

ASSP at UCSF presents...

Therapeutic Window

FALL 2023





Therapeutic Window

Fall 2023

UCSF School of Pharmacy

Welcome!

Hello UCSF Pharmily!

On behalf of ASSP, I am delighted to bring you the **Fall 2023** edition of the *Therapeutic Window* newsletter!

Wow, it feels like these past 10 weeks flew by. As we close another quarter, the P1s have experienced their first therapeutic block - Cardiovascular, the P2s have finished their Neuropsych block, and the P3s are over half-way through APPEs. On top of that, as we'll see throughout this edition, many of our RCOs kickstarted their year of events this quarter! And by the time you're reading this, a new RCO has even been recently approved and had its kickoff event.

In this **Fall 2023** edition of *Therapeutic Window*, read on to discover all of the amazing things our peers have been up to this quarter! Also, learn more about our beloved pharmacology professor, Dr. Marieke Kruidering (and maybe catch a glimpse of her doggo?).

Thank you again to all who made this edition possible!

Hope you all enjoy this (and the donuts!!) and I'm wishing you all the best in 2024! Have a restful break and Happy Holidays!

Sincerely,

Belanna Geniza

ASSP Therapeutic Window Editor

FEATURED INSIDE:

Faculty Spotlight.....	3
ASSP News.....	6
SOTQ Class Updates.....	7
AAPP AMCP.....	8
APhA.....	9
APS COSA.....	10
CSHP.....	11
EDPG ISPOR.....	12
NCPA NHPA.....	13
PCRA PhAMLI.....	14
PHC PLS.....	15
SCCP SNPhA.....	16
WHA x OPA.....	17
KY.....	18

FACULTY SPOTLIGHT | DR. MARIEKE KRUIDERING

By: *Belanna Geniza*

Therapeutic Window Editor

Where did you grow up/where are you from? How long have you been in the bay area now?

I grew up in the Netherlands. For a little while we lived somewhere else, but pretty much grew up in the Netherlands, went to school in the Netherlands - university, all that.

I did my PhD in the Netherlands. Then [I] did my first postdoc in England. And then the lab moved to San Francisco. That was in 1999. So I've been here now for almost 24 years.

I went from the Netherlands to do my postdoc. I did my postdoc in cancer research. I did that in London, at the Imperial Cancer Research Foundation. Then that lab moved to San Francisco because my PI used to be a postdoc in Mike Bishop's lab, so we had connections here. We all came to the cancer center. That was how I came here initially.

Can you tell us a bit more about your education background, career journey and how you ended up at UCSF specifically?

In Holland—the Netherlands, I refer to it as Holland; you know, that's sort of an affectionate name for my country—there's not an undifferentiated college. When I was 17, I knew I wanted to do research in the biomedical area, related to health. I started studying Chemistry. Then after one year, I switched. There was a new track that was called Biopharmaceutical Sciences, where it was specifically targeted to a little bit of a pipeline of what industry you would need. Eventually, I went into Toxicology specifically. First Chemistry, then switching over to this newer program, in which one part was

Biopharmaceutical Sciences, where we learned a lot about LDL, and one was pharmaceutical technology of drug delivery. **We had big vats of creams and potions, and we made tablets**, you know, all the classic stuff.

Then we had excursions to the pharmaceutical industry. Holland is very small—it's one-fifth the size of California. Janssen Pharmaceuticals, that's right over the border in Belgium. So, you know, [we got to] really see in-person: What does it mean to have a lab, how do people make decisions about [whether to pursue a drug] that is sort of costing a lot of money, and can it get to clinical trials? So really getting a good insight into the pharmaceutical industry. Then other streams were like real classic pharmacology (e.g., receptor pharmacology), and in each of the fields you could pick an applied project or a more basic science project. It was very pharmacology oriented. During the training, I had a feeling I wanted to stay in academia, but I did 3 months at Sandoz in Switzerland, just to see what it's like. I worked in the research lab trying to crystallize cyclosporine with... limited success. But it was **interesting to see how a lab in industry works compared to a lab at the university**, and the level of open communication (or lack thereof). It was really a good learning experience, because I would go running at lunchtime, and then one of the running partners was **somebody from the patent office**. I learned what this person was doing all day in [the] Sandoz patent office, and they had quite a big team of people, searching all patents to see if there was something useful there, and you know, things you don't think about when you're busy studying your



own materials. Then a lot of my classmates would also be in Switzerland, and they would be like clinical trial reps and coordinators; a lot of my classmates went in that direction. It was fun to see, and I really **made my way through the core disciplines of pharmacology and saw different aspects in industry**. I enjoyed my training very much.

Back to how I came to UCSF... During my PhD—so, showing my age—was when a special form of cell death, **apoptosis, was the whole new area of concentration**. I did my PhD on how cisplatin was nephrotoxic, and how we could study that without the use of animals, so in-vitro alternatives. It was interesting, so then I stayed in the cancer field and did my postdoc in London, trying to stay close to my family at home. Then, when the lab moved, it was such a great opportunity, and I moved here, and I loved it. Then there were groups where they said, “Oh, are you a postdoc interested in teaching? Come teach these groups!” I taught a few groups, and I loved it so much. I was like, **oh, I think I wanna go teach!** When I was training, I'd never heard of positions that were dedicated to teaching so much. It was sort of a discovery when I got here, and I was like, *oh, this is great.*

So it's sort of, **you go from one step to the next, and then you end up where you fit.**

You mentioned earlier that your position is primarily teaching, but I was also wondering if you are currently involved in any research at this time, and if so, what projects are you working on?

For this position, it's fully dedicated to education. But we [also] do educational research. I wasn't aware of much of that sort [of research] when I was in the *other world*. But there's quite a **strong culture of educational research at UCSF**, and also educational researchers with specific expertise, consulting with them. With all the new changes, if there's more and more drugs, [we're looking into] what's the best way to teach, what's the most realistic way? Should we have you memorize everything? Should we teach you to just look up things in a smart way? What is the best way? How should one teach? And how should one assess? We do research on those types of projects.

