

UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences Newsletter

Fall 2017

SSPPS News

White Coat Ceremony – Class of 2021





Hepatitis A Clinic at UC San Diego Student Run Free Clinic

By Binh Tran, PharmD
Asian Pacific Health Foundation



UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences has responded to the call from the San Diego County to provide vaccination for Hepatitis A at their free clinics.

Alicia McGhie is the 2nd year pharmacy student operating as Chair of Immunization. The vaccine was obtained from the San Diego Department of Health Services.

Clients are attendees of free meal lines at First Lutheran Church of San Diego. The Hep A Clinic is part of several other services offered on various days over San Diego to people in need: Medical exams, pharmacy, nutrition, etc.

Dr. Eduardo Fricovsky stopped by the Hep A Clinic, followed by pharmacist Leanne Thai, who was in charge of the flu clinic.

Last week, pharmacist Kayla Giang, Executive Director at Asian Pacific Health Foundation, participated at the Hep A clinic in Pacific Beach.

San Diego Pharmacist Resource and Research Network (SDPharmNet)

By Jenna Bastear, MPH
SSPPS Strategic Program

On October 4th, the San Diego Pharmacist Resource and Research Network (SDPharmNet) hosted a meeting for San Diego county pharmacists and other health professionals at the UC San Diego Faculty Club. Drs. Jan Hirsch and Anthony P. Morreale presented on demonstrating return on investments for clinical pharmacy services. The presentations included



examples of tools, calculators and cases that demonstrate the value of the clinical pharmacist. SDPharmNet is joining efforts with the San Diego Department of Health and Human Services Agency and Be There San Diego working on the CDC-funded project “Live Well San Diego”. The project conducts assessments of pharmacist-provided services for patients with hypertension in health-systems and community pharmacies. Through dissemination of best practice recommendations, we are eager to see more health-systems integrate pharmacists into

their care teams and facilitate linkages with community pharmacies. If you are interested in participating in this project or learning more about the project, please contact us at: sdpharmnet@ucsd.edu, or visit the website at: sdpharmacist.ucsd.edu.

Faculty News

SSPPS has Fulbright Scholar Visiting from Norway

By Sarah Lorentz, PharmD, APh

SSPPS Strategic Program

I would like to introduce Anne Gred Granaas, PhD, Professor of Pharmacy Practice/Social Pharmacy, at the School of Pharmacy, University of Oslo, Norway. Dr. Granaas received her PhD from the School of Pharmacy at the University of London in 2000. Since receiving her PhD from the School of Pharmacy at the University of London, she has been teaching at the undergraduate, postgraduate master and PhD programs in pharmacy at the University of Bergen, the University of Tromsø, and the University of Oslo. She has supervised several PhD students in Norway and abroad. She is also editor of the first Norwegian textbook in Pharmacy Practice, published in 2010.

Her PhD focused on prescribing quality and medication review through inter-professional cooperation. Her research has been on multidisciplinary intervention to identify and resolve drug-related problems in various health settings, and on the pharmacists' role in professional services. She has a specific interest in patients' understanding and management of their illnesses and medicines, and enjoys combining quantitative and qualitative methods to address patient safety issues, in particular in the elderly population, in diabetes, and anticoagulant therapy..

Dr. Anne Granaas was adviser for the Norwegian Directorate of Health on the development of national guidelines for medication review and regularly gives workshops on the topic. In 2016, she worked for two months as an invited Professor of Clinical Pharmacy at the Université Descartes in Paris, France. She is currently involved in developing clinical pharmacy programs in Norway and Europe.

Dr. Granaas' most recent endeavor was to learn more about the pharmacist's role in immunizations here in the United States. She joined the APhA Pharmacy- Based Immunization Delivery course with our P1 students and other guest pharmacists. (Please see her article in this issue to learn more about her perspective on immunization in pharmacy practice.)

We are very pleased to welcome Dr. Granaas to the Skaggs School of Pharmacy and Pharmaceutical Sciences as a Fulbright Scholar from Aug 2017 to July 2018. Her project is: "Innovative interventions to improve medication safety - Learning from medication reviews and medication errors."

