

UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences Newsletter

Summer 2017

A Message from the Dean – James H. McKerrow, PhD, MD

While the summer months are often less hectic for some, our school remains busy. In May, we bid goodbye to our 2017 graduating class and wished them well as they moved on to their next endeavors in pharmacy. Interacting with this class at the annual party at my home was particularly enjoyable. All of us at SSPPS were also very impressed with the quality of research that our graduating class exhibited at the annual research poster session.

Both of these events served to remind me what a stellar and dedicated faculty we have. We are very lucky to have first-rate teachers in both clinical pharmacy and research. Not surprisingly, several of our faculty were specifically recognized again this year by receiving major local and national teaching and research awards. More details on their accomplishments can be found elsewhere in this Newsletter.

Finally, I would like to mention one conversation that served to highlight the connection of our school with the San Diego community. Suzanne Till, who directs the science program at Mater Dei High School, told me what a wonderful experience she and her students had with Dr. Dio Siegel in his California Shaman program. This was made possible through support of high school summer interns at SSPPS by the ALSAM (formerly Skaggs) Foundation and support of California Shaman by an Innovation and Entrepreneurship Award from the state of California.



SSPPS News

Class of 2017 Graduation



Congratulations Class of 2017





Class of 2017 Graduation Celebration





SSPPS PGY1 Community Pharmacy Residency Update

By Christina Mnatzgianian, PharmD

It's hard to believe we are already approaching the end of the first year of the Post-graduate Year 1 (PGY1) Community Pharmacy Residency Program. Time has truly flown by as we collaborated with Ralphs Pharmacy in developing this training program. This innovative program prepares pharmacy residents to be community-based advanced practice pharmacists with direct patient care skills including comprehensive medication management, innovative clinical programs, leadership in pharmacy practice management, education, and practice-based research. Graduates are prepared to provide patient care services to meet the needs of members of the community and are eligible for board certification and postgraduate year two (PGY2) pharmacy residency training. For more information about the residency program, please visit <http://pharmacy.ucsd.edu/faculty/residents.shtml>.

Our inaugural resident, Jairus Mahoe, PharmD, has matched for PGY2 training in Pharmacy Administration with Palomar Healthcare in San Diego. We will miss him but wish him the best as he continues to grow his talents and expertise within the pharmacy world!

We are looking forward to welcoming our second resident, Dalga Surofchy! Dalga will be joining us from UC San Francisco in July 2017, where he has completed his pharmacy degree. He received a Bachelor's degree in Biology at UC Berkeley (2012). Dalga will have shared learning experiences with both Ralphs Pharmacy and UC San Diego Health clinics in addition to teaching and research responsibilities. Please look for him in July and extend a warm welcome on behalf of the SSPPS family!

Lastly, feedback from pharmacy residency accreditation surveyors was positive during a site visit in May. We appreciate all the ongoing support of the program from our Dean, Associate Deans, preceptors, and faculty and look forward to another successful residency year with Ralphs Pharmacy!



Faculty News

Congratulations

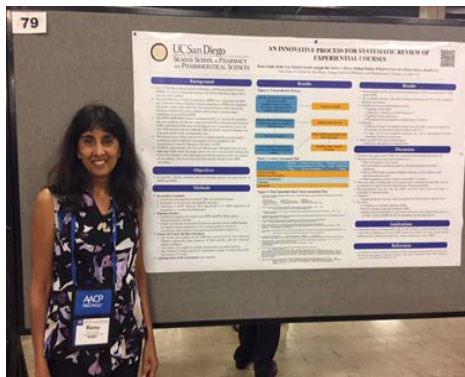
In July, at the American Association of Colleges of Pharmacy (AACCP) Annual Meeting in Nashville, in addition to UC San Diego SSPPS having a school poster, several other posters involving our students, residents and faculty were presented.

At the Teacher of the Year Luncheon, SSPPS faculty, Drs. Katharina Brandl, Eduardo Fricovsky, Vivian Hook and Renu Singh, and not surprisingly, two of our alumni, Drs. Christine Cadiz and David Ha, now at the Keck Graduate Institute, were recognized.

Dr. Grace Kuo organized a symposium on Pharmacogenomics which drew considerable interest and discussion amongst the speakers and audience.

Dr. Palmer Taylor received the Ernest Volwiler award for career achievement in pharmaceutical sciences and inspirational leadership in pharmacy and medical education.

