



**Congratulations to the Class of 2009!**

**By Kim Ciero**

The SSPPS Class of 2009 graduated in fanfare on Saturday, June 6, 2009 at the Price Center Ballroom. The class was composed of 60 students, two of whom have become the first students in the combined PharmD/PhD program. Most of the graduating class, 66%, will be pursuing postgraduate residencies or fellowships in health care systems, the pharmaceutical industry or academia. Also, three members of this class were the first students to participate in an educational exchange program with the Ho Chi Minh School of Medicine and Pharmacy in Vietnam.

The commencement was also attended by the SSPPS faculty, UCSD Pharmacy residents and family and friends of the graduates. The commencement address was given by the world-renowned researcher, Craig Venter, Ph.D., Founder, Chairman and President of the Craig Venter Institute. The two lively student speakers representing their class were Eileen Lawson and Neil Patel. A reception in the Health Sciences Education Center immediately followed the ceremony and was well attended by the graduates and their families.

Congratulations Class of 2009 for a job well done!



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Commencement 2009



# 2009 Graduation Celebration



By Debra Kain

Researchers at the University of California, San Diego have discovered that a complex network of interactions between drugs and the proteins with which they bind can explain adverse drug effects. Their findings suggest that adverse drug effects might be minimized by using single or multiple drug therapies in order to fine-tune multiple off-target interactions.

“The traditional way of thinking of one drug binding to only one receptor to treat a single disease is outmoded,” said Philip Bourne, professor of pharmacology with UC San Diego’s Skaggs School of Pharmacy and Pharmaceutical Sciences. “We found that a drug may have a cumulative effect through acting on multiple receptors at the same time, rather than acting on a single receptor.”

The term polypharmacology has been coined to describe this phenomenon, which may explain the failure of an anti-cholesterol drug called Torcetrapib which – after 15 years of research and \$850 million in development costs – was withdrawn from stage III clinical trials as a result of instances of cardiovascular disease which resulted in death.

“Torcetrapib actually acted on a dozen different receptors, resulting in an unanticipated side effect,” said Bourne. “This multi-inhibitor binding pattern may not be at all unusual.”

In studying protein-drug interaction networks of a class of drugs known as cholesteryl ester transfer protein (CETP) inhibitors, and aided by computational modeling done at the San Diego Supercomputer Center (SDSC) at UC San Diego, the research team found evidence that CETP inhibitors bind to a variety of receptors. Their work, published in the May 15 issue of *PLoS Computational Biology*, uses a novel computational strategy to identify protein-ligand binding profiles on a genome-wide scale. In this case, the strategy was applied to explain the molecular mechanisms associated with adverse drug effects.

“At this time we do not have a complete structural proteome to analyze, one that maps all the protein structures in the genome – either experimental or model – to which drugs could bind,” said Bourne, director of structural bioinformatics and an SDSC Distinguished Scientist. “So though we still may not have a complete understanding of off-target binding, this strategy is already useful.”

Studying the panel of off-targets for Torcetrapib and other CETP inhibitors from the human structural genome, the researchers mapped those targets to biological pathways using the existing literature. “The predicted protein-ligand network is consistent with experimental results from multiple sources and reveals that the side-effects of CETP inhibitors are modulated through the combinatorial control of multiple, interconnected biochemical pathways,” said Li Xie, lead author on the study.

In other words, Xie explained, a combination of many different pathways, impacted when a molecule or ligand binds to several receptors, possibly inhibiting a number of different proteins – all lead to the overall physiological effect of that drug.

Besides the CETP inhibitor, Torcetrapib, two related drugs, Anacetrapib and JTT-705, were also analyzed. The final panel of off-targets for these drugs is associated with many physiological processes including cell proliferation, inflammation and hypertension.

“Ironically, Torcetrapib is more specific than JTT705, yet it is less effective in controlling cholesterol levels with minimal side effects,” said Lei Xie, a senior scientist in the Bourne group and the major developer of the computational methodology. “This is contrary to conventional wisdom, which implies that the more specific the binding, the fewer the side-effects.”

For example, JTT-705 has a binding profile that impacts numerous biological pathways, but none of them result in hypertension – a side effect that is observed in the Torcetrapib, which binds more specifically.

Among a number of cumulative effects, the scientists predicted different binding profiles of CETP inhibitors to several nuclear receptors. They discovered that JTT-705, unlike Torcetrapib, is involved in the activation of nuclear receptors that contribute to both positive and negative control of aldosterone, a hormone responsible for increased blood pressure. This differs from Torcetrapib, which only increases aldosterone production and therefore has a purely positive, or increased, effect on blood pressure.

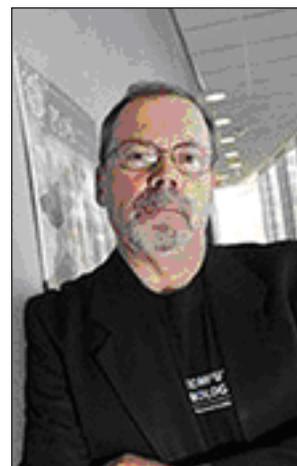
Mapping the off-targets to biochemical pathways that are currently known provides new insights with the potential to improve the design of effective and safe pharmaceuticals.

“This work extends the scope of chemogenomics – the study of genomic responses to chemical compounds – and exemplifies the role that systems biology has in the future of drug discovery,” Bourne said.

An additional contributor includes Jerry Li, from Torrey Pines High School in San Diego. This work was supported by a grant from the National Institutes of Health.

Details of the software used in this work can be found at <http://funsite.sdsc.edu>

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## 2009 Dr. Dong To Scholarship Reception

By Binh Tran, Pharm.D.

It was a nice and cozy reception for the Dr. Dong To Scholarship Fund, held on Sunday March 15, 2009 at the Health Sciences Education Center in the Skaggs School of Pharmacy and Pharmaceutical Sciences Building at UCSD.

At 1:30 PM, Ashley Fitting was already at the premises, overseeing the delivery of food items. In preparation for the talk, Julie Nguyen and a friend were busy pasting the posters on the wall. I brought a display board showing pictures of the first reception in November 2006. Activities of the SSPPS students at health fairs and community events organized by the Asian Pacific Health Center were also shown.

After some refreshments, everyone was invited to step in the room to begin the program.

Dean Taylor provided history of the Dr Dong To Scholarship Fund, which was created in March 2006 to honor Dr. To's life-long contributions to the pharmacy industry and Vietnamese community in San Diego. Dr. To helped develop the first Pharmacy Review Program at UCSD, leading to subsequent courses at UCI and enabling hundreds of Saigon school graduates to pass the equivalency and state board exams.

Over the last few years, awards were presented to the following students

2006-2007: Christie Tran and Jennifer Lai

2007-2008: Lannie Duong and Anh-Thu Ha

2008-2009: Anh-Thu Ha and Julie Ha Nguyen

Julie Nguyen shared the experience that she and Amie Nguyen had while volunteering on the Mercy Mission aboard the US Naval Mercy Ship last summer. The ship sailed from San Diego on May 1, 2008, and for four months the crew provided humanitarian assistance in the form of medical, dental and engineering projects to the Republic of the Philippines, Vietnam, Timor-Leste, Papua New Guinea and the Federated States of Micronesia. When stopping in Viet Nam, the students visited the Saigon School of Pharmacy. On the ship, the students gained experience in various pharmacy operations. The presentation was outstanding.

