

CSHP-UCSD

Fall 2018 Newsletter

VA Stand Down

The VA stand down was organized by community affairs chairs Annie Bui and Katherine Wu and precepted by Dr. Timothy Chen. Thank you to our volunteers: Guannan Wang, Tran Bui, Jennie Huynh, Harpunit Sindhar, Hailey Hirata, Lytia Lai, Akash Patel, Matthew Mitchell, Shelby Jones, Li-hui Chen, Maher Alhaja, Steven Chen, Trinh Nguyen, Urvashi Somani, James Park, Jefferson Luong, and Yvonne Yap. From June 29th to July 1st, CSHP-UCSD partnered with the local VA for the annual VA Stand Down. This 3-day event focused on bringing together veterans from all over the San Diego area who battle with homelessness, poverty, unemployment, and lack of access to proper healthcare. In an effort to help these veterans reclaim their lives, the Stand Down provided food, clothing, shelter, and health screenings in addition to services related to legal, employment, and housing solutions. Student volunteers helped medical triage and pharmacy tents alongside several nurses and pharmacists. Volunteers at the medical tent performed medication reconciliation. In the pharmacy volunteers helped with medication dispensing and patient consultations.



CSHP Penny Wars/Pie Day

Our annual Penny Wars fundraiser was held by our fundraiser chair Vesta Guiv. Penny Wars was held on 11/12/18-11/17/18 and the goal of the fundraiser was for each class (P1 vs P2 vs P3) to compete against each other by raising the most pennies for their class. 3 jugs were placed in the mailroom corresponding to each class and students were encouraged to fill their jar with as many pennies as they wanted and/or sabotage other class' jars by adding negative points to their scores (which were represented by any silver coins or dollars). After the week was over, P2s were the ultimate winner and received the prize of choosing 4 CSHP board members to pie in the face on pie day (11/29/18). On pie day, the chosen board members that were pie'd in the face were Norint Tung (P1), Hailey Hirata (P2), Christie Hoang (P3), and Vesta Guiv (P3). Thank you to all who donated to support CSHP!

Clinical Skills Competition

The Clinical Skills Competition (CSC) was held on September 29th, 2018 and was hosted by our Educational Services chair Drew Fritzsche and





Poison Prevention

Our poison prevention chair Connie Ma hosted a lunchtime talk on October 31st, 2018 with guest speaker Dr. Cantrell. Dr. Cantrell, who works at the Poison Control Center, shared about what he does as a pharmacist and medication expert to help accidental poisonings. He talked about how he ended up at his current position, a typical day on the job, and common questions they receive. He shared about his research with outdated medications to determine its potential toxicity and potency (such as opioids that are expired by 70 years!) and his research with tide pods. Thank you to those who attended—we had a great turn out with 70 students!

Connie Ma also held a Poison Prevention Parents Meeting on November 24th, 2018 at the City Heights Library. Every year, CSHP partners with Head Start, which is an elementary school program catered to lower-income backgrounds. Tran Bui and Connie Ma presented to around 17 parents with young children regarding what to do in the case of an emergency, how to keep the home safe from accidental poisonings, and common accidents that occur. The parents were interactive, shared anecdotes, and asked a lot of questions. Thank you to our Tran Bui for helping out in this event!

precepted by Dr. Jaskowiak. The CSC is an annual competition where students in teams of two are handed a patient case and provide MTM and other healthcare recommendations in an organized oral presentation and Pharmacy Care Plan. Student teams have two hours to work up their patients before giving a 2 minute oral presentation followed by 8 minutes of Q&A from the judges. Judges then score their overall performance based upon specific parameters. The winners of this competition get their registration fee and board paid for by the school at the CSHP Seminar where they will compete with other schools. This year was a close competition and all the teams were well prepared for the cases, but the winners did stand out to the judges. This years winners were Yuna Kim and Samantha Kim. We wish our winners a well-deserved congratulations and cannot wait for next year's competition!

Legislative Day 2018

Skaggs Legislative Day was held on October 20th, 2018 and was a co-hosted event with CSHP's Legislative Current Affairs Chair Maher Alhaja with APhA-ASP/CPhA. Legislative Day is an annual event where pre-pharmacy students, current pharmacy students and pharmacists/pharmacy technicians come to hear about current legislation. Legislative Day 2018 speakers were: James Colbert PharmD, FASHP, FCSHP: he gave an introduction about the origin of the profession of pharmacy and how the profession has changed over the years with the power of advocacy. Anthony Pedalino, PharmD, SDSHP President: He presented about the recent legislation and the current bills that CSHP and CPhA are advocating for. Steven Thompson, PharmD, CSHP President: He presented to the students about how his journey in advocacy began until he became the CSHP president. He is also discussed the importance of networking in pharmacy. Aaron Byzak, MBA, FACHE, Chief Government Relations and External Affairs Manager: He discussed the importance of advocacy and how he was inspired with the idea of the San Diego Prescription Drug Abuse Task Force based on real stories of drugs abuse. Daniel Martinez, BA, CPhA Governmental Relations and External Affairs Manager: discussed recent bills that CPhA are supporting and the importance of advocacy to advance the profession.