You mentioned you had some experience in industry – do you have any advice for students interested in pursuing research or industry?

Even if you think you don't like it, [just try], because **you never know until you've tried it.** I think when I did that—this was many years ago, and I went to the Big Big Pharma that are very strict—I see now, and also within our departments, there's so much fantastic collaboration between UCSF and Biotech, even knowing people who do fantastic research at Genentech and are very open to sharing. So I feel that even if you think you don't want to go into industry, if you have an opportunity, to do an internship just to see what it's like

in real life. Don't judge it before you've tried to have a look. I would encourage you, if you have a chance, I would say take it. This doesn't mean you have to go into industry, but it's a really good learning opportunity. So I would advise everybody to seek it out, even if you're convinced you don't want to be there for the rest of your life. I think you're gonna learn a lot. It could also be that then, later, if you're at the university, you have partners to collaborate with. The relationships, especially in the Bay Area, are very different now than they used to be. So I say, do it, and then judge afterwards.

What is your day-to-day like?

It depends on the day. I teach in the Schools of Medicine, Pharmacy, and Dentistry. During the more busy seasons, I could be giving a lecture in the School of Medicine, or doing a small group in the School of Medicine. Then walking over for a lecture in the School of Pharmacy, and then going to meetings. Part of the time is preparing the formatives or preparing exams, grading exams. Usually classes are between 8 and 12, although in the School Pharmacy that's a little changed now. Then there are some weeks when it's just a lull for everybody. Then I don't have lectures every day, but that would be a day where I could catch up on the research projects or grade exams, and get ready for the next series of lectures. Usually I come from one lecture, I go to another, then I can go home because many meetings now are on Zoom. [At home], I hang out with my dog, but work in Box- preparing the next lecture, preparing exams, sitting in meetings. So mornings are teaching, except for Wednesdays and Fridays. Then in the afternoon, do the administrative type of stuff.

What is the most rewarding aspect of your job? What is the most difficult?

The most rewarding thing is very easy, because each time somebody has a question, whether it's in class or office hours, and somebody says, "Can you explain this?" And I explain it, and they go, "Oh, now I get it!" It's very rewarding to help somebody *get* something, **when you see somebody move from not getting it to getting it.**

Things that are most difficult. Well, there's *difficult*, and then there's *not my favorite*. I will say what I find difficult is: **We're all learning to be more inclusive, and having language to potentially have difficult conversations.** What I find most difficult, or what my personal weak point is/where I want to grow is sometimes, let's say, in a lecture hall or a small group, and I see something and I'm like, *hmm, maybe that could be interpreted as a microaggression* or maybe I'm not sure. I don't always feel confident and skilled enough to do something in the moment, and act very useful. So sometimes I'm like, *Well, have I sometimes maybe just stayed silent when I shouldn't have, you know?* This is a skill I'm very eager to get better at. That's why I feel it's the most difficult, because I constantly critique myself a lot on that. I'm aware that sometimes I go *hmm! Should I intervene? Oh, it's almost time— the class moved on. Let's move on.* Then afterwards I'm like, *I should have said something.* And I don't mean to say it's difficult, therefore we shouldn't do it. We should certainly do it. It's just, I'm very aware that I could do better in that. And it's emotionally charged, you know. So I find that's where I could grow the most.

Also, let's say, if a remark was made that reflects negatively on

an individual, sometimes that individual is the type that may go, *don't make it even bigger. I don't want you to call it out, whereas another person would be, I want you to stop the whole class.* So **there also isn't necessarily a one-size-fits-all**, but I feel that I can get better at somehow asking, or even acknowledging, "Okay, this is what I noticed. Let's come back to it after class," or something that feels like I'm addressing it in some way. I find it hard. But this is a time where we should, and because it's hard, even *more* reason to.

What's your favorite drug or medication? Either in general, to learn about, or to teach about!

It's interesting because it's different things. I always love **epinephrine, because you just get to marvel at the body.** Like, wow, the whole fight or flight is mediated by this one molecule, that then has different effects in different tissues, just because there's different receptors, and you know, the dose dependence. I like that. That's one of my favorites because **you just get to marvel at the physiology of it all.** So I like teaching that. I also like anything where you can be helpful in either pointing out how to name, helps you to remember something, or helps you to organize or recognize a class. So anything that is sort of more logical, or you can apply structure to. I like that.

I like those too! Especially when the name of the class is exactly the mechanism of action. I love that.

[Laughs] Exactly! Yeah, that can be helpful.

What do you enjoy doing in your free time? Hobbies?

When I'm not at work, I love running at the beach with my doggy. I love swimming, hiking, and I am trying to learn Spanish. I love reading, but I have to say I mostly read by listening, because then you can do multiple things at the same time, like walk and read or run and read.

I also—I'm not sure if it counts as a hobby—but I love going to art movies. Not necessarily like Hollywood movies. In the Mission, there's the Roxy Theater. They have really fun movies there. So I like to go there and sometimes catch a theater show.

Out of curiosity, what's your dog's name, and what kind of dog? ;)

Oh! She's a **pitbull rescue, and her name is Betty.** I can show you! She's snoring in her basket right now. She loves being on camera.

She's laying in the sun; she's not having a bad life.



When you were a kid, did you imagine you would be where you are now? What did you want to be growing up?

I certainly had no idea that I would be here in San Francisco. According to my mom, when I was 4, I told her I was gonna be the director of a chemical factory. I had no idea why. I always knew I wanted to be in the health science area; that really attracted me. But not San Francisco. Not at all.