Since she was a 1st year pharmacy student, Lannie Duong expressed her wishes to do the pharmacy rotation in Viet Nam. Four years later, her dream came true, as she and two other students, Kay Nguyen and Vy Tran attended the Saigon School of Pharmacy for 6 weeks learning of tropical medicine and gaining pharmacy practice experience in Viet Nam. The program took off thanks to Dean Palmer Taylor, Associate Dean David Adler and the faculty who sensed the need to expand the educational sphere to new and broader horizons. Dr. Kathryn Nguyen, Director of Research

and Academic Development, Dr. James Colbert, Assistant Dean for Experiential Education, and Melissa Avery worked closely with the students until they were ready to depart for Saigon in March 2009.

Lastly, I shared my personal recollections of Dr. Dong To as a mentor and friend of my family. I was a student in the Pharmacy Review class in the years 1984-85. Almost all of my classmates, as well as my friends who enrolled in subsequent review classes at the University of California – Irvine, became relicensed to practice pharmacy in California and many other states. I call on all to contribute to the Dr. Dong To Scholarship Fund to provide deserving pharmacy students support in preparation for their future leadership roles.

My participation in the development of the school through community outreach activities was acknowledged with a certificate of appreciation signed by the Dean and the Associate Deans at the School of Pharmacy.

A reception followed in the hall, giving the attendees the occasion to meet faculty members for the first time: Dr. Halpert, Associate Dean for Scientific Affairs, Dr. Joseph Ma, Assistant Professor of Pharmacy Practice, Dr. Renu Singh and Dr. Grace Kuo.

Coming from Orange County were VPhA-USA president Man Nguyen with his spouse, and former Board Member Kim Anh Bui and her spouse pharmacist Kha Dang Le. Dr Le's sister studied in France and, along with Dr. To and Dr. Ettouati, brought memories of places she worked in that country.

We thank all the guests who attended this event.

### Congratulations

Dr. Adah Almutairi, Assistant Professor at SSPPS, was recently selected as one of the Thieme Chemistry Journal Awardees for 2009. Every year the editors of SYNTHESIS, SYNLETT and SYNFACTS, as well as Thieme Publishers, select promising young professors at the beginning of their careers for this award. We are proud to have Dr. Almutairi as faculty here at SSPPS.

## The Bourne Commendation: Open Access Evangelist

### Wins 2009 Benjamin Franklin Award

By Kevin Davies

**April 6, 2009** | Australian open-access evangelist Philip Bourne, a prolific computational biologist at the University of California San Diego (UCSD), has beaten out stiff competition to win the 2009 Benjamin Franklin Award.

The annual award, presented by the Bioinformatics Organization, is given to a scientist who epitomizes the open-source values espoused by the legendary inventor and statesman. Bourne was presented with his award by Jeff Bizzaro, president of Bioinformatics.org, at the 2009 Bio-IT World Conference & Expo in Boston on Tuesday, April 28.

One of Bourne's nominators said: "If Benjamin Franklin could observe not only his contributions, but Phil's generous spirit, infectious energy, and passion for science, he would be proud to count Phil Bourne as a colleague of the highest esteem."

Bourne was nominated for his numerous and varied contributions to both open access in bioinformatics and computational biology, as well as his innovations with the Protein Data Bank (PDB). A past president of the International Society for Computational Biology (ISCB), Bourne is the founding editor-in-chief of *PLoS Computational Biology*, one of the open-access journals launched by the Public Library of Science. In just four years, the journal has become the highest impact factor journal in the niche of mathematical and computational biology. Bourne is also a co-founder (with PLoS) of the website SciVee.tv, which allows scientists across many disciplines to upload videos, lectures, presentations and posters. SciVee is one of four companies that Bourne has helped launch.



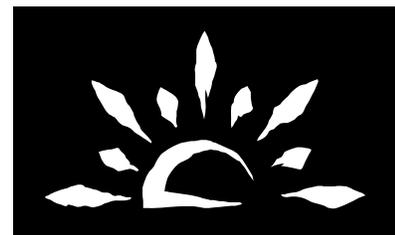
As co-director of the PDB, Bourne has transformed an under-utilized database into a major international resource. "He has

been instrumental in establishing data standards for macromolecular structure data and for requiring that macromolecular structures deposited in the PDB are also published in a journal," praised one of his award nominators. This policy "increases exposure of the structural data and enforces a certain level of data quality." Another project is the BioLit project, which aims to integrate electronic literature directly with the PDB and similar resources by taking advantage of the increasing open accessibility of life sciences literature.

Bourne originally trained as a chemist, earning his PhD in chemistry in 1980 from the Flinders University in Australia. After a postdoctoral fellowship at Sheffield University in the UK, he moved to New York and later became director of the Cancer Center Computing Facility at Columbia University where he helped establish a tumor registry and various applications and databases in support of patient care. Bourne is also a senior advisor to the life sciences at the San Diego Supercomputer Center (SDSC).

Bourne joins a distinguished group of honorees dating back to 2002. The other five finalists this year were Warren DeLano (DeLano Scientific), developer of the PyMol molecular viewer application; Jonathan Eisen (UC Davis) evolutionary geneticist; Don Gilbert (Indiana University), software/database developer; Heng Li (Wellcome Trust Sanger Institute), chief developer of the Maq short-read aligner; and Steven Salzberg (University of Maryland), developer of tools such as MUMmer.

One of Bourne's own videos on SciVee is on the topic of "ten simple rules for good presentations." It should be interesting to watch the master in action when he presents his 2009 Benjamin Franklin lecture.



## Moving Forward Often Requires Several Steps Backwards

By Joseph D. Ma, Pharm.D.

Students and faculty are commonly driven to excel in areas related to pharmacy education and career growth. In essence, we strive to move forward. For students, the move forward is represented by progression in their pharmacy education. There are expectations that students increase their levels of knowledge and establish the foundations of knowledge on which to build in their pharmacy careers. Being part of the curriculum from 1<sup>st</sup>-year through your 4<sup>th</sup>-year is progression. At some point, as a student, there is also a need to move forward with career growth by obtaining pharmacist intern hours, becoming members of professional organizations and participating in leadership roles in student organizations.

How ironic that faculty strive to move forward much the same way as students do regarding education and career growth. The progression of knowledge for faculty mirrors a student's progression in pharmacy education. If a faculty member is an expert in a specific field, he/she can often be found 'studying' via reading up on the current studies and recent literature. From these studies, one can design potential laboratory experiments, compose grants for project ideas, or author clinical practice guidelines/recommendations. Regarding career growth, faculty are often members of several professional organizations and often take up leadership positions in those organizations.

Granted, the need to move forward is important, but why are we so driven to succeed that we now *expect* to succeed in everything we do? Students expect to pass in all of their didactic coursework. Students expect to be members of at least one professional organization. Students expect to be student leaders in at least one student-led professional group. Students expect to do some type of post-graduate training after pharmacy school. Faculty expect to chair a class, to publish papers, obtain grant funding, and be involved in student-led activities. With this mindset and expectation to succeed at all times, what happens when we *fail*? Are we able to cope with defeat? All of us have experienced failure and we will experience failure again. Sometimes experiencing failure is just as important as experiencing success. Failures are ideal learning opportunities and serve as a means of acquiring personal perspective. This is not intended to mean one is to become jaded or pessimistic about future endeavors, but rather, the next time a similar function, activity, or deadline approaches, using past experiences can help make those future endeavors even better and more successful. As such, moving forward (success) often requires several steps backwards (failure).

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## UCSD SSPPS First -Year Student Pharmacists Educate Seniors at Retirement Home

By Beverley A. Freedman, Dip. Pharm., R.Ph. and Candis M. Morello, Pharm.D.

