

UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences Newsletter

Winter 2014

The Great San Diego Smokeout: A Great Success!

By Crystal Zhou, P-3

On November 15th, 35 student pharmacists from the UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences (SSPPS) reached out to over a thousand people all over San Diego County. The Great San Diego Smokeout was a joint outreach event hosted by APhA/CPhA and CSHP-UCSD, modeled after the American Cancer Society's Great American Smokeout (GASO). The GASO happens annually, every third Thursday of November, and aims to help smokers either quit smoking or help them set a quit date. The goal of our Great San Diego Smokeout event, which was held a week before the GASO, was to educate the people of San Diego County about the harmful effects of smoking and to promote the GASO so that people who were interested in quitting could seek appropriate help. Students and pharmacist preceptors were stationed at one of ten pharmacy sites throughout San Diego and were either next to the pharmacy or outside the store with a tri-fold poster, brochures, samples, and goodies to hand out. We were lucky enough to collaborate with a few student pharmacists from the University of Southern California's School of Pharmacy, as they helped us spread awareness in Los Angeles.



UCSD APhA/CPhA and CSHP-UCSD
from the UC San Diego Skaggs School of Pharmacy & Pharmaceutical Sciences
Present

**The GREAT
SAN DIEGO
Smokeout!** 

*You can choose to quit for one day or
quit for life.
We're here to help.*

Thank you to all the students and faculty, including Drs. Rabia Atayee, Nathan Painter, Jennifer Namba, Jesse Wisniewski and Professor Beverly Freedman, who volunteered their time during the Great San Diego Smokeout. We would also like to thank UCSD Family Medicine, Vons Pharmacy, Target Pharmacy, Ralph's Pharmacy, CVS Pharmacy, and Sav-On Pharmacy for allowing our students to hold the outreach event at their respective sites. Finally, we would like to thank the UC San Diego SSPPS, GlaxoSmithKline, APhA/CPhA, CSHP-UCSD, 1-800-NO-BUTTS Hotline, and the American Cancer Society for donating the materials used during the event.

The U.S. Surgeon General views tobacco use as an epidemic and states, "For our nation's public health, the time to act decisively and with resolve, to end one of the most deadly epidemics that this nation has ever known, is now." Thanks again to everyone who took part in this outreach event and tried to fight the epidemic one step at a time.

Student News

2014 SOM PHARM Wipeout

By Tracy Cruz, Student Affairs Officer

During lunchtime on Friday, January 10th, the Student Affairs Offices of the School of Medicine and Skaggs School of Pharmacy and Pharmaceutical Sciences coordinated the First Annual SOM PHARM Wipeout to foster community and rapport amongst the Health Sciences students. Modeled after the famous television game show, WIPEOUT, where contestants participate in various obstacle courses to win prize money, SOM PHARM Wipeout gave Pharmacy and Medical students an opportunity to race on an inflatable obstacle course 100 feet long. Students had fun running, jumping,



and scrambling up and down the obstacle course. Friendly races were organized and the winners triumphantly cruised through the course without missing a beat. Those who chose not to partake in the challenge socialized while making their own trail mix and enjoyed the hot cocoa bar. This event was a huge hit! Approximately 200 students came out to join the festivities. We look forward to the Second Annual SOM PHARM Wipeout in January 2015!



CSHP-UCSD Student Chapter Receives Chapter of Distinction Award from CSHP

By Alan Chin, P-3, CSHP-UCSD President



We received exciting news that our student chapter has been officially recognized as a **CSHP Chapter of Distinction!** We applied for this recognition in November and received this award based on our chapter's excellence in finance, business processes, membership, and membership satisfaction.

We are one of six schools to have received this title.

Thank you members and leadership alike for all the hard work and effort you've put into our student chapter – Keep up the good work!



