understand, and to build a relationship that makes them feel comfortable enough to ask ques-

tions if they are confused. Through this event, ASCP was able to provide this unique and wonderful opportunity. A special thank you to our preceptor, Dr. Beverley Freedman, and to our two volunteers Mackenzie Bear and Natasha Gorely for contributing to this wonderful event!

## MUST Presentation and Collaboration with APhA

Daniel Chang

After an Olympic-style morning competition, seniors met up at the Balboa Park War Memorial Building on Oct 14, 2011 to proudly display their medals, sate their mid-day hunger, and



most importantly, learn some techniques to maintain safety in regards to their medication, such as keeping their medica-

tions in order. Three young and aspiring pharmacists, Alyssa Miyake, Daniel Chang, and Denise Harano, under the expertise of Dr. Stephanie Matinpour, undertook the task

of delivering a highly motivating, thought-provoking, two-hour long presentation on Medication Use Safety Training to these amazing

seniors. In reaction to the presentation, many questions were asked, many personal stories were shared and many seniors

became proactive with drug safety. We were also joined by APhA's SafeMedService.org chair and fellow student pharmacist Yasuno Sato in our first collaboration with the project. "Since SafeMed can do the actual interaction screening, we thought that it would complement [the MUST presentation] well," said Yasuno. Overall, it was a good day. On behalf of ASCP, we would like to express our gratitude to our preceptor Dr. Stephanie Matinpour for supervising and Danny Propp, with the SD Senior Olympics for coordinating this event.

## Dr. Matinpour's Lunch Talk on Medication-Related Problems

Alex Guo

On Tuesday, November 8<sup>th</sup>, certified geriatric pharmacist and consultant pharmacist Dr. Stephanie Matinpour, paid a visit to the Skaggs School of Pharmacy to give a lecture on medication-related problems (MRPs) in the geriatric population. The lecture gave students insight into why the senior population is at greater risk for MRPs and discussed the role of the senior care pharmacist in managing and preventing MRPs. Common issues that must be dealt with in the geriatric population include polypharmacy, overuse of acetaminophen, and non-adherence

to medication regimens. She also gave an overview of Beer's criteria, which is a tool used to determine if patients are at high risk for potentially adverse drug-drug interactions.

Dr. Matinpour talked about what it takes to become a consultant pharmacist, how they bill for their services, and the importance of clinical knowledge and experience in the field. Consultant pharmacy offers another option in what students can do after they graduate be-

sides the retail or residency tracks.

Dr. Matinpour runs her own business called PillBox Talk Consulting that offers in-home



consultations and provides educational workshops for seniors and their caregivers. Her website is [www.pillboxtalk.com](http://www.pillboxtalk.com).

## Field Trip to Ron's Pharmacy

Alex Guo

On Wednesday, November 9th, UCSD-ASCP members were given the opportunity to tour Ron's Pharmacy Services in Mira Mesa. The tour was given by Dr. Ron Belville, pharmacist and owner of the pharmacy. Ron's Pharmacy is a closed-door pharmacy that caters mostly to the geriatric population and provides drugs for residential and assisted living facilities. It also has on staff a team of consultant pharmacists that travel all around the San Diego area providing medication therapy management (MTM) and consulting

services. These pharmacists review patient health charts and make recommendations to optimize therapy and patient outcomes.

Ron's Pharmacy is extremely high volume and is able to function smoothly and efficiently through its separate specialized departments.

There are departments focused solely on maintaining patient medical charts, prescription record-keeping, insurance billing, sterile compounding, and of course, prescription filling. On average, Ron has about 20 pharmacists working simulta-

neously within the pharmacy and another five on the road providing consultations.

UCSD-ASCP members got to see the inner workings of Ron's massive operation and were given valuable insight from Ron about what it's like to build a pharmacy from the ground up.

Ron's Pharmacy Services serves counties all over Southern California. Their website is [www.ronspharmacyservices.com](http://www.ronspharmacyservices.com). We would like to thank him for donating his time and being our tour guide through his pharmacy.

## MUST Presentation at LiveWell San Diego

Tiffany Lee

On November 9<sup>th</sup>, 2011, UCSD-ASCP members Denise Harano, Tiffany Lee and Sean Kim presented "Medication Use Safety Training for Seniors" at the LiveWell Center in San Diego. This presentation was given during the lunch hour to approximately 20 seniors. The main topics covered were the risks and benefits of medication therapy, differences between prescription and nonprescription (OTC) medications, common medication use problems and ways to improve medication use safety. The potential for drug interactions with more than just drugs but also with food, vitamins and herbal products was also highlighted. The take-home message was that patients should take an active role by communicating with healthcare providers, using one pharmacy for prescriptions, and having their medication list reviewed annually in order to decrease medication use errors. The audience remained engaged in the presentation by answering pop quiz questions with response cards. After the presentation, the Q&A session gave everyone a chance to have their questions answered by the student pharmacists or the pharmacist preceptor, Dr. Nathan Painter. We would like to thank Dr. Painter and Phillip Castillo, Operations Director at LiveWell, for helping us make this event successful. We look forward to presenting at LiveWell again in the future!