To help seniors better understand the use of Over-the-Counter (OTC) or Non-Prescription medications and supplements, student pharmacists from the Class of 2012 and faculty held a Senior Health Education Event on Wednesday, May 27, 10:15-11:30 am at the White Sands of La Jolla Retirement Home. In this spectacular facility, seniors can live independently as well as in assisted living care settings.

The class and faculty have focused on public education and service as a goal of their educational process. They helped attendees promote their general wellness while increasing their awareness and safe use of OTCs and supplements. This community service event allowed the students to combine skills developed during their 3-quarter experience in Pharmacy Practice: patient counseling, public speaking, disease management with OTC medications, literature evaluation and dealing with special issues related to an older population.



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To prepare for this event, and with assistance from voluntary faculty liasons as part of the requirement the students worked in groups of three or four and created educational posters and brochures and hand-outs during the Spring Quarter, as part of the requirement for the SPPS 203 Pharmacy Practice course. Students presented topics including: Foot Care- Bunions and Corns; The flu shot and Pneumococcal vaccine; Colds-What works? : Vitamin C; Echinacea; Zinc; Osteoarthritis-treatment and prevention; Constipation and Gas- how to prevent and treat it? GERD/Heartburn; Oral Health-how to save what is there and prevent frequent dental visits; How to treat a cough; Prostate Health; Insomnia; Aspirin and its role in heart attack and stroke prevention; Medication Safety; Dandruff and Psoriasis; Dry Skin and How to best use inhalers and pulmonary devices.



The beautiful lodge room at the White Sands was the perfect location for the students to setup their posters, provide educational information and answer questions from the many seniors who attended. The seniors who attended were very appreciative of all of the great non-prescription drug information they received. One of these seniors was a retired physician and another, a retired surgeon. They asked many challenging questions and gave some interesting suggestions of their own. The students did an excellent job presenting and representing UCSD SSPPS.

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### **Poison Prevention Week**

**By Jane Liou, P3**

In light of Poison Prevention Week (March 15-21, 2009), CSHP-UCSD held its 3rd Annual Poison Prevention Program. Over 50 pharmacy students from UCSD Skagg's School of Pharmacy and Pharmaceutical Sciences went to six elementary schools to discuss the importance of recognizing potential poisons. Volunteers visited first and second-grade classrooms and gave thirty-minute presentations on poisons. Each team started the presentation by asking the children whether they knew what a poison was and if they had examples of poisons. Many of the responses from the boys involved reptiles or poison ivy. Trevor Perry said, "I enjoyed hearing the stories about the poisonous frogs. The kids were very excited to share." Presenters led the conversation to other places poisons could be found, e.g. in the house. The participants were taught that poisons can be "everywhere and act fast!"

The highlight of the presentation was the display cases full of look-alike products that had the children guessing which products were poisons. After distinguishing between blue Gatorade and blue cleaning fluid, the children were presented with harder to distinguish choices such as candy gummy bears and vitamin gummy bears. The students were taught that things that can be beneficial to the body (e.g. vitamins) can be poisonous in excessive doses. At the end of the presentation, the children shared what they learned. The children were also given an opportunity to make a poster illustrating why poisons are dangerous.

In the end, this was an educational experience for both the elementary school children as well as the presenters. The children were very enthusiastic throughout the entire presentation, and the students were always eager to answer questions. "I was surprised by how much the kids already knew!" said Sarah Bajorek. Thank you to all the volunteers and Poison Prevention Chair Karen Anderson who helped make this year a success!

## UCSD Student-Run Free Clinic Project Annual Benefit Dinner

By Renu F. Singh, Pharm.D.

The UCSD Student-Run Free Clinic Project held its 11<sup>th</sup> Anniversary Fundraiser and Award Celebration on Saturday evening April 25, 2009. Donors, guests, students and faculty enjoyed an evening of wine tasting, silent auctions, and opportunity drawings. Many SSPPS P1 and P2 students volunteered their time to assist with various events of the program. Guests were also entertained by UCSD students performing the tango, a piano recital, and a band with a talented lead vocalist. Ellen Beck, MD, the Medical Director of the UCSD Student-Run Free Clinic Project, and Inna Sosinsky, a P1 student at the SSPPS, welcomed and thanked everyone for supporting the Free Clinics. Invocation was led by Reverend Emeritus James Hester Hargett.



Twelve pharmacy managers for 2008-2009 were honored for their dedication and year-long commitment to the Free Clinic Project:

Paige Pancoast, Nasim Ghafouri, Neil Patel, and Shawna Kobayashi for the downtown Monday night clinic; Andrea Backes, Therasa Kim and Annie Chen for the Baker Elementary School Clinic; and Nina Haste, Leslie Smithson, Laura Tsu, Cynthia Shin, and Lina Meng for the Pacific Beach Wednesday night clinic. The pharmacy managers have provided dedicated service for the past twelve months in managing the daily pharmacy operations of their clinics, precepting P1 and pre-pharmacy students, meeting monthly at pharmacy manager meetings, as well as providing outstanding patient care consistently throughout the year. We wish our outgoing P4 student managers the best of luck in their future residencies and careers as clinical pharmacists.

Dr. Ellen Beck awarded Eduardo Fricovsky, Pharm.D., with a Clinical Leader Award, honoring his “commitment and dedication to community and social justice in service to the UCSD Student-Run Free Clinic Project.” Dr. Fricovsky joined the SSPPS in December 2008 as the Pharmacy Director for the UCSD Student-Run Free Clinic Project, and within a short time period has demonstrated leadership, organization and consistent pharmacist presence between the clinic sites in the pharmacy areas. Dr. Beck also recognized Dr. David Adler for his continued support of the free clinics. In addition, awards were presented to a stellar pre-medical volunteer, volunteer dentist, pre-law or law student, and pre-dental volunteer.

Pharmacy faculty attendings were honored for their dedication and service to the clinic. Twenty five pharmacists volunteered their evenings or days on a monthly basis at the Free Clinics during the last year. In attendance were Chris Woo, Pharm.D., and Nina Nguyen, Pharm.D. Walgreens pharmacies and Isabel Perlas, R.Ph., Pharmacy District Manager for Walgreens Pharmacies, were also recognized and thanked for their personnel support of the Free Clinics for the Baker Clinic.

Pre-pharmacy student volunteers, Justin Shi, Maria Rivas, and Trina Huynh, were invited by the pharmacy managers and recognized for their outstanding commitment and service to the clinics at each of their sites. Justin has been accepted to USC School of Pharmacy, Maria has been accepted to UCSF School of Pharmacy and Trina will be starting at the UCSD SSPPS in Fall 2009. We wish them the best of luck in their studies.



## 4<sup>TH</sup> Annual Free Clinic Phun Run

By Tim Bassell, Free Clinic Phun Run Chair

Sunday, May 17<sup>th</sup> was a day of reckoning at the Skaggs School of Pharmacy and Pharmaceutical Sciences. At 9:00AM on a cool, cloudy morning, a stacked field of 66 competitors gathered on the Biomedical Library lawn awaiting the start of the long-anticipated 4<sup>th</sup> Annual UCSD Free Clinic Phun Run.