GenerationRX – Apha

By Deborah Kim

Over the summer of 2013, the new GenerationRX project chair, Deborah Kim, and the previous project chair, Francis Wang, met to revise the GenerationRX facilitator's guide. The aim was to create a guide that would allow more time for in-depth discussion, skit preparation, and a subsequent Q&A session. In the past, GenerationRx presenter's were pressed for time at many of the presentations. There was a concern that with the time shortage, vital portions of the presentation were being rushed. Though much of prescription drug abuse education lies in the discussion section, solidifying that newfound knowledge lies in the skit portion of the presentation. The skit is the student's time to collect what he or she has learned and apply it to simulated but realistic situations that they could find themselves in. With this understanding, it was crucial that the presentation highlight these two sections and that the presenters interact and convey a strong and solidified message. In October, after the start of the new school year, Deborah and Francis held an hour and a half-long training session. In total, 45 APhA-ASP members were trained for Generation Rx. The training session not only covered the facilitator's guide, familiarizing the presenters with the material they would be presenting, a portion of the training session was also dedicated to covering methods and techniques involved in presenting to high school students.

At the end of October, GenerationRx was invited by APhA to present a workshop at the APhA Midyear Regional Meeting held in Denver, Colorado. Deborah Kim and former Project Chair, Greg Estep presented on behalf of GenerationRx. This workshop covered the varying techniques and focal points the UCSD chapter of GenerationRx had implemented over the past year, highlighting what our chapter had done differently.

Over the summer, Deborah and Francis attended the San Diego Prescription Drug Action Task Force (PDATF) quarterly meeting to form a partnership with others members of the community who were also involved in the prevention of prescription drug abuse. PDATF is comprised of law enforcement officers, school district administrators, teachers, mothers, and other advocates of prescription drug abuse prevention. GenerationRx partnered with this entity to strengthen the collaborative bond with the community of San Diego aimed towards understanding and fighting against prescription drug abuse. In November at the next quarterly meeting, Deborah and Francis returned to present on GenerationRx and its community work in educating high school students on the dangers of prescription drug abuse. The goal for the upcoming year is to maintain this partnership and to remain involved with the PDATF and the collaborative effort against this growing concern.

In November and December, GenerationRx had its first events of the school year at Kearny High School of Science, Connections and Technology and Mira Mesa High School. In total 21 GenerationRx members reached a total of around 250 students using the new curriculum.

Outreach at New Tzu-Chi Office

By Binh Tran, Pharm.D .

Two years after the first outreach in September 2011, the Asian Pacific Health Foundation (APHF) returned to Tzu-Chi San Diego for hepatitis B screening, this time at the new office on Pacific Center in the Mira Mesa biotech and computer headquarters of San Diego. Across the street are the several Qualcomm buildings where Kevin Wang worked during the week, and volunteered on October 19th. Kevin Wang came early on that day to hang the banners at the entrance of the business complex, and to set up the screening area indoors with Binh Tran from the APHF, and Hue Wang, Director of Tzu Chi San Diego.



Tracy Nguyen, Medical Assistant, came with two enrollees, followed by Thi Le and Animole Francis, a new Tzu Chi volunteer. Yi Liu, post doctorate from UCSD and Nick Vu, SSPPS pharmacy student joined Peggy Joh and other Tzu-Chi members. Binh welcomed all and stated the purpose of the outreach. Peggy spoke of the mission of Tzu Chi, which was depicted by the large posters on the wall. Dr. Ton Tran answered questions on Hepatitis. A question was: Why is Hepatitis C not on the screening program? This may be possible at future sessions using HCV Rapid test, said Albert Rodriguez, tester from UCSD Antiviral Research Center. Although the number of persons screened was modest, each one was carefully attended to, and most gladly received flu shots administered by

nurse Hue Wang. After a warm and tasty lunch with vegetarian fare, the outreach at Tzu Chi continued with flu vaccinations lasting until 5 PM. We thank Tzu Chi for the opportunity to learn more about the organization

Spring Health Fair at the Vietnamese Federation of San Diego

By Binh Tran, Pharm.D .

On February 9th from 10 AM to 2 PM., a week after the health screenings at Mira Mesa Park and Recreation Center on the 2nd of the Lunar New Year, the Asian Pacific Health Foundation (APHF) collaborated with nearly all the APhA-SC student groups at the Skaggs School of Pharmacy and Pharmaceutical Sciences to perform the annual Spring Health Fair at the Vietnamese Federation of San Diego.