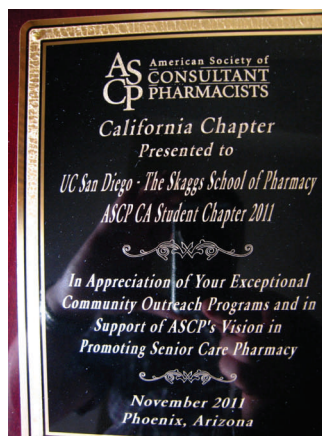
## ASCP Annual Conference in Phoenix, Arizona

Bill Madden

On November 15<sup>th</sup>-18<sup>th</sup>, I, Bill Madden, current UCSD-ASCP President, attended the 2011 ASCP Annual Conference in Phoenix, Arizona. The three-day conference was an excellent opportunity, both on an educational and professional level. For instance, one of the presentations that I attended gave an update on the treatment of Alzheimer's disease. The presentation discussed the pathophysiology of Alzheimer's, current medication options, and mentioned some of the new medications that are currently in clinical trials.

This year, the conference planned a specific program for student pharmacists. The student program discussed how to

create a standout resume/CV, helped students practice interviewing skills, and discussed how to apply to residency programs. The student program was an excellent addition to the conference schedule and gave me an opportunity to network with student pharmacists from other schools of pharmacy.



The highlight of the conference was the California-ASCP Chapter Meeting. At the meeting, the CA-ASCP Chapter presented an award to the UCSD-ASCP Student Chapter. The award was given "In Appreciation of Your Exceptional Community Outreach Programs and in Support of ASCP's Vision in Promoting Senior Care Pharmacy." Our chapter is both humbled and grateful for the award, and we will continue to provide excellent educational outreach to the older adult population in the San Diego area. The ASCP Annual Conference was an outstanding experience, and we hope to attend the May 21-23<sup>rd</sup> ASCP Midyear Conference in Anaheim, CA.

## Medicare Part D Outreaches

Sandy Chong and Cindy Nguyen

The Medicare Part D elective course, which is directed by Dr. Nathan Painter every Fall quarter, made a revolutionary merge with the ASCP Student Chapter at UCSD Skaggs School of Pharmacy. Dedicated to serving the unique pharmacy needs of the geriatric population, this merge allows our student pharmacists to assist the community members in determining the best health insurance option. The

groundbreaking incorporation has further expanded our scope of services by collaborating with the Medications Use Safety Training (MUST) project from ASCP and the SafeMedService.org project from the APhA Student Chapter, providing comprehensive consultation for everything from safe medication use to individual Medicare Part D plan selection.

This year, 17 students were

enrolled and 6 outreach events were conducted during the new enrollment period. Student pharmacists acquired the skills and knowledge to appreciate different types of Medicare plans, the technical terminology of health insurance, the potential challenges in health literacy, and the art of patient-centered care throughout the mandatory lecture sessions and community outreaches. Particularly, the Plan Finder tool

## Medicare Part D Outreaches (cont'd)

from the medicare.gov website was utilized in the individual Part D plan consultation, while more than 60 seniors from various backgrounds were assisted in selecting the best prescription plan based on their (*continues on next page*) current medications. The events were supported by the faculty members and alumni at the School of Pharmacy, the Asian Pacific Health Foundation (APHF), and the UCSD Pre-Pharmacy Society (UCSD-PPS). Drs. Sarah McBane,

Renu Singh, Binh Tran, Kay Nguyen, and Kevin Mee supervised and guided the student pharmacists at the outreaches, while the interpreters from APHF and UCSD-PPS complemented the delivery of our services to various neighborhood members, including Chinese, Vietnamese, and Spanish-speaking populations, in spite of the cultural diversity and the language barriers.

Though membership in ASCP is not required to participate

in the Medicare Part D elective, we hope that this course will get students excited about the professional and networking opportunities that ASCP has to offer. By merging with ASCP, we are extending the Medicare Part D information and resources during Winter and Spring quarters at more health fair events, in which we need our student pharmacists' input and support to serve more seniors, and to fulfill this unique pharmacy need among the geriatric population.

## Fall Fundraising Update

Christine-Marie Manalo

On October 10th, we held our first fundraiser of the quarter at California Pizza Kitchen (CPK). All day, twenty percent of the checks of individuals who presented an "ASCP CPK Fundraising Event" flier were donated to our chapter. We wanted this to be a social event for everyone in addition to a fundraiser, and more than 30 fellow Skaggs students attended!

Our second fundraising event was held on November 29<sup>th</sup> in our pharmacy building and was titled "Rockin' Stockings." At this fundraiser, students purchased plain holiday stockings from our organization for \$3 each, decorated them with our spirited arts and crafts supplies, and filled them with our vast supply of holiday candy! At the event, we set up a Purchasing station, Decorating station, Filling station, and a generous "Free Desserts" station for those making stockings; we wanted to make sure to show appreciation to those who supported ASCP. Afterward, UCSD-ASCP officers distributed the stockings to the intended student recipients as a sort of Secret Santa snack for finals. As a result, we made a profit of \$180 by selling over 90 stockings to our fellow classmates!

A few of our future fundraising events in 2012 include selling chocolate-covered strawberries and pretzels for Valentine's Day, a car wash when the weather gets warmer, and a spring bake sale. Look out for fliers and advertisements! And thank you again for supporting ASCP!



## CONTACT UCSD-ASCP!

UCSD Skaggs School of Pharmacy and  
Pharmaceutical Sciences  
9500 Gilman Drive  
La Jolla, CA 92092

E-mail: [ucsd.ascp@gmail.com](mailto:ucsd.ascp@gmail.com)



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## 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 three 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 providing educational lectures to our members.

For more information about us or our events, please visit our new website!