Among this year's podium contenders was a talented squad of first-year medical students led by Shane Kinard, Mina Nikanjan, Shawn Liu, Keiko Amano, Ryan Murphy, and Nicole Rich. They trained hard over the past several months and were looking to upset the Skaggs home team. But the pharmacy students answered with a much larger turnout of over twenty runners including Sarah Bajorek, Ohannes Kandillian, Eric Cooper, Trevor Perry and myself. Tran Nguyen was at the race with other undergraduate members of the Pre-Pharmacy Society. The School of Pharmacy and School of Medicine faculty were represented by Dr. Brookie Best and Paul Kingston, who were eager to prove that they could "take these kids to school" outside of the lecture hall, too.

From the start of the race, it was clear that there were some competitors running with some scores to settle. Shawn and I took an early lead but were quickly rejoined by Shane, Mina, and Paul. Dr. Best was quickly left in the dust by her 9-year-old son Noah. All of the 66 competitors set off in great spirits.

In a hard-fought match, Shane Kinard came away with the top finish. Shane, who in last year's race had narrowly fallen behind me because of a poorly-marked finish line, bided his time for the first mile, then pushed into the lead and never looked back, sealing the victory in 18:39. I pulled in second with 18:42, and Paul succeeded in schooling everyone else with a time of 19:12. The top female place went to medical Mina in 19:36, with Sarah and Keiko finishing in 23:43 and 24:35.

Other bitter rivalries were finally settled, too. Joe Natale won a decisive three-minute victory over fiancé Stephanie Webb. And Noah Best extended his lead over Dr. Best and won the mother-son showdown by a shocking ten minutes.

The runners and walkers battled over a beautiful new course that ran through the Biomedical Campus, Library Walk and the

Parcourse Trails, with some gentle hills and beautiful views of Geisel Library and UCSD's on-campus nature preserve. The race ended with everyone gathered on the BML lawn for food, a raffle and awards presentations. There was plenty of cause to celebrate – all together, the race would raise over \$1000 for the Free Clinics in registration fees, raffle tickets and leftover food sales, in addition to \$1300 in sponsorships.

Many people made contributions essential to Phun Run's success: Conrad Bio at Rite Aid, James Murray and Lynn D'Antonio at Albertson's, and Nigel Shankley and Monique Spoth at Johnson & Johnson gave generous sponsorships to make Phun Run possible. Cliff Bar, CVS, Island Burgers, TGIF, Sunglass and Optical Warehouse, Flame Broiler, Pharmaca, Trader Joe's, Tutti Frutti, Ralph's and Big City Bagels donated food, water and raffle prizes. Zelda McLeish and Corporal Tenbroeke from UCSD Facilities helped to reserve a fantastic new course



and policed road crossings. Chris Reid gave us a great deal on t-shirts. And finally, much credit is due to all of the Phun Run volunteers and committee leaders: Jane Liou, Tiffany Wong, Ed Su, Mary Moss and Bayan Yaktieen, with special contributions from Denise Kwong, David Ha, Huy Diep, Jessica Lau, Lorena Arellano, Chetan Sharma, Alex Engelmann and Miles Conde.

**Cultural Fusion**

**By Melat Garedeu, P2 and Jane Liou, P2**

( Photos by David Ha)

Elegant colors. Hip shaking samba. Dresses from around the world. All these elements were part of CSHP-UCSD’s exciting new event, Cultural-fusion: A Fundraiser Night. The event started at 7 o’clock on May 13th with a taste of delicious cuisine representative of around the world. Asmara and Muzita Restaurants

donated tantalizing Ethiopian food, El Torito donated delicious Mexican flautas and salad, and Ashoke & Ker-The



Little Indian Restaurant donated tasty Indian food. Arranged by Deepika Nayyar, the food provided a great start to the cultural event.

The event showcased performances by talented artists from both the UCSD Pharmacy and Medical school classes. Eight performances and a Cultural Fashion Show enchanted the audience with Emeka Okeke and Christine Luu emceeing the event. Kicking off the festivities were Csilla Felsen and Eduardo Santana with a sultry Argentine Tango. A colorfully clothed Sapna Iyer performed a traditional Bahartanatyam dance to “Govardhana Giridhara”. Next up came the Cultural Fashion Show, coordinated by Susan Cho. During this procession of models, the emcees provided cultural knowledge about each of the dresses. Tihua Chau modeled a qipao, a traditional Chinese dress made of embroidered silk that was made popular by royalty during the Qing Dynasty. Ao dai, a traditional Vietnamese dress worn over pantaloons, was displayed by Emily Nguyen and Tina Nguyen. Traditional South Korean “hanbok” dresses were worn by Catherine Hong and Helen Page, who both gracefully bowed to the audience in their two-piece jacket and wrap-around skirt made of fine silk. Traci Bricker wore a beaded black and white beledi dress, a costume



worn in Middle Eastern dance. Lehengas, authentic Indian outfits in vibrant colors, were modeled by Kesse Stewart and Krishma Dhillon. Amele Eyasu and Winta Mehari wore Abesha Kemes, exquisite white & pink ankle-length dresses with intricate embroidery, traditional dresses of Ethiopia; Tiffany Wong, Alex Engelmann & Ran Oren wore Nigerian outfits with beautiful embroidery.

A high-kicking Christina Serjerson and Michael Fujinaka performed a fast-tempo Latin dance. Christine McCue and Talia were up next, performing a Middle Eastern Dance more commonly known as belly dancing. Duy Tran entertained the crowd with a Vietnamese Fusion Dance. I performed an Ethiopian Traditional Dance, joined by family and friends to the synchronized clapping of the crowd. Melanie MacAiken belted out the song “Power of a Dream” by Celine Dion. Her powerful voice was a fitting transition to the fundraising portion of the night that included a Power Point presentation



by myself illustrating the importance of giving back to the community, one of the core missions of CSHP. The presentation showed pictures from community outreach programs that CSHP has accomplished throughout the year.

The show provided entertainment as well as education while helping CSHP-UCSD raise money for future community service events. The Skaggs Faculty and Staff were thoroughly excited as stated by staff member Gail Gipson: “I thoroughly enjoyed last night’s Culture-Fusion event! It was educational and enlightening. The dancers were fantastic, the models were outstanding and Emeka and Christine as MCs were

**Cultural Fusion Continued**

totally entertaining and funny! I hope this is the start of a wonderful tradition, and I hope to see more students and staff and faculty next year!” Additionally, Christine Luu, one of the emcees exclaimed, “The audience was very receptive and we fed off their energy. The performers were amazing- it was a lot of fun to watch!” Artistic coordinator Christine McCue agreed, expressing her desire to make this event an annual one.

Although it took a lot of work to instill a new event into Skaggs, the end result was highly successful with an audience of over 100. Conducting such an event was very rewarding. It not only gave us the opportunity to promote cultural diversity at the Skaggs School of Pharmacy and Pharmaceutical Sciences, but it also helped to educate our audience about what student pharmacists do to help reach out to the community. We are very fortunate to have such an event set a tradition in our school and would finally like to give our appreciation for those who helped make this event a success. We are thankful for the financial assistance of the Graduate Students Association as well as the assistance of the various restaurants: El Torito, Muzita, Asmara, Ashoke & Ker-The Little Indian Restaurants.

**APhA Heads to National City**

**By Jeanette Truong, P2**

On April 11, 2009 from 10:30AM-12:30PM, APhA first, second, and third year pharmacy students were located in National City to screen low income seniors in their Telacu Housing Building. The students were able to practice skills they acquired in Pharmacy Practice courses in the first year as they provided diabetes, heartburn, and hypertension screenings. The seniors were grateful that the students had traveled all the way from La Jolla to National City to provide free screenings to them as well as answer any questions they had. Overall, the event was a success as over 40 seniors were screened in a short amount of time. We would like to thank and acknowledge the following volunteers: Dr. Christopher Woo, our very kind and patient preceptors, Huy Diep (P1), Miles Conde (P2), Steven Chen (P3), and Stanton Chu(P3).