She will be working in collaboration with Dr. Grace Kuo and clinical faculty colleagues. I hope you have the opportunity to meet with Dr. Granaas to share best practices in the world of pharmacy.



Norwegian Professor acts as needle cushion for pharmacy students at SSPPS

By Anne Gerd Granaas, Fullbright Scholar at SSPPS & Professor of Pharmacy Practice, School of Pharmacy, University of Oslo, Norway



I am sitting here on a Saturday morning, with three neat needle marks on my left arm. A first-year student has given me two intra muscular and one subcutaneous injections with 0.5 ml physiological saline. Her hands are steady, but a flick of panic flies across her eyes as the needles penetrates my skin. We smile at each other. BFF!

In the USA, over 300,000 pharmacists and pharmacy students have completed the "The APhA Pharmacy-Based Immunization Delivery Certificate Training Program" since 1996 (1,2).

In Norway on the other hand, for the first time ever, a small number of community pharmacies provides influenza vaccines in a pilot project (3). As a visiting scholar at SSPPS, I therefore signed up as participant and needle cushion, along with 66 pharmacy students, to find out if we ought to teach our pharmacy students vaccination at the University of Oslo, Norway.

Nobody fainted!

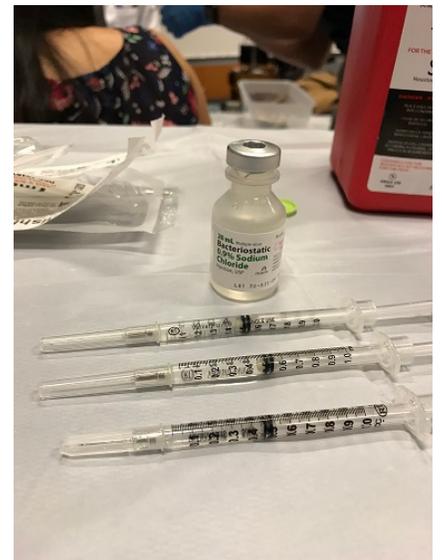
In my opinion, the combination of online videos, lectures and practical exercises worked well. The course leader, Sarah Lorentz, proficiently managed all anxieties about needles. She and the other lecturers answered everything there was to know about vaccination. Nevertheless, nervous giggling and trembling hands are to be expected when needles and blood are involved.

On the last day of training, one instructor per three students made us practice hand hygiene, sterile preparation and injections techniques. Everyone prepared his or her own syringes with saline. The highlight was when we administered two intra muscular and one subcutaneous sterile saline injection to a fellow student. Nobody fainted, no air bubbles, no screaming!

Vaccination success in US pharmacies - what about Norway?

Pharmacists in the USA now administer one-fourth of all influenza vaccines. The success of introducing vaccination has many explanations, one being advertisements and pharmacies within grocery stores. Another is that the accessibility of vaccination in pharmacies lowers the threshold for people to be vaccinated. A third explanation is that outbreaks of measles, pertussis and Hepatitis A have hit media headlines, reminding people to get vaccinated. Also, some states, including California, have introduced a highly controversial mandatory requirement for vaccination of children in primary and secondary school (4). In Norway, vaccines are not (yet) mandatory for schoolchildren.

It is not easy to compare health care systems, and vaccination in particular, between Norway and USA. There are however things to learn from each other. My American pharmacist colleagues were shocked to hear that in Norway patients must pick up their prescription vaccines at the pharmacy, and personally bring them to a physician's office for injection, if the physicians do not store vaccines. Might this be a quality breach in the cold-chain? What if patients forgot



the vaccine in the car overnight (too hot/cold)? The US pharmacists do not allow the patient to act as (unreliable) intermediaries.

A good thing about Norway is that pregnant women and children between 0-20 years have access to free healthcare and vaccines at public health stations. All vaccines given are registered in the Norwegian immunization register SYSVAK (5), and patients can access their electronic vaccine records online. In the United States, there are no centralized vaccine registers, and the high number of different health insurances and vaccine providers makes some people lose track of what vaccines they have actually received.