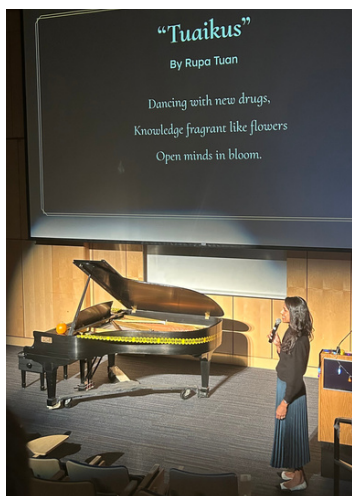
Thank you so much Dr. Kruidering for taking time out of your busy schedule to share your journey with us, and for introducing us to Betty! 😊☀️

ASSP Talent Show: An Evening of Tricks and Treats

By: *Belanna Geniza and Jerril Jacob*

Therapeutic Window Editor and VP of Internal Affairs

On October 27, 2023, students and faculty alike gathered in Cole Hall to celebrate the amazing talents of the UCSF School of Pharmacy community at the ASSP Talent Show, a new production reimagined from the annual Skit Night of years past. The show featured a diverse range of acts: from musical performances including piano, singing, and violin, to visual arts and crafts in many different mediums, to closing out the show with an awe-inspiring set of close-up card magic tricks by P2 Anthony Lam. We were also honored to have had participation from a few of our esteemed faculty members! Dr. Rupa Tuan shared five clever haikus, also known as



Dr. Tuan shares one of five of her own haikus, or “Tuaikus”.

“Tuaikus”, Dr. Kruidering recited a touching poem titled “In the Pharmacy,” and our very own Executive Vice Dean, Dr. Sharon Youmans, graciously sent in a beautiful painting to display at the show.

But the fun doesn’t stop there – in between acts, the students were put to the test for two guessing games: guess the faculty or staff member from their zoomed-in photo and guess the movie/TV show/location on campus from emojis. Check out the video recording of the show [here](#) to discover how that played out and to see all the acts! If the above link doesn’t work, the link will also soon be posted to the ASSP website (<https://www.ucsfassp.com/skit-night-video>)!

There are so many individuals without whom this show would not be as amazing as it was. First, a warm **thank you** to Drs. Tuan, Kruidering, and Youmans, and all our faculty and staff members for your participation and presence. All the amazing acts, for sharing your talents with us and making this show the feat of entertainment that it was. The rest of ASSP board for your help and support throughout the planning and setup process. And last but not least, every single one of you—members, friends, and family of the UCSF School of Pharmacy community, for being a part of this new showcase with us! As we at ASSP push for more in-person events, we hope to incorporate more faculty, staff, and alumni in future projects, so stay tuned for what’s to come!



Anthony Lam (P2) wows the audience with close-up card magic tricks.



Fatemeh Novin (P2) and Belanna Geniza (P2) prepare to take a bow after singing “Someone Like You” by Adele together.

THANK YOU TO ALL PARTICIPATING ACTS!

(in order of appearance)

Dr. Rupa Tuan
Maxim Johnson
Jeanne Le
Zoe Geng
Henry Tran
Sado Essa
Jenny Tran
Dr. Sharon Youmans
Fatemeh Novin
Belanna Geniza
Zunaira Iftikhar
Noelle Vo
Isabel Willner
Dr. Marieke Kruidering
Katherine Gee
Kim Hong Keu
Anthony Lam



Dr. Kruidering shares her heartfelt poem, “In the Pharmacy”.



Dr. Youmans’ painting of sunflowers.

Student of the Quarter

Summer 2023

Congratulations to our recipients for the previous quarter!! If you haven't seen it yet, check out their Student Spotlight posts on our Instagram (@ucsf_assp):

Moujan Allai

Class of 2026

Emil Tran

Class of 2025

Aya Ide

Class of 2024

Fall 2023

Stay tuned for the announcement of our **faculty nominated** recipients for this quarter!
An updated edition will be uploaded by the end of the week!

Class of 2025: Pumpkin Spice and Everything Nice

By: *Catherine Gonzalez and Emil Tran*
President and Vice President



Pumpkin painting with the P1 and P2 classes.

We started off the fall quarter with a bang with the Neuro block. Patient interviews added a unique twist, giving us insights into mental health conditions such as Schizophrenia, Bipolar Disorder, ADHD, and much more. We also got started on our exciting discovery projects, exploring the realms like zebrafish, drug discovery techniques, antibiotics and much more!

Beyond the classroom, we took a breather to unwind and unleash our creative spirits by painting pumpkins of all colors, shapes, and sizes. The spooky, imaginative ideas flowed, making it a great time to connect and catch up with each other.

As we are near the end of the Neuro block, and the holiday spirit is creeping in, we are eager to know what activities you would love the P2 cabinet to plan. Your input matters and we are all ears! Stay tuned for the chilly adventures next quarter as we ensure our P1s, P2s, and P3s are bundled up and ready for the winter wonders ahead. As we are all eager for winter break, keep those spirits high and holiday vibes even higher!

AAPP: A hAAPPy Fall

**By: Keya Patel
President**

AAPP kicked the school year off with a beloved annual event—Sloth Day, a relaxing wellness event at Alamo Square Park. Students enjoyed the great outdoors with some yummy Costco pizza and other treats while enjoying the view of the Painted Ladies from the park! Students put their artistic skills to the test with some painting and bracelet making. Students were also able to participate in a yoga station, led by Historian Isabel Willner!

This was a great opportunity for students to de-stress, spend some time with friends, and focus on their personal and mental wellness. We also welcomed two new P1 Committee members to the AAPP executive board, Alyssa Hew and Sam Lee. We are so excited to have them on board and we look forward to all the new ideas they bring to the table!

We were also fortunate enough to have Dr. Alexander Gilmer and Dr. Tristan Storm come speak to us about transgender and non-binary care. This very informative and inspiring presentation introduced students to current barriers that transgender and non-binary individuals face while navigating the healthcare system. Both Dr. Gilmer and Dr. Storm shared their own stories and personal experiences as not only LGBTQ+ healthcare professionals, but patients as well. They encouraged students to examine their current perceptions of gender and how societal norms involving gender shape our healthcare system today and what role we as healthcare providers can play in providing accessible, inclusive, and equitable care. At the end of the night, the students asked Dr. Gilmer and Dr. Storm many questions they had. We appreciate Dr. Gilmer and Dr. Storm for taking the time to speak to our students and hope to have them come back again next year!