**Congratulations**

Hello SSPPS family,

Please join me in congratulating Denise Kwong (P3) as she was selected by the San Diego Society of Health-System Pharmacists voting board as the recipient of the CSHP Student Leadership Award! Since her first year at UCSD SSPPS, Denise has held leadership roles within SDSHP through the evolution of our local student chapter. Her hard work and professional commitment has not gone unnoticed. Denise will be acknowledged at the CSHP Seminar '09 meeting held here in San Diego in early October 2009 (where I hope to see you all! As an aside, if you would like to volunteer as a student, please contact Denise at [dekwong@ucsd.edu](mailto:dekwong@ucsd.edu), or if you are a pharmacist and wish to volunteer, please contact [jcolbert@ucsd.edu](mailto:jcolbert@ucsd.edu).

We had a strong group of applicants this year. Thanks to all of you and all of our student SDSHP chair and committee members for your outstanding work this year in multiple outreach projects and our most recent cultural event led by Melat! You make us proud!

Warm regards,  
Dr. Morello



Vy Tran (above) receiving the United States Public Health Service Award for Excellence in Public Health Pharmacy Practice from Lt. Cdr. Ray Ford of the USPHS

Rachel Sperling (Class of 2010) was awarded the Robert C. Johnson Scholarship by the California Pharmacists Association.

Jennifer Lai (Class of 2009) was awarded the American Pharmacists Association Senior Recognition Certificate for the greatest sustained contribution to the school APhA-ASP chapter.

### Antibiotic Resistance Awareness For Children

By Soo Jin Lee, P3 and Yun Young Kim, P3

In May of 2009, the UCSD Skaggs School of Pharmacy student chapter of SDSHP/CSHP launched Antibiotic Resistance Awareness to educate children in classroom settings. Since we obtained the AWARE Pharmacy Student Community Health Grant and hosted the first outreach at the Day of Child Community Fair at Chula Vista



on April 25<sup>th</sup>, 2009, we have made efforts to design a fun and easy lesson plan fit for kindergarteners and elementary school students.

UCSD pharmacy student volunteers provided the first Antibiotic Resistance Awareness lesson to 23 children, kindergarten through 6<sup>th</sup> grade, at Chollas Mead Elementary School with SAY afterschool program in San Diego on May 15<sup>th</sup> 2009. The second lesson followed



on May 23<sup>rd</sup> 2009 at San Diego Korean-American School, with 20 students. The children were excited about drawing, playing games and answering questions about germs, how they spread and how to prevent the spread of germs. Children happily volunteered to show their drawings to other students, share their experiences of feeling sick, and learn and sing a new song called “Washing the Germs Away.” One of the most popular parts of the lesson was the Glogerm® demonstration, which included a glow in the dark lotion that started in one student’s hand and spread amongst his/her classmates. Next,



all those infected washed their hands to the new learned song and ultimately revealed germ-free hands. The children also learned how our immune system works, what antibiotics do in our body, and how to take antibiotics properly. After the lessons were finished, they brought a hand-washing coloring book home to play and learn with their parents.

Ms. Ellen Rosas, SAY afterschool program supervisor, said, “The presentation was great. The kids really enjoyed the lesson and the worksheets. We have seen that the hand washing has improved greatly,” and asked us to come back and give lessons to their students in the summer.

Thanks to UCSD pharmacy students, Paul Ko, Sang Luu, Ken Nguyen, Natalie Nguyen, and Pamela Ny, who helped make this new children education program a success, and helped children actively get involved in staying healthy.

### National Start Walking Day



I wanted to let all of you know that our School of Pharmacy students were a hit at the National Start Walking Day event hosted by the American Heart Association. The group of thirteen students, led by Jennifer Lai, provided blood pressure and diabetes screenings, answered any health-related questions the attendees may have had, and provided them with health education and referral information. Student pharmacists successfully screened 34 patients for diabetes and 30 patients for hypertension during the course of the afternoon. In addition, we passed out hundreds of handouts and giveaways to attendees at the event.

The biggest highlight though, was when the students got to meet and talk with Mayor Jerry Sanders and Councilwoman Sherri Lightner (who represents the District where SOP is located). I have attached a photo from the event.

All in all, the event was a success for all parties involved. The American Heart Association was very thankful for our help, as well as for our continued partnership.

Thanks,  
Zachary Schlager  
Community Relations Specialist  
UCSD Health Sciences Department

### UCSD APhA-ASP 1st Town Hall Meeting By Kenneth Nguyen, P2

UCSD APhA-ASP's 1st Town Hall Meeting/Neighborhood Day with San Diego's Congresswoman Susan Davis on Saturday, May 2nd was an exciting and informative experience. Despite the overwhelming questions from community members regarding various issues such as rising foreclosures and the swine flu, Davis was able to answer all of the questions from our chapter. One of our questions was regarding the pending healthcare reform & whether Congress has considered creating a national financial support program for clinics that provide healthcare for the uninsured, like the UCSD Student-Run Free Clinic, as a way to reduce healthcare cost from emergency care. Davis said that currently there aren't any specific financial aids for such clinics but she can direct us to some grants. Although this may be a generic answer, the question did provide a suggestion for healthcare reform that Davis can present to Congress on behalf of the



UCSD APhA-ASP chapter and Student-Run Free Clinic. This question & the presence of pharmacy students at the meeting showed Davis that pharmacy students want to be involved in healthcare reform & improve the health of the underserved. Hopefully there will be specific financial support programs in the future that will allow the Student-Run Free Clinic to expand its services to the those in need. I want to thank Kam S. (P2), Tim B. (P2), David H. (P1), Stephen R. (P1), and Christina S. (P2) for participating in this event. Special thanks go to Dr. Adler for suggesting the question. Hopefully more Skaggies will participate in next year's Town Hall Meeting to promote healthcare reform and advance the pharmacy profession.

## Partners in D Outreach Event

By Maggie Ching, P3

Partners in D is a statewide research collaboration among seven schools of pharmacy in California that reaches into the community and provides seniors with one-on-one Medicare Part D counseling. It is funded by a generous grant from the Amgen Foundation, specifically designed to provide Medicare Part D assistance to low-income seniors and those with limited or no English language skills. Many of our student pharmacists are multilingual, and can address questions and concerns in their native languages.

Medicare Part D is a complicated system that involves many terminologies, rules, and changing facts. Therefore, pharmacists' role in educating and assisting beneficiaries becomes extremely vital. Partners in D, a SSPPS student organization was recently formed and inaugurated on January 19, 2009. The goal of our organization is to be a Medicare Part D resource on-campus as well as provide outreaches during the year for underserved seniors.

On May 16, 2009, our Partners in D organization held a successful outreach event at the Wesley United Methodist Church in El Cajon. The main target patient population for this outreach event was the dual-eligible beneficiaries who have both Medicare and Medicaid (Medi-Cal), and can change their plans every 30 days without waiting until the open enrollment period (November 15-December 31 of each year). The event began with Dr. Shirley Tsunoda (Partners in D Principal Investigator) addressing the seniors in the audience and explaining the importance of being enrolled in the most appropriate Medicare Part D plan, and explaining the Partners in D program. The majority of the patients were Vietnamese-speakers, so our Vietnamese speaking student pharmacists, Ai-Hang Do, Kim To, Tuan Nguyen, and Tran Nguyen were extremely helpful in translating for the patients. Dr. Binh Tran was our primary contact who sent fliers and advertisements to recruit patients to participate in the event. Another pharmacist, Sally Smith, who teaches the Medicare Part D class in the fall quarter, also played an essential role in precepting students during the event. Computer stations were set up by student pharmacists, Andrea Backes, Natalie Kei,

Kevin Mee and myself. Each of us met with a patient and logged onto the medicare.gov website to compare patients' current prescription drug plans with potentially more cost-effective plans. Most patients were not familiar with their prescription drug plans, so the one-on-one counseling provided to them was very much appreciated. Because of the high turnout and satisfaction from patients, Pastor Cuong Nguyen at the



WUMC has promised to support future outreach events, so that more patients in the community can benefit from our services.