Bring home message

The APhA course on immunization provides structured lectures and a national certification, facilitating universities to offer the course. From country to country however, the political and professional debate on the expanding roles for pharmacists differs. It remains to be seen if the pilot on providing influenza vaccines in Norwegian pharmacies is a success. Is the public ready for it? Do other health professionals agree with the expansion of community pharmacists' role?

My strongest impression from the vaccination course though, is how the pharmacy students at SSPPS embrace the role of being health professionals from the very first year of pharmacy school. I think that this early patient contact for pharmacy students is something we can learn in Norway.

References

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4. https://www.washingtonpost.com/news/to-your-health/wp/2017/04/13/california-vaccination-rate-hits-new-high-after-tougher-immunization-law/?utm_term=.fc5452589bdd
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Congratulations

UC San Diego Distinguished Teaching Award

Eduardo Fricovsky has distinguished himself as one of the 'shining stars' of teaching in the Skaggs School of Pharmacy and Pharmaceutical Sciences. His teaching has had a profound impact on high school and undergraduate students considering pharmacy as a career as well as on students and residents already pursuing the study of pharmacy. In recognition of his extraordinary teaching accomplishments, Dr. Fricovsky has received a campus-wide UC San Diego Distinguished Teaching Award. The Distinguished Teaching Award is a prestigious award bestowed upon up to five members of the Academic Senate, three non-Senate faculty members, and three graduate students at UC San Diego each year. The Distinguished Teaching Award was created because UC San Diego faculty recognize the important role excellent teaching plays at the University. This Award is a tangible expression of UC San Diego's commitment to excellence in teaching and to ensuring that this commitment is maintained. The Committee on Distinguished Teaching seeks to select those who exhibit creativity, innovative teaching methods, the ability to motivate students to actively seek out knowledge, and an extraordinary level of teaching commitment.



Congratulations

William (Bill) Gerwick, a faculty member of the Skaggs School of Pharmacy & Pharmaceutical Sciences and also a member of the Scripps Institution of Oceanography, was honored by becoming one of eight faculty from UC San Diego to be elected a fellow of the American Association for the Advancement of Science. Bill received some of his early training at UC San Diego. Bill and Lena Gerwick, Ph.D. were recruited back to UCSD in 2005 from the College of Pharmacy at Oregon State University. Over the years, Bill has taken several leadership positions at UC San Diego as the school has grown in curriculum revisions; co-chairing the Contemporary Topics in Pharmacology course, and leading graduate training in marine chemistry and pharmacology through a NIH training grant from the National Institute of General Medical Sciences.

The Gerwick family is an integral part of the University of California community since Bill's father was a professor at UC Berkeley.



Student News

CSHP-UCSD Receives CSHP Community Service Award for Tobacco Cessation

By Lillian Tao, P3

For the fifth consecutive year, CSHP-UCSD has received the Community Practice Award for Tobacco Cessation! The continued success of our community practice is largely due to a collaborative and team effort from our talented student members, faculty and community mentors/preceptors. Our core events annually have been the Great San Diego Smoke-out outreach event and the efforts of the Tobacco Cessation/Medication Management Clinic (TCMMC) which was initiated exactly five years ago.

The Great San Diego Smokeout is modeled after the American Cancer Society's Great American Smokeout, which is held annually on the 3rd Thursday of November. This nationwide event encourages smokers to quit for one day or take the next step and quit for life. Our local event is a collaborative event between UCSD's APhA/CPhA and CSHP student chapters and is typically held on the 3rd Friday of November. With the help of our Associate Dean, Dr. James Colbert, this 4-hour event is held at twelve pharmacy sites throughout San Diego County and aims to educate the community about the harmful effects of smoking and to provide information on tobacco cessation. We look forward to continuing our annual tradition this year.