This was the largest group of VA Hospital preceptors and SSPPS student pharmacists that we have seen during the eight years of collaboration with the school. The attendees were very impressed by the number of volunteers at the



many stations providing free screening and counseling. Although attendance was somewhat less than in previous years due to concurrent Lunar New Year and temple celebrations, many people came as early as 8:30 AM when the teams were setting up the stations. Sang Van, PhD, Chief Scientific Officer of Annam Pharma, Inc. a biotech company in Sorrento Valley opened the door at 10:00 a.m.. On Binh's request, Sang, a UCSD alumnus, spoke to the students and pharmacists about his background in biochemistry and interest in starting the R & D ANNAM in drug discovery and drug delivery using novel drug delivery technology as the foundation.



After registration, attendees went to the Hypertension, Diabetes and Cholesterol stations to be checked. In between, they visited the self-care stations to be informed on Gastro-enterology reflux disease, cold and flu symptoms, and other conditions. Bone densitometry was performed by Dr. Khoa Nguyen, acupuncturist and Vice chair of the APHF, next to the medical consultation station where Dr. Ton Tran spoke with patients on their disease status.

Hepatitis B screening was carried out on the majority of attendees, with 32 samples obtained after due consents and permission to utilize the data. Dr. Robert Gish visited all the stations, and spoke with residents and student pharmacists. In the library, the Cervical Cancer team held presentations to assess the knowledge of Vietnamese women on HPV infection.

After lunch from the K sandwiches shop nearby, the fair came to an end but not before several group pictures were taken to mark the day.

We sincerely thank all the following dedicated groups:

Preceptors

VA Residents, Physicians and Pharmacists:
Kayla Giang, Pharm.D.
Lauren Ujihara, Pharm.D.
Nader Toussoun, Pharm.D.
Anh Dao La, Pharm.D.
Robert Gish, M.D.
Ton Tran, M.D.
Binh Tran, Pharm.D.

UCSD Skaggs School of Pharmacy and Pharmaceutical Sciences

Brittany Choi and Tammy Hsu, VP for Community Affairs,
Student pharmacists classes P1 , P2, P3

Vietnamese Federation of San Diego

Peter Liem Pham, President
Sang Van, PhD of Annam Pharma, Inc.

Asian Pacific Health Foundation

Kristiana Nguyen
Anh Phuong
Nhai Nguyen
Mai Khanh Nguyen

A Historical HepDart Meeting By Binh Tran, Pharm.D.

The 2013 HepDart meeting at Fairmont Orchid Hotel on the Big Island drew a lot of attendees from all the continents. On Sunday, December 8th, general topics were presented, with the most pertinent to our work entitled : "HBV screening and current barriers to care" by Mindie Nguyen, MD from Stanford Univ. School of Medicine. On Tuesday, Dec 10, another talk was excellent: "Optimizing cost effectiveness of all-oral Hep C treatment in prison settings" by Liesl Hagan from Emory University. At the poster session, the first three of our posters were reviewed in full by Dr. Di Bisceglie:

1. Collaborative efforts to screen at-risk populations for Hep B and C in San Diego county, by Sandy Chong, Cindy Nguyen, Binh N Tran, Shirley Tsunoda, Natali Navarro-Cazarez, Julio Gutierrez, Palmer Taylor and Robert G Gish.
2. Cost-effectiveness analysis of point of care vs. standard of care tests for Hep B in Asian and Pacific Islanders in San Diego County, by Lillian T Nguyen, Binh N Tran, John Fontanesi and Robert G Gish.
3. Point of care testing for Hep C screening at community-based organizations facilitates disease control, by Christina Nguyen, Binh N Tran, John Fontanesi and Robert G Gish.
4. Targeting populations at risk for Hepatitis B using the Research Electronic Data Capture (REDCap) Program, by Xuan Phan, Binh N Tran, John Fontanesi and Robert G Gish.
5. Efficacy of Screening for Hepatitis B Infection and Immunity in Low-Resource Settings with an Inexpensive Point-of-Care Immunoassay, by Julio Gutierrez, Natali Navarro-Cazarez, Kayla Gianh, Binh N Tran, David S Adler and Robert Gish



2014 San Diego County Pharmacists Association (SDCPhA) New Board Members Announced

The San Diego County Pharmacists Association (SDCPhA) announced the new 2014 board members:

President: Rachel Sperling (SSPPS Alumni)

Secretary: David Ha (SSPPS Alumni)

Treasurer: David Bao

Board Members: Nathan Painter (SSPPS Faculty Member), Alis Fago, and David Truong

Board Member - Student Representative: Kevin Gan, (SSPPS P-3 student)

The new board members will be joining returning members Rachel Sperling (President) and Margaret Bahrami (Immediate Past President).