PRYDE Outreach

The PRYDE Outreach was organized by community affairs chairs Annie Bui and Katherine Wu and precepted by Dr. Joshua Valdez. Thank you to volunteers: Norint Tung and Alejandro Roberto. PRYDE (Prevention, Recreation, Youth, Diversity, and Education) is an after-school program the YMCA established to empower students through education and guidance. On December 4th, 2018, CSHP volunteers had the opportunity to teach middle school students about asthma. The outreach started with a presentation about asthma symptoms, triggers, and treatment options. To visually demonstrate how asthma narrows the airways and affects breathing, they incorporated a simulation that required students to race and blow balloons using straws (representing airways) of different diameters. Students additionally had the chance to practice using MDI and diskus inhalers following a brief demo from our volunteers. The remainder of the outreach involved a fun and competitive game of LUNGO (asthma-themed BINGO) to review all of the topics covered.



CSHP & PILL'S Residency Showcase

The Residency & Fellowship Showcase was co-hosted by our Professional Affairs chair Thuy Nguyen with PILL and held on September 25th, 2018. The showcase was an opportunity for students to interact and get to know various residency and fellowship programs. It was an excellent opportunity to network with residency directors, residents, and fellows and learn about what each program has to offer. Approximately 100 students were in attendance. If you were unable to attend this year, we highly recommend attending next year!

Health Systems Intern Panel

The Health Systems Intern Panel was hosted by President Hailey Hirata and was held on November 28th, 2018. Current intern speakers included: Hailey Hirata, Natalya Ignateva, Matthew Mitchell, Allison Cid, Yvonne Yap, Annie Bui, Claire Chen and Arianna Choi. The lunchtime talk was geared toward giving CSHP members an insight into the many different intern positions that are available in health systems settings throughout San Diego. This year, we had representatives from Rady Children's Hospital, UCSD Health, Palomar Health, Scripps, VA Health and Kaiser, who explained to interested members what their job entailed, the hiring process and what to expect as an intern in each specific health setting.



Oceanside Community Outreach

The Oceanside Community Outreach was organized by community affairs chairs Annie Bui and Katherine Wu and precepted by Dr. Iyas Ray Masannat on November 18th, 2018. Thank you to volunteers: Stephanie Lam, Jessica Scarlata, Karen Saizon, Nikhil Mohan, Julie Trinh, Min K Oo and Amy Heman. The purpose of the outreach was to educate students from grades 2-8 about tobacco and asthma awareness. The outreach consisted of an educational presentation supplemented with several interactive demos. In the tobacco awareness segment, we covered the different types of smoking tobacco (i.e. cigarettes, marijuana, vaping products), the harmful effects of smoking, and nicotine replacement therapy options. In the asthma awareness segment, we covered asthma symptoms, triggers, non-drug and drug therapies. A majority of this segment focused on inhalers, including a discussion about the difference between quick-relief and long-term control inhalers followed by demonstrations on how to properly use an MDI and Diskus inhaler. We concluded with a fun activity where students got to make their own "mucus" using glue, borax solution, and food coloring.



Welcome Back BBQ

The CSHP-UCSD Welcome Back BBQ is an annual event that our organization holds during the beginning of the school year as a way to welcome our members back to campus as well as introduce the incoming P1 students to the organization in a more relaxed and less formal manner. This year we had a great turnout and our board had the opportunity to not only talk to many of the P1s about CSHP but to also catch up with current upperclassman members. Thank you to everyone who attended!

Rady Children's Hospital Summer Medical Academy

The Rady Children's Hospital Summer Medical Academy was organized by ASP and community affairs chairs Annie Bui and Katherine Wu hosted an asthma awareness station. On June 22nd and July 13th, ASP partnered with different organizations at Janssen Research and Development to hold a health educational seminar. The seminar included 5 different stations for 50 students to rotate throughout. CSHP's station focused on asthma awareness. Thank you to volunteers: Analia Nguyen, Pourya Porhousseini, Cherie Clark and James Park. For the presentation, volunteers educated students on the symptoms, triggers, avoidance of triggers and treatment of asthma. Volunteers also assisted with hands-on activities such as inhaler demonstrations and a mucus making activity to enhance student learning.



APhA/CSHP Kobey Swap Meet

The Kobey Swap Meet was organized by community affairs chairs Annie Bui and Katherine Wu with APhA-ASP/ CPhA and precepted by Dr. Matthew Horton on November 10th, 2018.

Thank you to volunteers: Angela Ataya, Arwa Kassab, Min K Oo, Vivian Pham, Kelley Ma, Victoria Nguyen, Rand Fattouhi, Tara Korya, Sandy Romaea, Kristy Huynh, Andre Antunes and Rock Feng. CSHP partnered with APhA to hold a health educational event at Kobey's Swap Meet. The health event consisted of asthma awareness, hypertension, BMI, and diabetes booths. At the asthma booth, volunteers were able to spread asthma awareness and also educate the public on the symptoms of asthma, avoidance of triggers, along with non-drug and drug therapies. At the other booths, volunteers mainly helped with measuring blood glucose, blood pressure, and BMI. After the screenings, volunteers then educated patients on lifestyle modifications or suggested appropriate follow-up plans.



Annual CSHP Seminar

On Saturday, October 6th 2018 at the annual CSHP Seminar which was held this year at Sheraton San Diego Hotel and Marina, UCSD took 1st place in the Student Quiz Bowl. The Student Quiz Bowl is a competition held each year amongst the different California Pharmacy Schools. Congratulations to the winning students: Carly Boyd (P4), Heba Diab (P4), Krystal Garrovillo (P4), Sirena Louie (P4), Kaitlyn Kennett-Hayes (P4), Samantha Kim (P4), Yuna Kim (P4), Brian Park (P4), Lillian Tao (P4), Briana Zimmers (P4), Anh Ta (P3) and and Quynh My Nguyen (P2).

**THANK YOU FOR ALL YOUR
SUPPORT THIS QUARTER CSHP-
UCSD!**