More information about the history of the Great American Smoke-out can be found on The American Cancer Society's website: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>

Under the guidance of faculty/preceptors, Dr. Tim Chen at the Pacific Beach (PB) clinic and Drs. Michelle Hughes, Jai Mahoe, and Daniel Small at the Downtown (DT) clinic, the P3s are dedicated to serving the patients who need assistance with cessation and managing chronic diseases. The TCMMC started as a pilot five years ago at the PB site. Alumni, Drs. Andrea Bechtold and Rebecca Kandilian, wanted to provide this service to patients and sought assistance from Dr. Chen to initiate a program providing optimal care. Three years ago, alumnus Dr. Conor Bowman and the TCMMC team wanted to expand to the DT site and worked with alumnus Dr. Michelle Hughes and Dr. Chen to initiate a DT clinic. With some guidance from Dr. Chen, Dr. Hughes has been the lead preceptor for the DT clinic ever since. TCMMC is one of the many opportunities at the UC San Diego Student-Run Free Clinics available to student pharmacists. We are proud of the establishment of this program and the learning opportunities we have at the free clinic. We look forward to continuing success!

Our program would like to thank the following for the most recent award:

1. The 2016-2017 student TCMMC team:
 - PB clinic: Althea Han, Hannah Nguyen, Jenny Liang, Mandy Leung, Jeremy Lai, Josie Vo, Kristie Dang
 - Downtown clinic: Michael Lam, Annie Hu, Bao-Ling Lei, Erin Lee, Serena Patel
2. Dr. Chen for managing the PB program as well as training new preceptors to oversee the programs
3. Dr. Hughes, Dr. Mahoe, and Dr. Small for managing the Downtown program
4. Dr. Eduardo Fricovsky for his ongoing support of free clinic and TCMMC

During winter quarter, the TCMMC team will be accepting applications. If you are interested and want more information regarding the application process or program, please contact Lillian Tao (l1tao@ucsd.edu) or Dr. Chen (tic072@ucsd.edu).

Congratulations

Honoring Student Achievements



The **OPTUM Rx** pharmacy student scholarship was awarded to **Cydnee Ng**, PharmD candidate, Class of 2019 and **Jincheng Yang**, PharmD candidate, Class of 2019.

The **OPTUM Rx** scholarship specifically recognizes students who have demonstrated academic excellence, leadership, service and expressed an interest in managed care pharmacy while in pharmacy school.

UC Smoke and Tobacco Free Student Fellowship Fall Kickoff Meeting

By Althea Han, P4

On Monday September 18th, the eleven fellows for the 2017-18 *UC Smoke and Tobacco Free Student Fellowship* met together for the first time in Oakland, CA. The meeting was for fellows, consisting of students in both undergraduate and graduate studies, and UC faculty mentors. It was led by Dr. Phillip Gardiner, Program Officer for UC Smoke and Tobacco Free Fellowship Awards, and Ms. Julie Chobdee, UC Smoke and Tobacco Free Systemwide Task Force Co-chair, with an agenda-filled event focused on a brief orientation, overviews of each fellow's projects, and a discussion with the Deputy Chief of Staff to UC President Napolitano, Mr. Bernie Jones. Other crucial supporters of the fellowship including Dr. Bart Aoki, TRDRP Program Director, and Dr. Michael Ong, UC Smoke and Tobacco Free System wide Task Force Chair, were present at the meeting as well.

Even though we were all given the same call for fellowship, we each proposed unique methods to reach the same goal of supporting and promoting a tobacco-free university. It was truly exciting and inspirational to hear about the variety of project modalities including research, health promotion, policy enforcement, and film-making. The different projects will allow us to learn and develop the best methods of ensuring a tobacco-free campus. I am excited to hear about the progress of each fellow's projects as the year goes on, and to have the opportunity to exchange ideas. I also look forward to learning with the other fellows through monthly webinar series and phone conferences in hopes of becoming part of the next generation of leaders to reduce the harms of tobacco use and maintain a tobacco-free world.

Our fellowship is fortunate to have the full support of UC President Napolitano, who, unfortunately couldn't make it to our meeting, but delegated her Deputy Chief of Staff, Mr. Bernie Jones, to attend. The discussion with Mr. Jones brought about various ideas on plans for the System-wide Task Force. Moreover, we received positive feedback and support from Mr. Jones regarding the mission of the UC Smoke and Tobacco Free Student Fellowship. Especially since the fellowship is only in its second year of existence, it was encouraging to hear that UC President Napolitano and the UC Office of the President are very supportive of this educational opportunity. We are tremendously fortunate to have a supportive university that promotes not only student learning but also the betterment of society itself through programs such as this fellowship.