Alumni News

Congratulations to **Rebecca Kandilian** for recently receiving three awards from the California Society of Health Systems Pharmacists! The first is the 2013 Student Leadership Award given to a graduating student from one of the seven pharmacy schools in California. The second and third, the Student Leadership in Health System Practice Award and the Joseph M. Beckerman Memorial Scholarship, are far more significant for there is a single awardee in the state. Congratulations to Rebecca. This is further evidence that SSPPS students stand out in national and state selections for academic and service endeavors.

Faculty News



Kelly Lee, Pharm.D., MAS, BCPP Appointed as Associate Dean for Accreditation and Assessment

Kelly Lee, Pharm.D., MAS, BCPP, has been appointed as Associate Dean for Accreditation and Assessment. She has carried a major and expanding practice in the area of psychiatric pharmacy with practice sites and a resident covering UCSD Healthcare, the Gifford Clinic, Rady San Diego Children's Hospital and the CDCR RJ Donovan facility. Dr. Lee has also stepped in to chair our sub-committee on APPE/IPPEs that deals with enlarging practice experiences to comply with ACPE experiential curricular requirements. In all of these diverse and academically invaluable endeavors, she has been most successful. Congratulations to Dr. Lee.

SSPPS News

UCSD/Pfizer Oncology Fellowship

Congratulations **Dr. Joanna C. Masters** for completing the UCSD SSPPS/Pfizer Fellowship.

The UCSD/ Pfizer fellowship is a two-year program for PharmD. Fellows are engaged in clinical and research activities that include co-authorship of papers, working as a team in the Moores Cancer Center and the UCSD Medical Center Oncology and BMT services, with the Pfizer Research Unit, and attending or presenting at scientific conferences.

In addition, Fellows have teaching opportunities that include Pharmaceutics, and select areas in Principles of Pharmacology and Physiology and Contemporary Topics in Pharmacology. More specifically, Fellows are involved in developing programs in the pharmaceutical sciences research in quantitative pharmacology, drug discovery and development in clinical oncology.

Joanna describes her experience as follows.

"Some of the most important and most unique aspects of the fellowship centered around the diversity of exposure and experiences that were offered. I was trained to better understand the broad scope of the ever-changing field of oncology, from clinical practice at UCSD medical and cancer centers to translational research to development of novel therapeutic agents in Pfizer's oncology business unit.

This allowed for a dual perspective from both an academic and industry viewpoint. Further, there was a large degree of multi-disciplinary experiences that provided insight beyond that of a



Continued on next page

clinical or research pharmacist, such as rounding with physicians and nurses, rotating with clinical trials coordinators, serving on a protocol review board, and of course, meeting the patients themselves.

I was fortunate to have fantastic resources ranging from UCSD Extension courses to conference discussions at the annual ACCP meeting to hands-on training on various software programs commonly used for population pharmacokinetic and pharmacodynamic modeling, all of which included interaction and mentorship with experts in the field.

These provided skills useful not exclusive to oncology research, but applicable to any therapeutic area in which a clinical pharmacologist or pharmacist may seek to make an impact. An added advantage was the opportunity to stay connected to SSPPS students and faculty through leading workshops and participating in faculty research.

Overall, the fellowship was extremely rewarding and provided an important foundation in addition to my pharmacy education at SSPPS to propel me into a clinical pharmacology career as a young professional."

Joanna is the sixth fellow that graduated from the SSPPS/Pfizer fellowship program, and is currently working at Pfizer in clinical pharmacology.

On behalf of SSPPS Faculty we wish Joanna the best in her career.

Research News

Establishment of the Center for Drug Discovery Innovation (cDDI) as an organized Research Unit at UC San Diego

On December 3, Executive Vice Chancellor Suresh Subramani and Vice Chancellor for Research, Sandra A. Brown announced the establishment of the Center for Drug Discovery Innovation (cDDI) as an Organized Research Unit. Michael K. Gilson, Professor and Chair in Computer-Aided Drug Design at the Skaggs School of Pharmacy and Pharmaceutical Sciences and Thoma Hermann, Associate Professor of Chemistry and Biochemistry, will serve as founding co-Directors.