The goal of the Partners in D student organization is to provide assistance to Medicare beneficiaries in many different communities. Through the outreach events, we hope to serve as many patients as possible in underserved communities and help them to understand their health benefits and enrolling them in the most appropriate prescription drug plans. We look forward to future outreach events in communities with different ethnic groups and continuing our mission to serve low-income seniors.



## UCSD Peer-to-Peer Team Educates Medical Professionals About Medicare Part D

By Rachel Sperling, P3 and Shirley M. Tsunoda, Pharm.D.,  
UCSD Partners in D Principal Investigator

On April 29, four student pharmacists stood at the front of a conference room in the Hillcrest Medical Center and prepared to give a presentation. Looking back at them was an audience of interns, residents, and faculty from the UCSD Department of Internal Medicine. This presentation was not part of an APPE rotation, nor was it for a class. Instead, it was part of a major statewide initiative to educate healthcare providers about Medicare Part D.

Why spend so much time on Medicare Part D? Since it was implemented in 2006, Part D has had a significant impact on healthcare, including reducing the percentage of uninsured seniors from 25% to 10%.

However, the number of plans and the complexity of the benefit structure often make it difficult for seniors to identify and enroll in the best plan for them. To help patients maximize their Part D benefits, and to specifically target the underserved patient population, faculty at the UCSF School of Pharmacy received a 3 year grant to implement a program that they called Partners in D. The program, which has grown to include seven schools of pharmacy in California, promotes initiatives such as Part D courses, community outreaches, peer-to-peer training, and a Medicare Part D APPE. The peer-to-peer component involves an hour-long presentation delivered by student pharmacists and targeted to other healthcare professionals.

UCSD's peer-to-peer team consists of two fourth-years, Lillie Allinson and Daisy Chang, and two third-years, Rachel Sperling and Stephanie Webb. Under the guidance of faculty preceptor Dr. Shirley M. Tsunoda, the team has presented to

audiences at Hillcrest, as mentioned above, as well as at the VA and our own SSPPS campus. In its first year, the students educated 32 medical interns, residents, and faculty, and more than 60 student pharmacists and pharmacy faculty about Part D.

The presentation itself has four parts: background about Medicare Part D, and a discussion of Part D from payer, patient, and provider perspectives. By providing information about plan structure, the impact of insurance on access to care, and available Part D resources, the presentation aims to show providers what they can do to reduce patient costs and improve medication adherence. The presentation highlights the specialized

knowledge that pharmacists possess and emphasizes the importance of collaborating with pharmacists to achieve optimal patient outcomes.

After a successful first year, UCSD's peer-to-peer team will continue to reach out to local medical professionals during the 2009-2010 school year. Collaboration among healthcare providers is vital to ensure that patients make the most of

their complex Part D coverage. The peer-to-peer program encourages collaboration with pharmacists, and provides physicians with the knowledge and tools that they need to serve as Part D resources for their patients. Together with the other Partners in D initiatives at UCSD, the peer-to-peer program will help to increase the access to and quality of Part D coverage for Medicare beneficiaries.



## Antibiotic Resistance and Asthma Awareness Event

By Natalie Hohmann, P1 and Lindsey Hohmann, P1

On Saturday, April 25<sup>th</sup>, the UCSD Skaggs School of Pharmacy student chapter of CSHP hosted a wonderful event to educate young children and their parents about antibiotic resistance and asthma awareness. This event was part of the 9<sup>th</sup> Annual Day of the Child Community Fair that took place at Chula Vista's Memorial Park from 11 a.m. to 3 p.m. This fair was designed to let children and their families engage in safe and healthy activities presented by the local community. On the asthma awareness side of our event, UCSD student volunteers set up children's tables with coloring books describing asthma triggers, as well as story books designed to help children know how to recognize and respond to an asthma attack. Pharmacy and pre-pharmacy students read children stories about asthma, captivating them with tales of dragons who had trouble breathing fire because of their asthma. In this way, we were able to teach children useful health information by engaging them in activities that were fun and appropriate for their age level. Meanwhile, the children's parents received informational booklets about asthma, in English or Spanish, and learned about asthma triggers, statistics, and inhaler administration techniques from an asthma



UCSD pharmacy and pre-pharmacy students teach children and their parents about asthma and antibiotic resistance.

poster presentation. Pharmacy students also gave demonstrations on how to use dry powder inhalers, MDI's, and peak flow meters, while answering the parents' numerous questions about asthma and allergies.

The antibiotic resistance awareness portion of the event was especially exciting, as this was the first event of its kind put on by the pharmacy students at UCSD Skaggs School of Pharmacy and Pharmaceutical Sciences. We are tremendously grateful to the California Medical Association Foundation for funding this

antibiotic resistance outreach through the AWARE Pharmacy Student Community Health Grant, which allowed us to provide both parents and children with educational materials to expand their health knowledge. Students led children through activity kits that taught them about the differences between bacteria and viruses, as well as the importance of washing their hands. Students even sang the "Wash the Germs Away" song to demonstrate the perfect length of time to wash your hands: 15 seconds! Additionally, forty of the parents were able to fill out surveys (either in English or Spanish) about their knowledge of antibiotic resistance both before and after a presentation on the topic by our pharmacy students. Our surveys showed that only fifty percent of parents had heard of antibiotic resistance, and seventy-four percent did not know the definition of antibiotic resistance. This demonstrates the need for greater community health education on antibiotic use, especially since eighty-eight percent of parents surveyed stated that their children had taken antibiotics before. To help parents understand the importance of safe and responsible antibiotic use, pharmacy students led them through a poster presentation that defined antibiotic resistance, highlighted the differences between bacterial and viral infections, and helped parents understand how a cold can be symptomatically treated with over-the-counter medications. Thankfully, we were able to help parents improve their understanding of antibiotic resistance, with sixty-four percent improving their survey scores after hearing the poster presentation.

This event was truly worthwhile. We were able to teach approximately 150 children and adults about the dangers of asthma and antibiotic resistance. The children were so excited to color in their asthma and antibiotic resistance coloring books and activity kits, and parents were eager to learn how to improve the health of their families. This was a very rewarding experience that showed us how willing the community is to increase its health literacy, and gave us a chance to sharpen our counseling skills, especially in regards to communicating with children. There was a positive atmosphere around our booth at the end of the day, and we were glad that we were able to make such an impact in people's lives. Thank you to all of our wonderful student volunteers for making this possible, including UCSD pharmacy students Andrea Backes, Paul Ko, Denise Kwong, Susie Lee, Deepika Nayyar, John Park, Trevor Perry, Hien Tran, Jeannette Truong, and Bayan Yaktieen, as well as pre-pharmacy students Hilda Arakelian, Niftazieska M. Nadhia Gotama, Khanh Huynh, Trina Huynh, and Brittany Michel. Also, thank you to UCSD's Dr. David Adler for advice and help in obtaining the grant that made our first antibiotic resistance awareness event a success.