To end November off, students can look forward to a fascinating talk from Dr. Kevin Lanzo on Psychedelic Therapies. Our P1 Committee will also be hosting their first event after the students come back from Winter break, and we cannot wait for you all to join in on what they have planned!



Yoga session led by Historian Isabel Willner (facing away), during Sloth Day.

AMCP

**By: Ray Huang, Janny Zhang, Alissa Zhao
P1 Committee**

AMCP has continued its mission to provide students with information regarding nontraditional fields in pharmacy. These opportunities provide the fastest growing roles in pharmacy and have captivated the interest of many students. This quarter, AMCP hosted its annual Fall Roundtable to introduce these alternative roles to students of all interests and backgrounds.

During the event, students donned their best business casual and were given the opportunity to network with and learn from professionals from a wide range of fields. These roles ranged



P1 and P2 students networking with professionals while enjoying dinner.

from leading innovations in technology and pharmaceutical development to market access strategies and consulting. This gave students a wide breadth of experiences they could pull from in order to explore what it means to be a pharmacist in different settings.

Additionally, this year's Fall Roundtable was innovative by being the first remote and in-person hybrid event which allowed students access to over 50 professionals from various cities and employers across California. We were honored to have guests from Genentech, Novo Nordisk, Gilead, Riva Health, UCSF, and more! This format allowed for smaller groups with students being able to grab a dinner with and gain career advice and knowledge from the guests.

AMCP will be hosting more events next quarter so stay tuned!



Group of students talking with professionals via Zoom in AMCP's first hybrid event.

APhA: 'Vaccinate the Dean' Highlights Importance of Flu Vaccine

By: Emil Tran

APhA-ASP & CPhA at UCSF Policy Vice President

On September 6, UCSF School of Pharmacy Dean Kathy Giacomini, PhD, BSPHarm, received her annual influenza immunization in anticipation of the upcoming flu season. The immunization was administered by second year student pharmacist Emil Tran under the guidance and supervision of Associate Clinical Professor Crystal Zhou, PharmD.

"Vaccinate the Dean" is an annual tradition at UCSF coordinated by UCSF's American Pharmacists Association - Academy of Student Pharmacists and California Pharmacists Association (APhA-ASP & CPhA). This year, the event was organized by the chapter President-Elect Keya Patel and Vice President of Policy Emil Tran.



Emil Tran, Dean Kathy Giacomini and Keya Patel with proclamation from San Francisco Mayor London Breed.



Second-year student pharmacist Emil Tran prepares to vaccinate UCSF School of Pharmacy Dean Kathy Giacomini, part of the "Vaccinate the Dean" tradition at the school. Photos by Amy Xiao.

Patel and Tran presented Dean Giacomini with a proclamation issued by San Francisco Mayor London Breed, which declared October "American Pharmacists Month." The mayor's proclamation highlights the accessibility of pharmacists to the community and

their crucial expertise on medication use and medication therapy management. The event exemplifies one of the many resources that pharmacists can provide to keep the community healthy and safe.

APS: San Pedro Creek Clean Up

By: *Kamila Wrobel and Saveena Sandhu*
President and Vice President

The Alliance for Pharmacy Sustainability (APS) had its annual beach clean-up at San Pedro Creek in Pacifica in August 2023. With the help of numerous pharmacy students and collaboration with the Pacific Beach Coalition, APS was able to help pick up over 50 pounds of trash and hundreds of toxic cigarette butts.

Students spent the morning learning more about the importance of proper waste disposal which included items such as amber vials, cigarette butts, and various plastic materials. After receiving a wonderful and informative lecture from the Pacific Beach Coalition naturalist, students were sent out to pick up various forms of trash all around San Pedro Creek. In the end, APS surpassed the organization's expectations and was able to meet the daily goal of trash pickup in the area.



Pictured: Front Row: Josephine Doan, Anuki Edirimuni, Kamila Wrobel, Joshua Calangian, Vy Ton, Henry Tran **Back Row:** Hannah Kim, Lolita Ghadimian, Jeanne Le, Jonathan Ramos, Trevor Lee



The importance of this event goes beyond cleaning up the beach; it became an informative experience. The dedication of participating students and collaboration with Pacific Beach Coalition highlighted APS's dedication to sustainability. Students came out of this event with newfound awareness emphasizing APS's role in fostering awareness and responsibility among pharmacy students. Through community engagement and future collaboration with like-minded organizations, APS continues to advocate for sustainability initiatives within the pharmacy field.

Left to right: Kamila Wrobel, Vy Ton, Henry Tran, Anuki Edirimuni, Hannah Kim, Josephine Doan, Joshua Calangian

COSA: Fall 2023 Highlights

By: *Lolita Ghadimian*
Director of Internal Affairs

COSA opened the Fall quarter with our annual Training Extravaganza in which all 13 student-run projects came together to provide all-day training sessions both in-person and remote. This event allows for both P1 and P2 students to gain training for the projects of their interest in order to volunteer with COSA and provide screening and/or health education to the public at health fairs. Screening training included blood glucose monitoring provided by Operation Diabetes, blood pressure monitoring provided by Project Healthy Heart, and bone density monitoring provided by Project Geriatrics. Over 70 students were interested, with approximately 65 students successfully trained by the end of the week.

September and October 2023 were busy months for COSA. To kick things off, Operation Immunizations held



Training Extravaganza, 10 September 2023

Left to right: Preceptor Dr. Jeffrey Wong; Project Coordinators Ivy Lu, Katherine Gee, Saya Hayashi, Karen Tran

four flu clinics in collaboration with Occupational Health at Parnassus, ZSFG, Mission Bay, and Genentech Hall and vaccinated about 200 individuals per day. Events such as the Chinatown Community Health Fair Screening and Talk With A Pharmacist Day also took place.

In honor of National Prescription Drug Take Back Day, Project Safe Medication Disposal in collaboration with APS, held an online informational event to teach students about how to properly dispose of medications, while also providing education on the potential for medication abuse.