Congratulations to all!



UC Smoke and Tobacco Free Student Fellowships

By Tim Chen, PharmD, BCACP, CGP

Congratulations to Ms. Althea Han for receiving a \$12,000 grant funding through the 2017-18 *UC Smoke and Tobacco Free Student Fellowships* for the UCSD campus! She is one of ten recipients and will be working on a yearlong project to support the UC Smoke and Tobacco Free Policy at UCSD. Dr. Lily Yu, UCSD alumnus will also be serving as a mentor for this project. I look forward to working with both of them and guiding them on this very important project.

Brief description of the project:

University-Wide Education Campaign on Tobacco Harm is a project designed to promote a healthy tobacco-free lifestyle within the UCSD community through social media and campus-wide outreaches. Strategies will involve disseminating educational information in coordination with major national and international tobacco cessation events, including the American Cancer Society's Great American Smokeout, UCanQuit2.org's Great American Spit Out, and the World Health Organization's World No Tobacco Day.

Award information:

"The purpose of these awards is to help foster the next generation of leaders to reduce the harms and social costs from

smoking and use of tobacco products worldwide, and to enable UC to be a leader among university systems in maintaining smoke & tobacco free environments.”

For more information about the fellowship please visit the trdrp site:

<http://www.trdrp.org/funding-opportunities/smoke-tobacco-free-student-fellowships-uc-campuses.html>

Student News

UC San Diego Pharmacy Students Heal Hearts Again in Tijuana

By Elizabeth Duxbury, P2 & John Wang, P2

This school year was another successful year, where student pharmacists from UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences joined medical missionary efforts with Healing Hearts Across Borders (HHAB). HHAB is a non-profit organization providing free healthcare to the poorest parts of Tijuana, Mexico. The organization brings dentists, physicians, pharmacists, and students together to accomplish this mission. As student pharmacists, we primarily volunteer in the pharmacy. The pharmacy can be an overwhelming place at these clinics with thousands of medications in large, plastic, unorganized bins half cracked and covered in dust. Not the typical pharmacy we normally see as an intern. Students and pharmacists buzz around the small area with a purpose looking for the right medication in these large bins. Sadly we don't always have what we need for our patients, but luckily, bright students and talented pharmacists devised alternative and creative therapies. The experience of each student is best described by the volunteers who have gone on this missionary trip”

“This is my second trip with HHAB as a pharmacy student and this time around I was in charge of three students who have never been on a trip like this. The poverty and conditions were astonishing, but Adam Peterman (P2), Yvonne Pham (P1), Nicole Nitake (P1), and Courtney Gray (P1) stood up to the task and did what we needed to do for the patient. No matter how many times I go, I will always be humbled by the experience. On the second day we prepared our tents for a rainy day to protect the medications. Patients waited patiently while we rummaged through medications. With my own Spanish and with the help of a translator, I told an older gentleman about his blood pressure medication and antibiotic he would be taking and discussed the potential side effects. He looked me in the eye and said thank you and gave a small hug. The appreciation I saw in his eyes was enough. The language barrier can be difficult but the emotions are all the same. Although HHAB will not be back for another three months, the hard work completed by all is deeply appreciated by the people who travel to these clinics. At UC San Diego's Skaggs School of Pharmacy & Pharmaceutical Sciences, we are lucky enough to be able to be a part of this organization and help in any way we can. It was a great experience and I look forward to volunteering with HHAB in the future.” - Elizabeth Duxbury (P2 from February Trip)

“The fact that we were able to help people is more than enough. It was really humbling to see how some of the patients didn't have things that we take for granted, like food, medications, and contraception. I would love to go on another trip in the future! Also the food was so delicious!” -Michelle Lai (P1 from May Trip)

“HHAB is honestly an amazing group! I'm so glad I got to go! Thank you CSHP-UCSD for the opportunity. And the ceviche and fish tacos were the best I've ever had!” -Sara Rizkalla (P1 from May Trip)

“The trip was awesome! We had a lot of fun and got to meet a lot of people!” - Christopher Chung (P1 from May trip)

Thank you Dr. Dave Rose, Marilynn Ono, Dr. Kin Lam, Dr. Candis Morello, Dr. Charles Daniels, Dr. Felix Yam, Dr. James Colbert, and Ms. Amber Berean for all of your support, guidance, and coordination that enabled us to continue our volunteer efforts with HHAB. We hope to continue bringing healing hearts across the border for many years to come!