## Operation Diabetes: Teaming Up for Diabetes Education and Prevention

By Elaine Wang, P1

Diabetes is a major health concern in the United States today, with estimates of 23.6 million having this metabolic disorder. While the overall prevalence of diabetes has increased by 13.5% from 2005 to 2007, only 24% of diabetes cases go undiagnosed today, down from 30% in 2005 and from 50% ten years ago.

The reduction in undiagnosed diabetes is the result of a nationwide effort to educate patients about diabetes mellitus. Student pharmacists are playing an active role by promoting public health education and empowering patients to take control of their health. Operation Diabetes, a patient care project under the American Pharmacist Association – Academy of Student Pharmacists (APhA-ASP), aims to identify patients who are at risk for diabetes, help those patients prevent it, and provide support and education to patients who have already been diagnosed with diabetes. As Chair of Operation Diabetes and with the help of Candis Morello, Pharm.D., CDE, faculty advisor, the UCSD APhA-ASP Operation Diabetes committee has organized nine screening and educational outreach events, screening 232 patients and referring 15 patients for follow-up care. The eleven committee members and all the student pharmacist volunteers have been able to simultaneously raise community awareness about diabetes and promote the pharmacy profession, hosting everything from community blood glucose



Pancreatic Heroes and Bayan Yaktieen

### Educating a High Risk Population

During the weekend of January 24-25, 2009, Operation Diabetes held its first screening event at the Tet Festival, an annual multi-day celebration of the Lunar New Year drawing thousands of patrons to Balboa Park in San Diego. From Saturday to Sunday, five student pharmacist volunteers set-up an educational poster, conducted free blood glucose screenings and provided educational materials to festival attendees. Of the 90 patients screened during the two days, only one patient had a blood glucose concentration above the 200 mg/dL marker used in casual glucose testing, though the blood glucose levels of seven other patients were determined to be in pre-diabetic range. The first patient was referred to their primary care physician for follow-up, while the other seven patients were educated about controllable risk factors such as diet, exercise and weight control.

### Reaching Out to Elementary School Students

On Friday, March 13, 2009, Operation Diabetes set out to educate children at Los Penasquitos Elementary School in an interactive session on diabetes and nutrition during an after-school program. Led by Neda Lin, three student pharmacists volunteered their afternoon to lead a group of 70 students through activities that emphasized the importance of exercise and healthy eating habits. Students learned about the healthy lifestyle benefits from determining proper portion sizes, making healthy food choices and getting plenty of physical activity. They also gained a general understanding of diabetes and its associated risks. Throughout the summer and fall, the committee hopes to continue educational outreach events such as these with plans to work with diabetes camps for kids and other San Diego County schools.



Kessee Stewart, Elaine Tsang, Tiffany Wong, Dr. Binh Tran, Thanh Phuong Le, Iman Sionit, Dr. Beverley Freedman, Sheri VanOsdol and Elaine Wang

screenings to outreach events educating high school students at the UCSD Skaggs School of Pharmacy.

*Continued on Next Page*

*Operation Diabetes Continued*

**Teaching High School Students to Become Teachers**

Continuing its run of successful events, the UCSD Skaggs School of Pharmacy held its first annual Pharmacy Day - an educational outreach event geared towards high school students, on April 18, 2009. Throughout the day, interactive sessions on compounding, FDA drug label reading and specialty focuses in the areas of asthma, diabetes, hypertension and immunizations were conducted. Susan Cho and Tiffany Wong created an interactive presentation on diabetes to help high school students learn more about the disease and empowered them to create their own posters and presentations to educate others at their own schools or feeder-middle schools with their newly-acquired knowledge.

**Organizing Health Screening Events for the Public**

Throughout the spring quarter of 2009, Operation Diabetes committee members worked in teams to organize health screening events. Susan Truong coordinated a health screening event at Kobey Swap Meet on Saturday, April 4, with the Cholesterol Patient Care Project and Project Hypertension offering their services in addition to the blood glucose testing. Four patients were identified as having extremely high blood glucose concentrations and were referred to free clinics in San Diego County for follow-up care. Another screening aimed at diabetes, hypertension and heartburn education, took place on UCSD's Library Walk on Monday, April 6. It was a collaborative effort between Deepika Nayyar, Jenny Tran and William Liang, targeting the college student population, a demographic at a crucial age when lifestyle habits begin to form to educate them about diabetes, hypertension, immunizations and heartburn. Elaine Tsang and Margie Leung worked with Walmart Kearny Mesa to provide hypertension, heartburn and diabetes screenings and education on Saturday, May 2, 2009.

**Developing Educational Materials**

Having gained experience from screening events, the Operation Diabetes committee began to focus on developing ways to enrich student pharmacist-patient interaction to not only help the community, but to serve as a learning experience for the volunteers as well. New educational materials in various mediums were developed and utilized, ranging from Microsoft Powerpoint presentations to interactive insulin injection demonstration kits. Protocols were established for the proper referral and care of patients who exhibited diabetic symptoms at screening events, including a compilation of free clinics and urgent cares located throughout San Diego County where patients could receive medical attention.

**Taking Action at the UCSD Free Medical Clinics**

Operation Diabetes also wanted to focus on increasing student pharmacist-patient interaction at the UCSD Free Medical Clinics located in Pacific Beach and Downtown. Working with Eduardo Frivovsky, Pharm.D., Free Clinic Manager, David Ha and Lorena



Kimberly Tsai, Susie Lee, Andrea Backes, Elaine Wang, Lorena Arellano, Kessee Stewart, Trevor Perry, William Liang, John Park, Jenny Tran, Deepika Nayyar, David Ha, Cathy Lu, Jane Liou and Annie Wong

Arellano set-up poster sessions at both clinic sites as the first stepping stones in the hopes of establishing a diabetes education and support center staffed by student pharmacists. By adopting a more proactive role in patient care, we hope that the Free Clinic will serve as an environment where student pharmacists can work individually with patients to help them manage their diabetes. Monitoring and dispensing diabetic testing supplies and insulin, educating them with helpful tools such as blood glucose log books, demonstrating how to properly use their blood glucose monitors, and addressing any other concerns patients may have are all goals of these interactions.

Operation Diabetes hopes to continue promoting the role of pharmacists in educating the community and making a difference in the lives of patients. This summer, the Operation Diabetes committee will continue to hold screening events for the public and participate in several health walks. We will also be focusing efforts on establishing long-term programs for educational outreach at San Diego County schools, with the geriatric population and at the UCSD Free Medical Clinics. Our plans for the immediate future are merely the tip of the iceberg in diabetes education and prevention and we hope they pave the way for many more things to come.

## A New Generation of Pharmacists: *American Society of Consultant Pharmacists*

By Daisy Chang, P4

Did you know that senior citizens constitute only 13% of the US population but account for a third<sup>2</sup> of America's prescription drug use? By 2011, the first of America's baby boomers will begin to celebrate their 65<sup>th</sup> birthdays. In San Diego County alone, a 2007 U.S. Census<sup>3</sup> estimated more than 10% of the population are people over 65 years of age. With advancements in technology come longer life expectancies. Will our nation's next generation of (student) pharmacists be ready to care for these seniors?