Project HIV tabled at Undiscovered SF, where they provided health education on HIV, PrEP, and provided resources to the public.

In late October, COSA's Substance Abuse Disorder project held its annual Opioid Overdose Prevention Training. Students were able to learn and experience valuable hands-on naloxone training from first responders and hear a personal story from a survivor.

In regards to future events, COSA's P1 Committee will be recruiting volunteers to help organize the Winter Auction where all proceeds will help fund the student-run projects! Stay tuned for more health fair events, lunch talks, and more!



Tabling at Undiscovered SF, 21 October 2023
Left to right: Project Coordinators Xinyi Cai and Sharon Huang; Student Volunteers Lorraine Ishida and Jennifer Do; and Preceptor Dr. Jennifer Cocohoba

CSHP

**By: Timothy Kein
 Secretary**



**UCSF Students at CSHP
 Seminar 2023**

CSHP at UCSF has had a very exciting quarter as we attended CSHP Seminar 2023 and hosted two of our biggest events, Residency Roundtable, and our Internship Night in collaboration with APhA-CPhA and AMCP.

CSHP Seminar 2023 took place from October 12-15th at the Long Beach Convention Center in Long Beach, CA. UCSF had a large presence at Seminar, and it was a valuable and fun experience for students as they attended various clinical pharmacy practice sessions and networked with pharmacists at the residency showcase. Back in San Francisco, our VP of Professional Affairs, Saya Hayashi and Valerie Htun as well as the rest of the CSHP Board, organized our Residency Roundtable event. At our Residency Roundtable, we had representatives from 16 residency programs where students had the opportunity to learn more about these programs directly from either residents or residency program directors. Our first in-person Internship Night since COVID-19 consisted of speakers from Chinese Hospital, Kaiser, Walgreens, COEUS, and Zuckerberg Hospital. Overall, it has been a very busy, yet successful quarter of events for CSHP!

EDPG: New Members, Insightful Talks, and Success in Emergency Medicine

By: *Catherine Gonzalez and Jenny Tran*

Vice President of Virtual Affairs and President

This fall quarter, we welcomed two new members to the executive board, Shenghung Huang and Irena Murray, who will be serving as our P1 Committee members this year. We are so excited for the new ideas and perspectives that they will bring!

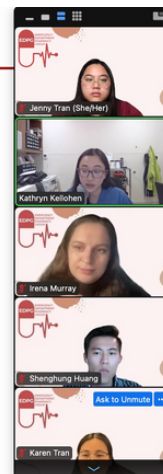
Recently, Dr. Kathryn Kellohen, Emergency Medicine Pharmacy Resident at Stanford Healthcare, spoke with us about her journey and passion for emergency medicine. As a UCSF alumna, Dr. Kellohen was able to offer insight on APPEs and how to set yourself up for residency success with the

opportunities provided inside and outside of UCSF. The event ended with plenty of time for Q&A where Dr. Brian Dang, Stanford's EM Pharmacy Residency Program Director and Dr. Shannon Rankin, Stanford's EM Residency Program coordinator, joined the Zoom to offer more information.

In addition to our virtual events, EDPG is currently running in-person ED shadowing events for UCSF SOP students until the end of the 2023 year. With the help of Dr. Zlatan Coralic and his team, every Wednesday, a different student gets the chance to watch how a pharmacist navigates the emergency department. Students get the opportunity to speak with an ED pharmacist one-on-one, tour the ED and even shadow codes if they arise. This is EDPG's largest shadowing event thus far and we look forward to providing even more activities in the future, so be sure to keep an eye out for EDPG on the bolus if you are interested in learning more about emergency medicine!

Stanford Emergency Medicine

- ▶ Level 1 adult + pediatric trauma center
- ▶ Adult + peds ED within 1 institution
- ▶ Comprehensive stroke center
- ▶ AMC
- ▶ Many ED preceptors
- ▶ Protected learning time



Dr. Kellohen from Stanford Healthcare going over the highlights of Stanford's Emergency Medicine residency program. Pictured from top to bottom: Jenny Tran, Dr. Kathryn Kellohen, Irena Murray, Shenghung Huang, Karen Tran

ISPOR: Lunch Talk with Dr. Michael Pazirandeh

By: *Jennifer Nguyen and Colleen Leung*
President and Director of Communications

ISPOR is dedicated to increasing awareness of health economics and outcomes research (HEOR), and promoting the role of PharmDs within the pharmaceutical industry. HEOR is a functional area in the pharmaceutical industry that focuses on determining product value and costs, and conducting real-world evidence to understand the use of a drug outside of isolated clinical trials. As student leaders of ISPOR, our objective is to organize informative events to create platforms for students to gain insights into HEOR and its significance in the pharmaceutical industry.

This Fall, ISPOR was excited to host an in-person lunch talk with Dr. Michael Pazirandeh, a Principal Medical Scientist at Gilead. Dr. Pazirandeh has extensive experience in both managed care and industry. Students were able to learn about a general overview of HEOR, his path into industry, and advice about breaking into industry.



ISPOR Executive Board with Dr. Michael Pazirandeh. Left to right: Sandhyarani Gullapalli, Alice Dang, Jennifer Nguyen, Dr. Michael Pazirandeh, Colleen Leung, Ivy Lu

“The speaker’s charisma made the session very entertaining, and it felt like a discussion more than a lecture. Additionally, the mix of topics ranging from what his job was to career advice and strategizing what to do as a student from UCSF made it a very memorable and enjoyable session,” said Ray Huang, a P1 who attended the event.

ISPOR is excited to host more upcoming lunch talks and events. Stay tuned!



Dr. Michael Pazirandeh shares about his roles and responsibilities as an outcomes liaison.