New Perspective for Incoming Freshmen: A Ray of Influence

By Ginger Lo, P3 & Jincheng Yang, P3

As the saying goes, "It's never too early to start thinking about your future." This quote is close to the truth when it relates to career choices for incoming undergraduate students on Triton Day. At one of the biggest UC San Diego events of the year, UC San Diego Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS) faculty, staff and students encouraged incoming students to do just that.

Triton Day, one of UC San Diego's most festive events for incoming undergraduate freshmen, showcases the many opportunities the university can offer. This included our very own SSPPS. On Saturday April 8th, Terry Le (SSPPS Student Affairs Officer), Dr. Jair Lage de Siqueira-Neto (representing the SSPPS Admissions Committee), and student-run SSPPS organizations along with faculty and preceptors volunteered their time informing incoming freshmen of a number of activities that students can get involved in within the profession of pharmacy and graduate programs the at SSPPS offers. In hopes of guiding students to finding their passion, organizations such as SSPPS' APhA, CSHP, AMCP, and KY student chapters demonstrated the traditional approach in pharmacy with informational booths, interactive activities, and fun games.



Jincheng Yang (UCSD/Janssen Post Second Year Fellow)
with UC San Diego Mascot

Our student volunteers educated freshmen and their families on over-the-counter drug literacy by quizzing them on pharmacy trivia. The APhA booth demonstrated immunization, and the KY booth discussed compounding, while the AMCP booth highlighted pharmacist careers in managed care pertaining to health insurance and industry settings. Our CSHP Organ Donation committee informed attendees on what it means to become an organ donor, and also promoted tobacco cessation awareness.

Throughout the day, hundreds of students stopped by the booths to learn more about health awareness and pharmacy career paths. For some young students, we were able to help find answers on their career path and provided inspiration to consider the constantly changing and diverse field of pharmacy.

Special thanks to our wonderful preceptors for making this event possible:

Dr. Maria DeRisi

Dr. Renu Singh

Dr. Christopher Ford

Dr. Benjamin Dishman

Thank you to our amazing student volunteers for being inspiring role models and health care professionals for the event:

P1 students:
Nathanael Luna
Natalya Ignatyeva
Savi Toma
Thuy Nguyen
Michelle Lai
Vince Vo
Yvonne Pham
Dean Lam
Anh Nguyen
Kathy Tran
Trinh Nguyen

P2 Students:
Kaitlyn Kennett
Nova Edusada
Kathy Nguyen

Other Students:
Jincheng Yang (UCSD/Janssen Post Second Year Research Fellow)



Dr. Jair Lage de Siqueira-Neto, Nathanael Luna (P1), Alicia McGhie (P1), Natalya Ignatyeva (P1), Savi Toma (P1)

Educating High School Students On the Topic of Diabetes

By Anamika Nijum, P2

On a Saturday morning in mid-February, a group of highly motivated student pharmacists prepared themselves for Pharmacy Day at the Skaggs School of Pharmacy and Pharmaceutical Sciences. This is an annual event where about 150 high school students from all over San Diego are invited to learn about pharmacy through a variety of fun and interactive sessions. Students go through a whole day filled with hands-on activities and specialty workshops so that they can become more knowledgeable about the field of pharmacy.



Natalie Tran (P1) working with students to create a healthy plate for diabetic patients.

Operation Diabetes of APhA-ASP led the diabetes workshop under the leadership of Anamika Nijum (P2), current Operation Diabetes chair, and eight other pharmacy students. Thirty-four students rotated through five stations to learn about blood glucose monitors, hypoglycemia, creating a healthy meal, insulin, and exercise for patients with diabetes. At the end of the session, students participated in a Jeopardy-style game to test their knowledge.

The first station, Self-Monitoring of Blood Glucose (SMBG) Demonstration and Activity, was led by Nancy Kong (P1) and Christie Hoang (P1). The leaders demonstrated how to perform blood glucose monitoring using a glucose meter. Students were able to “test” themselves by placing drops of glucose control

solution (to simulate blood) on their finger and touching the droplet to a test strip. This station also focused on how diabetes is diagnosed, target ranges of blood glucose, and long term complications caused by uncontrolled diabetes.