I am very grateful for the support of Dr. Tim Chen as my mentor who attended the meeting with me and provided feedback on how we should continue the project and Dr. Lily Yu, SSPPS alumnus from the class of 2017, for her continued mentorship on the project. This really has been a great and rewarding experience and I look forward to the rest of the year.

For more information, please refer to the following link for the official UC announcement of the eleven fellows and their projects: <https://www.universityofcalifornia.edu/news/uc-appoints-new-class-smoke-and-tobacco-free-student-fellows>



The fellows and faculty mentors of the UC Smoke and Tobacco-Free Student Fellowship 2017-18 along with the UC Smoke and Tobacco-Free System-wide Task Force members at Oakland, CA on September 18, 2017.

UC San Diego SSPPS Students Selected to Study the Effectiveness and Costs of New Therapies at Allergan Inc.

By Vanessa On, P3 and Trinh Nguyen, P2

Kathy Nguyen (P3) and Jamie Ta (P4) were selected to engage in health outcomes and pharmacoeconomics research in the Department of Global Health Economics and Outcomes Research (GHEOR) at Allergan Inc. in Irvine, CA this past summer. Kathy was one of two students nationwide chosen for the Academy of Managed Care Pharmacy (AMCP) Foundation/Allergan Specialized Summer Internship Program in Health Outcomes. The program pays for housing and travel expenses and provides a stipend for the ten-week experience. Kathy spent nine weeks with the GHEOR Department in Irvine, and one week at AMCP headquarters in Alexandria, VA. Kathy was formally recognized for completing the AMCP/Allergan internship during the General Session at the AMCP Nexus Conference that took place from October 16-19, 2017 in Grapevine, TX. Jamie Ta, a past participant in the AMCP/Pfizer Summer Internship and a member of the winning team in the AMCP National Pharmacy and Therapeutics Competition, was invited to conduct health outcomes projects in women's health by GHEOR Department Director, Dr. Patrick Gillard, for her APPE rotation.



Both Jamie and Kathy completed health outcomes research projects under the direction of the health outcomes scientists at Allergan and presented their research projects internally to the Allergan GHEOR team and at the 2017 AMCP Nexus Conference. Kathy presented her poster titled "Acute Treatment Optimization in Migraine Patients: Results from a Large Medical Group." She reported that a majority of migraine patients reported inadequate effectiveness to their prescribed acute treatment of migraine. Jamie presented her poster titled "Healthcare Resource Utilization and Costs of Surgery for the Treatment of Uterine Fibroids" which highlighted the significant cost of treatment for uterine fibroids.

Both students enjoyed their experience at Allergan. "The internship gave me the opportunity to learn about health outcomes and how evidence-based decision-making is applied in the pharmaceutical and managed care setting," said Kathy, "Along with working on primary analysis of patient-reported outcomes in migraine patients, I also worked on a targeted literature review to determine the definition of 'failure' on migraine prophylaxis treatment and triptans to inform health technology assessment (HTA) strategies. I had the opportunity to meet with leaders in different departments and learn more about career paths for pharmacists in the pharmaceutical setting."

"The rotation provided valuable hands-on experience and exposure to a variety of health economics and outcomes research projects, including real-world evidence (RWE) studies, economic modeling, and patient-reported outcomes measurement," Jamie said, "I had the opportunity to conduct a systematic literature review, collaborate with the GHEOR team on ongoing RWE studies to support product launch strategy, develop slide decks for communication of GHEOR study results, and support the preparation of evidence dossiers for regulatory submissions. Working with the Allergan GHEOR team and participating in cross-functional meetings allowed me to better understand the integral role of GHEOR in supporting multiple functions within a pharmaceutical company, as well as contributed to a rich and immersive learning experience."

For more information about AMCP internships, Kathy Nguyen can be reached at kl008@ucsd.edu.