Members of the UCSD-ASCP will definitely be prepared because they not only have the *experience* from interacting with senior citizens in the community but also the additional geriatric-related *education* from guest speakers. Founded in January 2009, UCSD-ASCP is the first professional organization dedicated 100% to geriatric pharmacy in San Diego. Being the 21<sup>st</sup> student chapter in the nation, UCSD-ASCP's missions are:

- To heighten awareness of geriatric pharmacy in San Diego by sparking interest at the student level
- To improve pharmaceutical care to seniors in San Diego

Currently 35 members strong, UCSD-ASCP has been a great success! Thanks to our highly active members, our accomplishments these past two quarters include:

### Senior Health Awareness Talk: Management of Insomnia

In February 2009, five ASCP members went to Brookview Village Home in Poway to educate seniors on appropriate pharmacologic and non-pharmacologic management of insomnia. The students were highly interactive and the residents were eager to learn and were very inquisitive.



Traci Bricker (P1), Erica Lee (P2), Karen Yi (P3), Steven Chen (P3), Deepika Nayyar (P1), Dr. Greg Medley, Pharm.D.

### Meet the Pharmacist Health Screenings

Student pharmacists had a great opportunity to review in-depth with patients their health history and utilized their clinical skills in both hypertension and heartburn management at the Carlsbad Senior Center (April 2009). Each patient had the opportunity to spend 20-40 minutes with the (student) pharmacist. One student, William Liang, successfully persuaded an 88-year-old Caucasian female (without a previous diagnosis of hypertension) to see her primary care physician when he found her blood pressure to be in the 170s/60s on two separate readings. One patient even commented "*That [Jenny Tran] was a very smart student pharmacist! She even calculated my body mass index for me.*"



Traci Bricker (P1), Daisy Chang (P4), Jenny Tran (P1), William Liang (P1)

### Senior Health and Wellness Fair

UCSD-ASCP participated in the 5<sup>th</sup> annual Senior Health and Wellness Fair at Brookview Village Home in April in Poway, CA, where we met many health-conscious and pro-pharmacy senior citizens! ASCP members provided hypertension and heartburn screenings and medication review. While enjoying the beautiful San Diego sunshine, each senior had one-on-one attention with the (student) pharmacist to optimize their medication regimen. One patient commented, "*I feel so much more comfortable now that I had my medications reviewed by your careful eyes.*" ASCP members also taught another patient to spread out her 1200 mg of daily calcium instead of taking it all at once.



Kim Tsai (P2)

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**Senior Health Awareness Talk: Management of the Common Cold**

Six ASCP members were invited to the Ocean Hills Country Club (OCC) in Oceanside to teach senior citizens how to manage the common cold. Most seniors were immensely interested and asked lots of questions during and after the presentation. The presentation was so well-received that *“the first thing all the senior citizens asked was ‘So when are these student pharmacists coming back again?’”* said the activities coordinator at OCC. *“I was so impressed with all six students! Just absolutely impressed! They were so charming! I loved how ASCP made the common cold ‘the trunk’ of the presentation but delved into so many other useful areas for our residents, not just on drugs but non-drugs as well.”* Overall, students and seniors had a great time talking about pharmacy and non-pharmacy related issues.



L – R - David Ha (P1), Duy Tran (P2), Benjamin Ma (P1), Traci Bricker (P1), Susan Cho (P1), William Liang (P1) (not pictured: Dr. Joseph Ma, Pharm.D.)

**ASCP Midyear Conference**

Four ASCP members attended the annual ASCP Midyear Conference in Orlando, Florida May 7-9 (*Focus on Residents and Nursing Facilities*). The UCSD ASCP Student Chapter introduced ourselves to ASCP president, Dr. Judy Beizer, signed up for *ASCP Campaign 2011* to reduce medication-related problems in older adults in the community, and made recommendations to improve lines of communication between student and national chapters.



L – R - Cathy Chang (P2), Angel Lam (P2), Karen Yi (P3), Maria Oh (P3)

**Congratulations to the 2009-2010 ASCP Executive Team**

- President - Angel Lam (P2)
- President Elect - Traci Bricker (P1)
- VP of Community Affairs - Irina Olshanskaya (P2)
- VP of Professional Education - Christine McCue (P2)
- Board Liaison - Kimberly Tsai (P2)
- Secretary - Pamela Ny (P1)
- Treasurer - Robin Kinnear (P2)
- P2 Class Liaison - Benjamin Ma (P1)
- P3 Class Liaison - Cathy Chang (P2)
- P4 Class Liaison - Maggie Ching (P3)
- Faculty Advisors - Jag Rai, Pharm.D., Joe Ma, Pharm.D.

**Thank You!**

Thank you to all ASCP members for having done a spectacular job in the community! Overall, we have had a very busy, but successful year including the promotion of our services to all senior homes in San Diego and establishment of permanent partnership with several senior homes.



L – R – **BRAND-NEW 2009 – 2010 officers + Daisy Chang.** Robin Kinnear (P2), Irina Olshanskaya (P2), Angel Lam (P2), Cathy Chang (P2), Daisy Chang (P4), Maggie Ching (P3), Kim Tsai (P2), Ben Ma (P1), Christine McCue (P2), Pam Ny (P1), Traci Bricker (P1)



L – R – Cathy Chang (P2), Dr. Ma, Angel Lam (P2), Ben Ma (P1), Daisy Chang (P4), Irina Olshanskaya (P2), Kim Tsai (P2), Kim Tsai (P2), Karen Yi (P3), Dr. Rai (not pictured: Naz Askari)

## BioMedical Library

**UCSD****Biomedical Library (BML)**

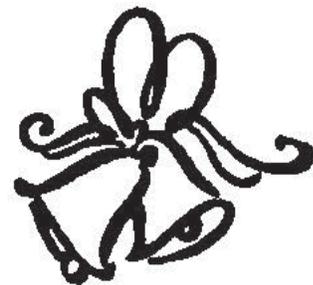
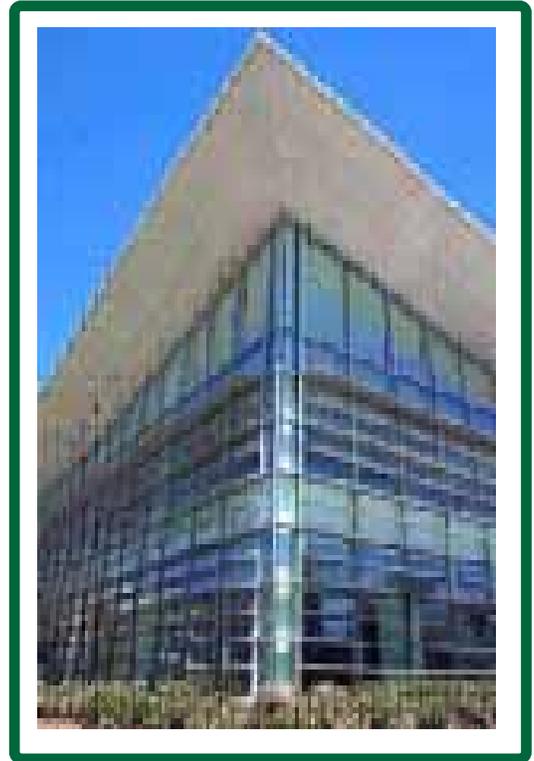
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Sue McGuinness, Ph.D.  
*Pharmacy Librarian*

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Congratulations to Dr. Joseph Ma and his new wife, Dr. Lois Lee, who were married on Saturday, April 18<sup>th</sup> at The Prado in Balboa Park. The couple exchanged their vows in front of family and friends during a beautiful outdoor ceremony and spent a memorable 2 weeks in Italy for their honeymoon. Congratulations and best wishes to the newlyweds!