NCPA

By: Katherine Gee
VP External Affairs

During these past few months, NCPA co-hosted Legislative Night alongside AMCP, APhA, CSHP, IPHO, SCCP, and SNPhA. Additionally, NCPA also began our mini-workshop series to help our peers develop skills in entrepreneurship and business planning. Dr. Brian Komoto, founder of Komoto Healthcare, shared his insights and personal history with students – leading them through SWOT (strengths, weaknesses, opportunities, and threats) analysis with case examples from the COVID-19 pandemic. We also have some other events planned as the quarter wraps up – a talk with Dr. Peter Koshland on compounding pharmacy, a mini-workshop on mastering financial reports, and an information session for the Business Plan Competition. Here’s to a great past year of learning and developing our pharmacy knowledge, and a hope for the next year to be just as fruitful!

NHPA: Mexican Consulate

By: Alejandro Chavez
Vice President

NHPA was proud to serve the Hispanic community at the Mexican Consulate on October 14, 2023 by providing resources to have better health outcomes. We had volunteers from the P1 and P2 class, Jacqueline Marquez, Eilee Mendoza, Yasmin Ramos, Wendy Rivera, Jeremiah Samson, and Alejandro Chavez, offer health screenings on blood pressure, blood sugar, and COVID tests. With the help of 2 pharmacy preceptors, Dr. Mulala and Dr. De Vore, we provided education about blood pressure control, diabetes, and medication adherence. Eilee Mendoza and Yasmin Ramos would take medication histories, provide paperwork, and help patients understand the process of the health screening. Jeremiah Samson would screen patients’ blood pressure and Wendy Rivera would screen patients’ blood sugar. Jacqueline Marquez would overlook both stations and offer any assistance or education to patients. One highlight that stood out was our student volunteers took a medication history and educated a patient on the importance of taking their insulin. After screening the patient’s blood glucose, we referred them to our pharmacy preceptors for educating on the importance of adherence to their insulin since the patient had certain negative beliefs revolving around insulin.



Student volunteers and preceptors in attendance from left to right: Jacqueline Marquez, Jeremiah Samson, Alejandro Chavez, Wendy Rivera, Dr. Mulala, Eilee Mendoza, Yasmin Ramos, Dr. De Voro

PCRA: A New Beginning

By: **Maxim Johnson**

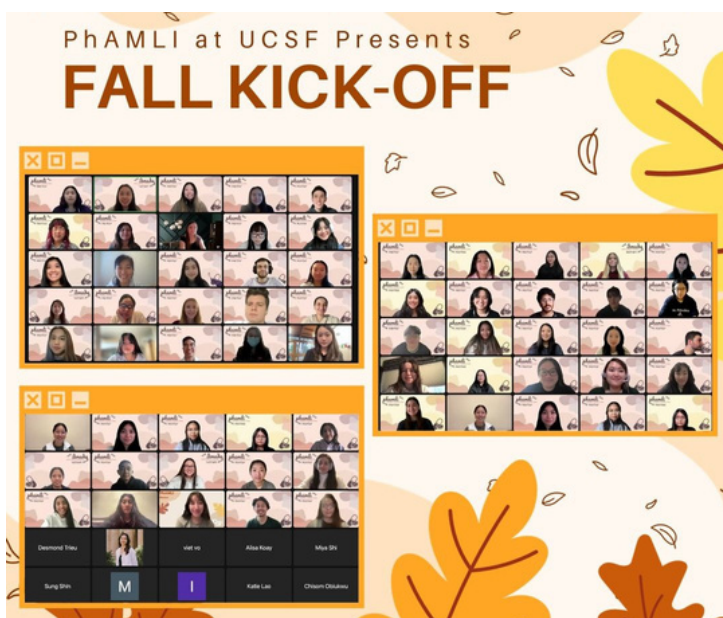
Director of Communications

This fall, Pharmacy Committee of Recreational Activities (PCRA) was formed as the School of Pharmacy's only recreation-focused RCO. Our goal is to create recreational activities for students, faculty, and staff that promote mental and physical wellness. Our organization aims to promote fitness and social engagement by providing a diverse selection of activities and events that our members vote for directly. We also hope to explore outreach and community involvement opportunities PCRA members can partake in. Our kick-off event is planned for the beginning of December, but we ask and invite all students to please join us on Group Portal to ensure you don't miss out on any future events. We hope to create lasting memories amongst the School of Pharmacy Community that we can cherish long after leaving!

PhAMLI: PhAMLI Fall Kick-Off Day

By: **Mable Thai**

PhAMLI Secretary



Pictured: Victoria Yan, Ivy Lu, Celine Tran, Grace Wu, Michael Ouyang, Alayna Dornton, Alexandria Lapan, Alisa Koay, Anne Zakhrious, Ashley Leong, Catherine Gonzales, Chelsey Souza, Darlene Phan, Darren Alfafara, Desmond Trieu, Elena Dere, Elizabeth Chung, Emma Scholes, Han Dinh, Hannah Gilleran, Hannah Kim, Isaiah Williams, Janeene Yeh, Janny Zhang, Jennifer Nguyen, Jenny Hu, Jeremiah Samson, Jerril Jacob, Jihae Ryu, Jonathan Ramos, Jose Maldonado, Joshua Calangian, Kailey Lee, Katherine Gee, Kayla Nokelby, Kayla Peralta, Lani Nariyoshi, Larrisa Nguyen, Lubna Khan, Mable Thai, Mackenzie Lee, Madeline Lequang, Marcela Salazar, Marsha Li, Maxim Johnson, Pooja Vedam, Qingyu Li, Sammy Nguyen, Sarah Shapiro, Shenghung Huang, Vicki Tran, Yasmin Ramos, Aimen Jamshed, Alice Yang, Ashleigh Higgins, Ayaka Nakashima, Brianna Wong, Chisom Obiukwu, Gia Truong, Iannah Baure, Isabel Lundstrom, Isabella Wan, Jeremiah Lee, Katie Lao, Lisa Cai, Lorraine Tam, Melissa Mayes, Michelle Krichevsky, Miya Shi, Simran Kaur Mushiana, Sindy He, Sofia Hernandez, Stephanie Wang, Sunghoon Shin, Viet Vo