Rachelle Roxas Recipient of the 2017 California Society of Health-System Pharmacists Student Leadership Award

Below is a press release from California Society of Health-System Pharmacists

FOR IMMEDIATE RELEASE: October 20, 2017
Contact: Loriann De Martini, PharmD, CSHP, CEO
Sacramento, CA

The California Society of Health-System Pharmacists (CSHP) has named Rachelle Roxas as the recipient of the Student Leadership in Health-System Practice Award for 2017. This award recognizes, on an annual basis, one student who has demonstrated exemplary leadership ability and celebrates the contributions of students who represent the very best attributes and accomplishments of CSHP student members.

Rachelle is currently a pharmacy student, set to graduate in 2018, at the UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences.

Ms. Roxas has been involved as a student member with CSHP since 2014. From the very beginning of her involvement in the Society, Ms. Roxas brought her leadership skills to CSHP, serving in a variety of ways. Her volunteer roles include CSHP-UCSD President-elect and President, UCSD Representative for the Student Section Executive Committee, and she currently serves on the CSHP Membership Committee. Ms. Roxas has also been honored with the Award for her achievements on campus and in pharmacy practice.

Dr. Candis Morello said, "Rachelle does not passively hold the title of a position; rather she actively pursues positive change in whatever activity she is involved. In observing Rachelle's leadership style, I admire her ability to be a leader without being domineering, and that she recognizes the importance of teamwork. She has a natural way about her interactions with her committee members and students that seem to motivate them to perform at their highest level. Rachelle definitely leads by example."

Rachelle was recognized for her achievement during the CSHP Seminar 2017 Awards Ceremony held on Saturday, October 28th in Las Vegas, NV.

Alumni News

SSPPS Alumnus Ashley Rosenquist, PharmD, BCPS, BCCCP Class of 2008

After graduation I pursued post-graduate residency training at the University of North Carolina Medical Center in Chapel Hill, North Carolina. I completed a PGY1 pharmacy residency followed by a specialty PGY2 residency in critical care. Following residency training I took a position at Intermountain Medical Center in Murray, Utah. There I helped to develop an Emergency Medicine Pharmacy program. Six years ago I relocated to Seattle, Washington where I took a job as a critical care clinical pharmacist at Harborview Medical Center (HMC). HMC is a county hospital that is managed by the University of Washington



Medicine. HMC is the only designated Level I adult and pediatric trauma and burn center in the state of Washington and serves as the regional trauma and burn referral center for Alaska, Montana and Idaho. At HMC I have worked in various critical care areas, including neurocritical care, medical intensive care and cardiac critical care. In this role I provided direct patient care and was a preceptor for 4th year PharmD students from the University of Washington School of Pharmacy, PGY1 residents, and PGY2 critical care residents. In July of 2015 I took on an additional role as residency coordinator for our PGY1 pharmacy residency program that enrolls 14 PGY1 residents annually. And just over a year ago I was promoted to inpatient clinical coordinator. In this role I am responsible for implementation and ongoing evaluation of the clinical services provided by the inpatient pharmacy. I provide direct supervision for our 28 inpatient clinical pharmacists.



In addition to my work as a clinical pharmacist I am a member of the Washington Disaster Medical Assistance Team (WA-1 DMAT). The team is staffed by medical professionals and para-professionals that support local health systems in providing patient care in the event of a disaster. Our team was recently deployed to southeast Texas after Hurricane Harvey for two weeks and then to Puerto Rico after Hurricane Maria for two weeks. In Texas we set up a fully functional field hospital outside of an evacuation shelter and treated more than 500 patients while we were there. Many of our patients had wounds that became infected from walking in flood water. For people with chronic conditions, running out of their medications was a problem. I worked diligently to manage our limited medication inventory and provide acute and chronic medications for as many patients as possible. Fortunately, local area hospitals and pharmacies resumed operations fairly quickly, and we were able to close the field hospital at the end of our deployment.

SSPPS Alumnus Samuel Mendoza, PharmD Class of 2013

Following graduation, I entered into the US Navy as a pharmacist, receiving the rank of lieutenant (equivalent to an Army captain), which is the standard rank for people entering with doctoral degrees. I volunteered for and was accepted for assignment to Naval Hospital Guantanamo Bay Cuba. The hospital is located on a Navy base isolated from the rest of Cuba; the only travel on or off the island is by airplane.