The second station addressed hypoglycemia and was directed by Lucy Chen (P1) and Drew Fritzsche (P1). The leaders presented themselves as patients with hypoglycemia and the students took the role of pharmacist and suggest solutions to resolve the problem. The station focused on the Rule of 15 to treat hypoglycemia and recognizing signs and symptoms of hypoglycemia. In addition, it emphasized the role of pharmacists in screening, monitoring and educating patients with diabetes.

Natalie Tran (P1) worked with the students on the third station which focused on nutrition and a healthy plate. Students were taught how to read a Nutrition label to identify calories, fats and carbs. Later, using food models, students created healthy meals for someone with diabetes. This station also highlighted the use of the “hand jive” to estimate appropriate food portions for patients with low literacy.

Exercise and Diabetes were the goals of the fourth station which was managed by Emily Kim (P1) and Jihye Han (P1). The primary goal of this station was to show how patients with diabetes can get involved with physical activity, even if they have blurred vision/blindness, limited leg movement/amputation, and excessive weight. The pharmacy student leaders used blindfolds to imitate blindness and a large swimming tube to show obesity. This activity stimulated the attendees to think of different forms of exercise that would be appropriate for patients with these type of complications.



Kevin Nguyen (P1) demonstrating how to use insulin pen.

The last station demonstrated the appropriate use of insulin pens and syringes. It was led by Kevin Nguyen (P1). Students were shown the differences between using an insulin pen versus an insulin vial for insulin. They were also shown how to properly use both on appropriate sites for injection. Towards the end of the workshop, the high-school students were divided into small groups and a Jeopardy-style game was used to test their knowledge and stimulate a friendly competitive spirit among their peers. Winners collected small prizes as a reward for their efforts.

Overall, the Operation Diabetes Workshop for Pharmacy Day was a very successful event. The high-school students showed a great deal of enthusiasm and willingness to learn, and later they expressed their gratitude by saying how much they enjoyed all of the stations and learning about diabetes.

We would like to thank Dr. Renu Singh for serving as a mentor and preceptor for the event and for ensuring the diabetes stations ran smoothly.

Organ Donation Committee at UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences

By Jordan Gilmore, P2 & Amy Le, P2

Over the 2016-2017 school year, the Organ Donation Committee at UC San Diego Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS) has provided over 60 hours of educational teaching for organ donation awareness in San Diego County and spoken to over 1000 students. We are dedicated to serving the community through clinical presentations and community outreaches in collaboration with Lifesharing™, a non-profit organ and tissue recovery organization.

Throughout the school year, our members were able to give multiple presentations to high schools around San Diego County. So far this year, we traveled to four different high schools and gave six clinical presentations. In May, Lifesharing™ visited a record of 24 different schools and each committee member gave one final presentation to cap off the year.

Also, every year SSPPS hosts a Pharmacy Day for driven high school students to get a first look at the variety of career options in pharmacy. Our committee, along with Lifesharing™ volunteers and double lung transplant recipients, educated over 170 students about the topic of organ and tissue donation and the essential role pharmacists play in transplant. Our guest speaker spoke to the students about her personal experience before and after her transplant to shed light on the impact organ donation has made in her life. The students conveyed very positive feedback and we are thankful to have been invited back to Pharmacy Day in 2018.



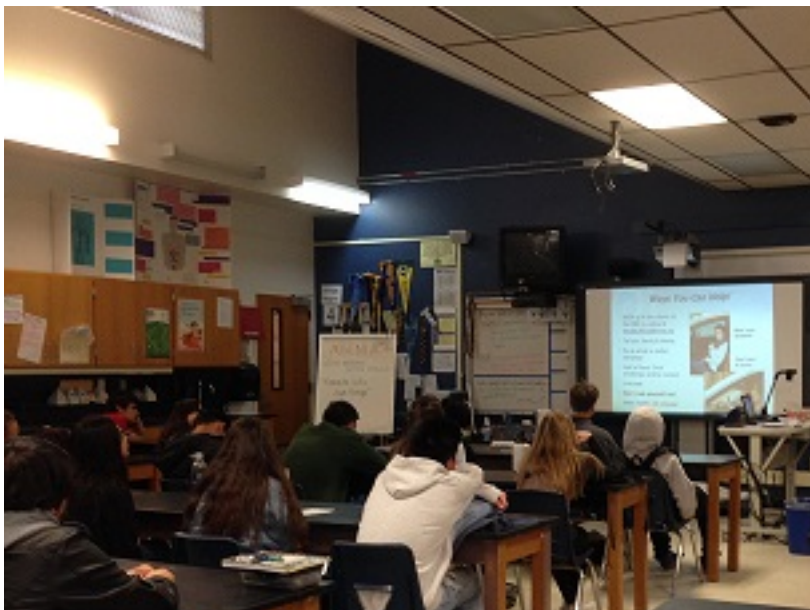
In addition to the high-school presentations, our committee members also gave a similar clinical presentation during the Hepatitis elective at SSPPS in April. After the organ donation presentation, they briefly discussed the correlation between organ donation and Hepatitis C.