PhAMLI started the 2023-2024 academic school year with our highly anticipated Fall Kick-Off Day, where the new mentors and mentees are first introduced to each other! Ever since the introduction of Zoom during the pandemic, we've expanded our mentorship to include undergraduate institutions all over California. Distance is no longer a barrier for new mentees to connect with current UCSF student mentors! The PhAMLI mentorship program helps foster valuable relationships between current UCSF SOP students and prospective undergraduate pharmacy students to help them gain more information about pharmacy—especially pharmacy at UCSF. In addition to the mentor-mentee pairing, a Q&A panel consisting of a P1, P2, P3, and PGY1 UCSF pharmacy student was held to provide mentees more information on the day-to-day life of each respective panelist. Questions such as each panelist's daily life, advice for prospective pharmacy students, and inspiration for pursuing pharmacy were answered to give mentees more insight. After the panel, mentor and mentee pairs were able to spend time getting to know each other and preparing for future contacts! As always, we are thankful for the mentors and panelists who dedicated their afternoon to speaking with mentees and helping form valuable mentorship relationships. PhAMLI looks forward to another year of fruitful mentorship!

PHC: Building Our Foundation

By: **Keanna Rasekhi**

Clinic Liaison/Elective Coordinator

PHC has been embracing a state of flux by continuing to evolve with the ever-changing structure of our Shelter Clinic. Throughout the past few months, our Clinic Coordinators (Brandon Tan and Cindy Cai) have been communicating with various organizations throughout the city to find ways to be involve in providing care to the homeless, allowing various possibilities for PHC to restructure our clinic. Our hope for the future is a seamless transition from clinic only services to various outreach events like flu/donation drives,



P1 Board Representatives

Sophia Chan (left) and Caitlyn Ortiz (right)

lunch talks, and shadowing opportunities that all pharmacy students can learn from and provide services for.

Over the past few weeks, PHC has been creating a strong foundation for our clinic through our elective, CP163. PHC's collaboration with the SOM have allowed students to listen to profound healthcare workers who focus on the houseless community, including Dr. Damien Peterson, clinical psychiatric pharmacist at SFDPH and Dr. Margot Kushel, Director of UCSF's Center for Vulnerable Population. We also would like to welcome our P1 board representatives, Sophia Chan and Caitlyn Ortiz. Chan remarks "My favorite thing about PHC is learning about the wide variety of services available to help aid those experiencing homelessness. It's extremely helpful and important to be aware of these resources to best advocate for patients and look forward to expanding my knowledge further." "I've loved learning about all the ways we can help the homeless population access healthcare and things we can do as students and providers to lower barriers and make healthcare more equitable," states Ortiz.

PLS: Making Waves at Conferences

By: **Aniqa Azad**

President

Fall Quarter is always a busy but exciting season for Phi Lambda Sigma (PLS) members for many reasons but the thing that everyone looks forward to most are conferences! Kicking off the conferences was the CSHP Seminar in Long Beach this past October; PLS members were spotted presenting their Discovery Project posters, participating in the Quiz Bowl (and winning second place!), and networking at the Residency Showcase for the upcoming residency application season. In November, our President, Aniq



2023 Board at CSHP Seminar. Left to right:

Melissa Chee, Sylvia Choi, Ellie Mehrabani, Aniq Azad, AJ Roderos, Raeiti Chami

Azad (P3), and VP of Finance, Sylvia Choi (P3), were spotted in Dallas, TX at the ACCP Annual Meeting presenting posters of their research such as the use of dornase alfa in pediatric patients and antimicrobial use in Guatemala hospitals. In December, PLS members, especially the P3s, are gearing up to attend ASHP Midyear in Anaheim to present posters and network with residents and RPDs at the Residency Showcase.

Amidst the conferences, PLS partnered with OCPD to host our annual LOI Workshop to help students applying to fellowships and residencies, and matched PLS members with 33 mentors through our



The UCSF Quiz Bowl team, some of whom are PLS members, won 2nd place at the CSHP Seminar. Left to right: Darren Alfafara, Joanne Guan, Anthony Wong, James Chhen, Asayena Viengmany, Aniq Azad, Ellie Mehrabani, Ingrid Zhou

Annual Mentorship Program. To wrap up the year, VP of Communication, Melissa Chee (P3), will be hosting our 5th Annual Alumni Night on Monday, December 11th, to allow students to network with 7 esteemed PLS alumni. We hope to see you there!

SCCP: Fall 2023 Highlights

By: **Cindy Nguyen**
President-Elect

SCCP began Fall by continuing our theme of Clinical Pharmacy career exploration lunch talks that our VP of Professional Affairs & Development, Cindy, kickstarted in the summer. Following Dr. Shin's lunch talk on Ambulatory Care, Cardiology, and Research



Dr. Dexter Wimer and Critical Care Lunch Talk attendees.

was our Critical Care-focused discussion with Dr. Dexter Wimer. We had the pleasure to host Dr. Wimer who serves as not only UCSF's PGY1 Residency Coordinator but also the PGY2 Critical Care Residency Director! The lunch talk delved into our guest's education path toward advanced pharmacy practice and his advice as a preceptor for students who are beginning IPPEs and/or ranking APPEs soon. Attendees exchanged questions with Dr. Wimer regarding tips for residency, responsibilities as a critical care pharmacist, and much more all while enjoying Yifang boba!

LUNCH TALK
BIDIL AND RACE-BASED MEDICINE

SCCP Health Equity and Advocacy
DR. MARI CAYABYAB, PHARM.D

WHEN
Tuesday, November 21st
12 - 1 PM
ZOOM

CURIOUS ABOUT THE INTERSECTION OF SCIENCE, MEDICINE, AND RACIAL DISPARITIES?
Join us to learn more about BiDil and race-based medicine!