As one of two pharmacists for the hospital and the whole base, I was assigned as the Assistant Department Head for Pharmacy. We covered all inpatient and outpatient medication needs for the hospital and over 5000 base inhabitants; military, civilian, and foreign national workers. We supported all tenant base commands, which included various naval support activities, Coast Guard vessels, the Marine Corps Security Force, and the Joint Task Force/Joint Medical Group. In the short 18 months I was stationed in "Gitmo," I was able to learn a lot about Navy Pharmacy; in turn our department was able to accomplish many things. I was indoctrinated into hospital inpatient and outpatient operations, pharmacy logistics, formulary management, and leadership as a military pharmacist. Pharmacy Department was able to spearhead and successfully implement a new IV infusion pump system promoting patient safety, streamline and improve the performance of the hospital's automated dispensing cabinets,

and we were able to coordinate and execute the base's first DEA Drug Take Back Day. Our Pharmacy Department also provided medications to the Navy's only assisted living program, a program that covered care for Cuban refugees that fled to US territory during the Fidel Castro regime.

As a junior naval officer, I was also assigned duties outside of pharmacy. These duties are meant to cultivate the knowledge and skills needed for my next rank. I stood watch as the hospital's Command Duty Officer (CDO), learning hospital operations, administration, resource, and facility management. In this capacity I reported to the Commanding Officer and acted as his representative during after-hour operations. Concurrently, I was assigned as the Patient Safety Investigator for Ancillary Services (Laboratory, Pharmacy, Radiology, and Physical Therapy Department). In this role, our group sought to improve patient safety by looking at errors discovered through normal practice and designing measures to prevent future occurrences.

My assignment to Naval Hospital Guantanamo Bay presented with many challenges. Frequently placed in situations that required calmness, planning, and resourcefulness, I was immediately looked at as pharmacy subject matter expert regardless of the fact that I just graduated a few months prior. However, I could say that my education and training at Skaggs was successful in providing me the foundation and tools to succeed. I'm thankful for that.

I'm currently assigned to Naval Medical Center San Diego as a Staff Pharmacist, Division Officer for the Central Refill Pharmacy and Temporary Division Officer for Naval Branch Health Clinic Pharmacies. It's a bigger, faster, and a more challenging role than "Gitmo", but I'm excited for the challenge, the opportunity for learning, and a chance for bigger adventures.

Volunteer News

UC San Diego Volunteer Faculty Dr. Mark Bounthavong's Effort to Address Opioid Epidemic Wins ASHP 2017 Best Practice Award

By Jonathan H. Watanabe, PharmD, PhD, BCGP

A recent panel convened in Washington, D.C. by The National Academy of Medicine (former Institute of Medicine). President Dr. Victor Dzau; FDA Commissioner, Dr. Scott Gottlieb; US Surgeon General Dr. Jerome Adams; and former Secretary of Health and Human Services and former Kansas Governor Kathleen Sebelius, discussed what steps are demanded to address the national public health crisis of opioid abuse. Key initiatives included blunting opioid usage and improving usage and access to the life-saving opioid overdose antidote naloxone. Pharmacists are taking a broader role in the effort. In the past two years, pharmacist-led medical education of prescribers and other members of the care team, a process referred to as 'academic detailing,' was responsible for a reduction in opioid use in veterans. The prescribing of naloxone rose for veterans at risk for opioid overdose among providers that received academic detailing.

To recognize these efforts to improve public health and reduce the opioid epidemic at the Veterans Health Administration (VHA), The American Society of Health-System Pharmacists (ASHP) selected the *Veterans Health Administration Pharmacy Benefit Management Academic Detailing Service* for the 2017 Best Practice Award. Mark Bounthavong, PharmD, MPH, a UCSD Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS) Health Sciences Assistant Clinical Professor (non-salaried), was the lead data scientist who performed the program analytics and



compiled the study report as Data Pharmacist Program Manager for The Service led by National Director Melissa Christopher, PharmD. Dr. Christopher is also a frequent collaborator with UC San Diego SSPPS faculty. ASHP is also firmly committed to improving opioid usage as a member of the National Quality Partners Opioid Stewardship Action Team designed to develop strategies to elevate management of pain while reducing opioid abuse.