In January, our team proposed a project to expand clinical organ and tissue donation presentations to college campuses to increase awareness and discuss the pharmacist's role in organ transplantation. With the UC San Diego undergraduate campus consisting of over 30,000 students and over 400 student organizations, we knew this was an ideal audience because they are of legal consent age. In addition, it was a great opportunity for them to learn more about organ donation and how pharmacists are involved, a topic which is rarely discussed at the undergraduate level. We submitted our proposal to the Veloxis Organ Donation Challenge Project and were awarded a grant to kickstart our new initiative to spread awareness to UC San Diego's undergraduate campus! With funds from our grant, we gave our first undergraduate presentation to UCSD's Pre-Pharmacy Society in which we spoke about the clinical foundation of organ donation; had a recent heart and kidney recipient speak about his personal story; discussed the role of the pharmacist in the transplant setting; and had five animal organs for the students to engage with after the presentation. The unique experience for the students to visualize bovine/porcine organs was an incredible opportunity, especially because many colleges do not offer human cadaver labs in anatomy courses. The second presentation was for UCSD's 6th College, a large college within the UC San Diego umbrella. Similar to the first presentation, we were able to acquire bovine/porcine organs to bring for the

students to see. Both presentations were very successful and we look forward to holding more college presentations throughout the calendar year.

On April 8th, we took part in UCSD's Triton Day. Triton Day is a student organization fair showcasing UCSD's clubs, organizations, graduate programs and leadership positions they have available for the incoming first year undergraduate students. With over 20,000 admitted students for the Class of 2021, the turnout was immense. We set up a booth complete with an informative tri-fold poster, interactive organ matching game, brochures, giveaway gifts, and more. In order to win any of the gifts, the students were required to answer a true or false question pertaining to organ donation. This ultimately spiked the initial conversation and led to many discussions on how to sign-up to become an organ donor.

Moreover, it was inspiring to see the number of students and parents who were already organ donors. We hope to continue this event in the future and to incorporate an area where we can have students register to become donors with support from Lifesharing™.



Looking forward, our expectation is to expand the presentations over the next few years, with the intention to reach out to different college campuses throughout San Diego County. With three large universities and over 20 community colleges in San Diego, there are approximately 157,294 college students. Our presentations formed a foundation for the project to continue to grow and impact the San Diego community.

In summary, the UCSD Organ Donation Committee had a successful year filled with a variety of events raising organ donation awareness across a large segment of the youth population including high school, undergraduate, and medical and pharmacy students. We reached over 1000 individuals and provided the resources for each individual to sign up to become organ donors which may ultimately save countless lives!

We want to express our sincere gratitude to our faculty advisor, Dr. Shirley Tsunoda, UCSD PGY2 resident, Dr. In Lam, and LifeSharing™ for your continual support and guidance. Also, a special thanks to our dedicated committee members and CSHP-UCSD executive board for all your help this year!

The 3rd Annual AMCP Kaiser Night

By Kathy Nguyen, P2 & Hannah Nguyen, P3

UCSD-AMCP Student Chapter hosted the 3rd Annual Kaiser Networking Night at Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS) on Friday, March 31st. In addition to gaining insight into Kaiser's care model, students had the opportunity to network with pharmacists and managers and learned about potential career paths open to pharmacists within Kaiser Permanente.

Keynote speaker, Dr. Jennigrace Bautista, Clinical Operations Manager at Kaiser Permanente, opened the night by sharing information about Kaiser Permanente health system, her career path, and study tips for current pharmacy students. Dr. Sadaf Mikanik and Dr. Cynthia Ngo, UCSD SSPPS alumni, gave a presentation on their learning experiences as Kaiser interns and, later, as PGY1 residents. In addition to the presentations, students had the opportunity to apply for internships and network with hiring managers and staff pharmacists during the roundtable sessions. Past participants have credited this networking opportunity for helping them to prepare for interviews and obtaining Kaiser's internships.