COME FOR A CHANCE TO WIN ONE OF THREE AMAZON GIFT CARDS!
Co-Cur Approved for Cultural Understanding

In efforts to enrich SOP's curriculum, our VP of Health Equity & Advocacy, Sado, invited UCSF alumnus Dr. Mari Cayabyab, who is currently a Clinical Pharmacy Specialist in Pharmacogenomics at the University of Pennsylvania, to talk about the validity of race-based medicine and how these practices translate to patient outcomes. For PIs who are currently studying Cardiovascular, a medication called BiDil might ring a bell as its race-based indications are controversial for improvement in heart failure in self-identified African Americans. Dr. Cayabyab walked us through how pharmacogenomics aids in genomic counseling and therapy assessment and shared how advancements in health equity have gradually done away with race in algorithms. Attendees had the chance to win gift cards in addition to the knowledge shared at this talk!

Flyer of BiDil Lunch Talk with Dr. Mari Cayabyab.

SNPhA: Harvesting Community Support and Gratitude

By: **Brittney Nguyen**
Director of Correspondence

SNPhA is dedicated to creating a positive impact in diverse communities by empowering pharmacy students and exemplifying its mission to serve the underserved. This fall, our very own VP of Internal Affairs, Celeste Noelle Bustria, hosted an ENVISION x SNPhA Vital Signs and Mental Wellness Workshop! This successful event highlighted the significance of physical and mental health awareness within health disparities while offering our students an opportunity to volunteer and collaborate



ENVISION x SNPhA Vital Signs and Mental Wellness Workshop - AAPP at UCSF sharing self-care techniques.

with high school students from underserved communities in San Francisco. We welcomed the American Association of Psychiatric Pharmacists (AAPP) at UCSF, where they facilitated a comprehensive discussion on mental health disparities and effective mental health awareness practices; later, our students shared their experiences in addressing these disparities and promoting mental wellness.

As we navigate through the remainder of the year, we are thrilled to introduce our new P1 initiative chairs: Joanna Feng (Fighting Diabetes), Lani Nariyoshi (Power to End Stroke), Janeene Yeh (Operation Immunizations), and Vivian Le (Project Keepsake)! We are so excited to welcome them into our SNPhAmily and cannot wait to see the positive influence they will have on our communities!

SNPhA's unwavering commitment to the community is the foundation of our mission, and we are so excited to continue sharing upcoming events with all of you! Thank you to everyone who has volunteered and joined us in our ongoing mission to serve the underserved. Keep an eye out for exciting future events!



UCSF students demonstrating how to take blood pressure readings.

WHA x OPA: Investigational Breast Cancer Drugs with Dr. Laura Quintal

By: Sierra Brandt-Gray

VP of Finance of WHA, Secretary of OPA

The Womxn's Health Alliance and the Oncology Pharmacy Association jointly hosted Dr. Laura Quintal, UCSF's investigational breast cancer drug pharmacist, to discuss her career and knowledge on investigational breast cancer treatments.

Laura began the lunch talk by providing background for how breast cancer treatment is approached and how pharmacists are involved at each level. She provided insight into what an investigational breast cancer drug pharmacist does and how she is involved in both research and direct patient care.

One of the important ways Laura directly impacts patient care is by providing extensive one-on-one training with patients about their medication regimens; she is also responsible for tracking adverse effects experienced by the patients and mitigating them when possible. Laura also described her responsibilities to the researchers and industry; other than the doctors and nurses with whom she works, she spends a significant amount of time communicating and coordinating with drug manufacturers.

OPA is committed to continuing to spread knowledge about oncology and pharmacy, and the WHA will continue to raise awareness and educate students about issues faced by marginalized groups.

Keep your eye out for more lunch talks coming from OPA and WHA during Winter quarter – OPA will be hosting an oncology informatics lunch talk, and WHA will be hosting a lunch talk with Dr. Praya Saberi on HIV/AIDS!



Dr. Laura Quintal presenting treatment approaches in breast cancer research.

Kappa Psi: Feeling Festive in Fall 2023

**By: Grace Herron
Regent**

This Fall, the new 32 members of Kappa Psi completed rush events and participated in two philanthropic events. Kappa Psi also had a Province meeting in Sacramento.

Rush events included family dinners, organizing a fundraiser, attending two study hour events, and KY Olympics. Family dinners are a great way to socialize over a meal and get to know more about each Brother. The fundraiser, study hours, and KY Olympics are events required to become a new member. These are opportunities to learn more about the history of KY, build KY funds, and participate in a multi-event tournament.

The two philanthropy events organized were Reach Out and Read and a clothing drive. Reach Out and Read is an organization that increases language and reading in children. Members of KY had the opportunity to volunteer to read and donate books to the organization. As for the clothing drive, each member of Kappa Psi was required to bring at least two clothing items and those in the philanthropy committee organized and packaged all clothing items to be donated.

Province was a 3-day event in Sacramento hosted by the Zeta Chapter where representatives from each chapter were invited to vote on regulations. Province is an opportunity to strengthen the unity of the Chapters, network and extend connections, and is an experience that provides professional development.



Fam Dinner (left to right): Jenny Hu, Will La, Timothy Kein, Keanna Rasekhi, Vy Ton, Josephine Doan, Wendy Xie



KY Olympics: Vy Ton, Josephine Doan, Trevor Flores, Caitlyn Ryan, Henry Tran, Jihae Ryu, Jennifer Do, Larrisa Nguyen, Janeene Yeh, Sahana Saravanan, Jay Samson, Eilee Mendoza, Darlene Phan, Alisa Koay, Janny Zhang, Wendy Xie, Kailey Lee, Lani Nariyoshi, Sophia Li, Jeanell Dimapasoc, Michael Nguyen, Vicki Tran, Vivian Le, Elena Dere, Will La, Andrea Nguyen, Jaryn Miguel, John Li, Lolita Ghadimian, Jon Ramos, Jeanne Le, Jenny Hu, Melisa Lanzar, Ashley Leong, Alexa Kouvelis, Jazlyn Quintana, Keanna Rasekhi, Alinda Deng, Anastasia Tentoglou, Grace Herron, Karen Tran, Valerie Htun, Brittney Nguyen, Elizabeth Cheung, Winnie Ng