The VHA PBM Academic Detailing Service provides educational outreach to providers in order to align their prescribing behavior with evidence-based practice. In the VHA, opioid overdose mortality is twice the rate compared to the general US population. Academic Detailing Service developed innovative strategies that used clinical pharmacist specialists to detail providers and align their opioid and naloxone prescribing with the evidence-based practice. These strategies included using audit and feedback, motivational interviewing, online clinical dashboards, and educational tools to augment providers' behaviors and perceptions of pain management.

During a US Congressional hearing, US Secretary of Veterans Affairs Dr. David Shulkin described detailing as an important piece in addressing the opioid epidemic and has mandated it across the VHA. In a recent editorial, Secretary Shulkin wrote that academic detailing's "focus is not simply on reducing opioid medications, but rather on improving the safe use of opioids" underscoring the critical role of academic detailing in pain management.

Dr. Bounthavong frequently mentors SSPPS trainees and continues to supervise student research projects. He continues to work with SSPPS faculty, pharmacists in San Diego County, as well as researchers and policy makers nationwide.

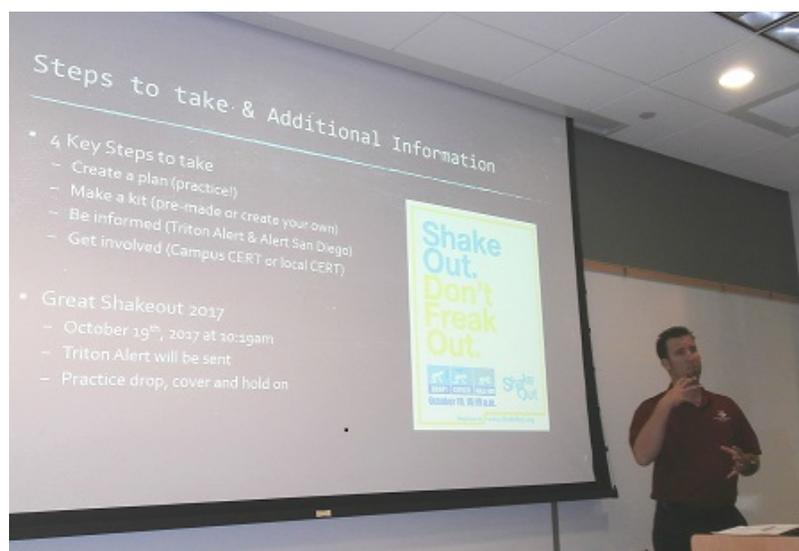
Details about the National Veterans Health Administration Pharmacy Benefit Management Academic Detailing Service can be found at <https://www.pbm.va.gov/PBM/academicdetailingservice/AboutUs.asp>. Information about ASHP Best Practice Awards is found at <https://www.ashp.org/About-ASHP/Awards/Leadership-Awards/ASHP-Best-Practices-Award>.

Staff News

Staff Emergency Management Refresher

By Ann Lischer

On September 13th, coincidentally timely given the recent hurricanes and earthquake, the SSPPS staff attended a refresher on work & home preparation for earthquakes and other emergencies. Special thanks to Dismas Abelman, Matthew Hussmann and Barbara Haynor, from UCSD Emergency Management, for sharing their expertise and time with us. They started their presentation with a humorous video of What Not To Do, featuring the actors and actresses from "The Office" tv show. We covered the Drop! Cover! Hold On! procedure if an earthquake occurs, earthquake statistics, lack of predictability compared to hurricanes, the fact that California is overdue for a large quake, campus buildings built beyond code requirements, completion of retrofitting all San Diego freeway bridges, and valuable information gained by replies to great staff questions. Matt Hussmann, pictured, provided each person with a list of preparation essentials and suggested the items be accumulated a little at a time. Thank you to all the staff members who took time from their busy day to attend.



UC San Diego Biomedical Library



9500 Gilman Drive 0699
La Jolla, California
92093-0699

Penny Coppernoll-Blach, MLS
Biomedical Library Liaison for SSPPS
pblach@UC San Diego.edu
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