Over 50 students and 15 Kaiser pharmacists from various fields, including inpatient, outpatient, medication safety, home infusion, drug education, and pharmacy residents attended the event. We thank Nisha Patel, Jennivie Nicanor, the AMCP Committee (Trinh Nguyen, Analia Nguyen), and the AMCP Executive Board (Jamie Ta, Erica Lee, Kathy Nguyen, Hannah Nguyen, Michael Yoon, Cydnee Ng, Anh Ta, Michelle Lai) for helping us make Kaiser Night a success.



Dr. Jennigrace Bautista (Clinical Operation Manager).



Left to right (back to front): Jennivie Nicanor, Michelle Lai (P1), Erica Lee (P3), Anh Ta (P2), Jamie Ta (P3), Michael Yoon (P2), Cydnee Ng (P2), Hannah Nguyen (P3), Nisha Patel, Trinh Nguyen (P1), Kathy Nguyen (P2), Analia Nguyen (P1).

For additional information, please contact Kathy Nguyen (kln008@ucsd.edu) and Hannah Nguyen (hkn002@ucsd.edu).

Alumni News

By Cyndy Stalmaster, Director of Alumni Relations, Health Professions

On April 27th, we hosted the SSPPS Alumni White Labs Happy Hour which included a special brewery tour with Karen Fortmann, PhD '14, UC San Diego Alumni and Senior Research Scientist at White Labs. As a fellow UC San Diego graduate, Chris White, PhD '96, started White Labs in 1995 after researching and developing a library of yeast strains from around the world. Today, White Labs is a pioneer in providing commercial quality yeasts to home brewers and has grown to include offices in California and Colorado.

We had a great turnout at the Happy Hour with most classes represented between 2007-2015, with the biggest turn-out from the Class of 2013!! Delicious craft beers and tasty treats from The Carver, Coal and Barrel BBQ rounded out a fun evening of reconnecting with friends, colleagues and fellow alumni.

We look forward to seeing you at future Happy Hours!



Alumni Weekend Celebration 2017

By Pam McGlynn, IPPE Coordinator

Skaggs School of Pharmacy and Pharmaceutical Sciences at UC San Diego celebrated alumni weekend June 17th and 18th, with a series of events that entertained and reunited the classes of 2007 and 2012. Quite a few families made the trip to San Diego to celebrate the tenth reunion of the class of 2007, and the fifth reunion of the class of 2012. This warm, sunny weekend in June was packed with fun events for the school's alumni.



Alumni and their families reconnected with a visit to the Ruben H. Fleet Science Center in Balboa Park during the day on Saturday, June 17th, then that evening enjoyed dinner at the Rock Bottom Restaurant and Brewery. A number of faculty were present to welcome back alumni, including Dr. James Colbert, Dr. Renu Singh, Dr. Candis Morello, Dr. Brookie Best, and Dr. Jonathan Watanabe.

In addition to entertaining conversation and enticing food and beverages, alumni enjoyed photo opportunities with old friends, looking at class

pictures on display, selecting souvenirs of the school, and crafts for the kids. Dr. Morello addressed the alumni and guests, welcoming them back and reminiscing about their time at the school. The faculty enjoyed hearing what their former students have been doing for the past five or ten years, and alumni were pleased to socialize with their former teachers and classmates.

On Sunday, June 18th, a reunion brunch was held at the Health Sciences Education Center at the school. Approximately 40 people attended the brunch, including alumni, families, staff and faculty. It was a casual gathering for socializing and catching up with each other. The small program included Dr. James Colbert updating our alumni about what is new with the faculty, students and school since they left and the importance of



staying connected. He spoke to the many ways our alumni can still be involved with our students, our curriculum, and acting as advisors/preceptors to our students. The highlight of the program was when we asked each alumnus to come to the podium to talk about what they have been doing since graduating. As each came up to the podium, their little toddlers followed them. We were beaming with pride at the amazing careers they have now.

SSPPS Newsletter Production Calendar (Tentative)

Issue	Deadline	Printed
Fall 2017	November 1, 2017	December 1, 2017
Winter 2018	February 1, 2018	March 1, 2018
Spring 2018	June 1, 2018	July 1, 2018
Summer 2018	August 1, 2018	September 1, 2018
Fall 2018	November 1, 2018	December 1, 2018

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
(858) 534-4431

Email Reference Service:
biomed@UC San Diego.edu

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