"The cDDI will foster innovation by stimulating exciting new approaches to the challenges of drug discovery within an academic research environment. The cDDI will be a resource assisting UCSD faculty engaged in drug discovery projects anywhere on campus. Research outputs will include advanced computational design methods and systems pharmacology tools and databases; drug delivery platforms; pharmacogenomics insights and integration of clinical and drug-related databases; crystal structure of therapeutically relevant macromolecules; novel drug targets and assay technologies; and bioactive compounds for use as probes, development leads and candidate drugs."

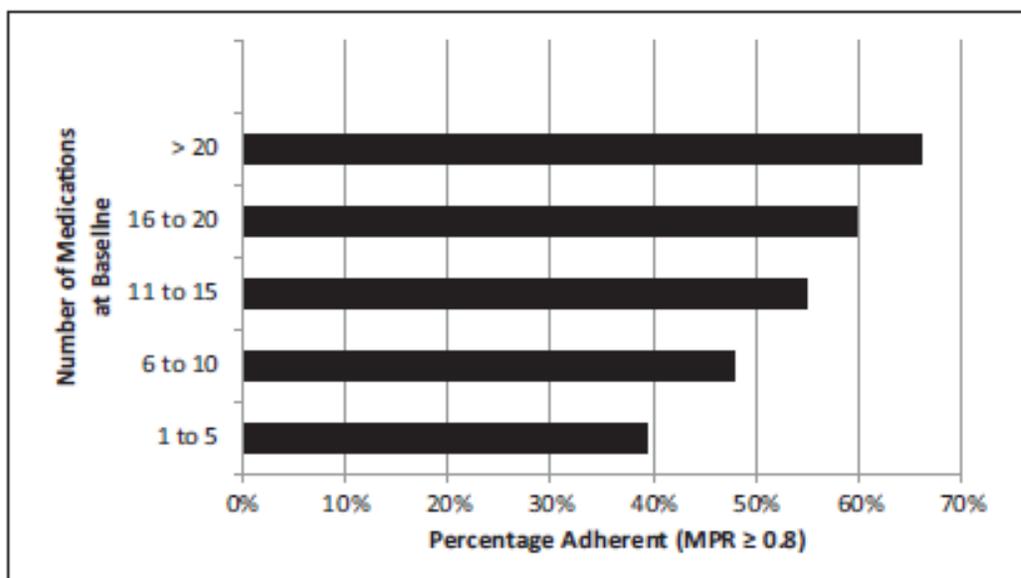
Dr. Jonathan H. Watanabe and colleagues Drs. Mark Bounthavong, Timothy Chen, and John P. Ney recently published their article "Association of Polypharmacy and Statin New-User Adherence in a Veterans Health Administration Population: A Retrospective Cohort Study" in *Annals of Pharmacotherapy* in October 2013. The authors evaluated the linkage between increasing number of active prescriptions at baseline and adherence of a statin added to their medication regimen in Veterans. In this study, the authors found that patients with more active prescriptions at the start of statin therapy had improved statin adherence over the first year of use. This suggests that clinicians should focus on appropriateness of medication use rather than quantity of medication use when initiating therapy. Appropriateness of use should always incorporate drug interaction and adverse reaction considerations.

Below is an excerpt from the article:

"There was a statistically significant trend of increasing proportion of adherent participants as baseline medication count grew (P value < .001). The analyses adjusted for influential characteristics (egs. age, comorbidities, BMI, baseline lipids, etc.) further demonstrated that statin adherence was increased by 4%, 7%, 10%, and 14% for the 6 to 10 medication count, 11 to 15 medication count, 16 to 20 medication count, and >20 medication count groups, respectively, in comparison with the reference 1 to 5 medication count group (P < .001 for all comparisons). An adherence threshold

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of 90% provided consistent evidence of improved adherence as number of medications increased ($P < .001$). Conclusions: Increased medication count at baseline was associated with improved adherence for new users of statins."



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