

THE THERAPEUTIC WINDOW



UCSF School of Pharmacy

ASSP | WINTER 2018

To San Francisco, with Love



The ASSP Board at our Winter Banquet celebrating our amazing student leaders Nisha Iyer, Rosalind Tom, Kate Misogas, Maki Usui, Justin Truong, Vicky Yi, Jessica Li, Nikki Oragwam (not pictured: Ashneel Krishna)

**By: Kate Misogas
ASSP President**

As I sit here wrapped in a blanket with a hot mocha, listening to the rain pattering my window, I think about how winter has come and gone. The end of the quarter snuck up on many of us, like Karl the Fog rolling in across the Bay, and I can't help but get sentimental realizing these are the last days that many of the P3s will be together in San Francisco.

This time last year as I watched the now-P4s wrap up their didactics, I thought about how different it would be once they left. They were such a large presence at the school and were our mentors, our Bigs, our buddies, a constant source of advice. Despite some of our protests and amidst cries of "What are we going to do without you?," they reassured us that we would be fine and it was our time take the reins. A year later, the tables have turned. The current P3s, myself included, now find ourselves in the alternative position. It is our turn to witness the potential of the students we are leaving behind, to

express our confidence in their capabilities, and to soothe their self-doubt.

Regardless of the year in pharmacy school, there constantly seems to be a feeling not being ready. Perhaps it is our perfectionist nature, maybe it's the desire to constantly improve oneself, or it could be that imposter syndrome rearing its head again, but the truth is that we are ready. We are ready to take on those leadership positions, we are prepared for rotations, and we are qualified to begin our lives as licensed pharmacists (P4s, I'm looking at you!). We might not feel this self-assured at first, as we convince ourselves we aren't ready to be pushed out of our comfort zone. It is in this uncharted territory, however, where the most growth and personal development occurs. So be comfortable in the uncomfortable as you continue to challenge yourself to become the best version of you possible.

I would be amiss to not take this opportunity to express my gratitude and appreciation for the people who have prepared me for the next leg of my journey. To OSACA, the SOP

administration, and Dr. Kishi: thank you for your invaluable guidance. To the student leaders: thank you for your dedication to propelling student life forward and for your patience and flexibility in tackling the challenges of this year. To the ASSP Board: thank you from the bottom of my heart for making this never feel like a job, for your energy, and for your friendship. Working with you has made an undeniable impact on my time in pharmacy school. And last but not least to the student body: thank you for your support and trust this past year. I am honored and humbled to have had this unique opportunity representing you. Signing off as your ASSP President, I leave a piece of my heart with you here at the School of Pharmacy and in the beautiful city of San Francisco.

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Edited By Nkiruka (Nikki) Oragwam

New Beginnings

By: *Rosalind Tom*
ASSP President-Elect



P3 Class at ASSP Trivia Night

I have always held true to the statement to never let others shape your experience for you. However, I have now discovered a profound appreciation for all the individuals who have influenced my life at UCSF thus far. This time of divergence brings bittersweet feelings,

because it mandates the confrontation of losing some of the most significant figures in my life here. I remember first entering this program without much knowledge of anything and looking up to the upperclassmen for their work, efforts, and guidance. Outsiders often inquire about the factors that distinguish UCSF from other universities in the nation

and the latter defines this magic for me. I would not be the person I am today, both on a personal and

professional level, without the support of my peers in the student body. For that, I want to thank you.

Although this winter signifies the end of a chapter for both third and fourth

years, it brings to light the amazing contributions and the impact that each individual has had in our program. Thank you for all that you have done to help our student body flourish and to continue the magic that makes UCSF what it is. I wish you all the best moving forward to the next chapter of your lives and cannot wait to see the amazing things you will do for our community.



ASSP Banquet 2018

Winter 2018 Student of the Quarter

By: *Jessica Li*
ASSP VP of Student Affairs

On behalf of ASSP, I would like to award Carolyn, Tim, and Shirley the Winter SOTQ for their contributions to their respective classes.

CAROLYN DANG

Class of 2021P

Carolyn is an all-around great friend and classmate to us all. She goes ABOVE and BEYOND the call of duty as a student and tries to help out each individual student/group as much as she can. She is extremely supportive towards everyone and for that reason, I have really enjoyed working with her. Without so much as a care for recognition, Carolyn is the exemplar of a UCSF student and a role model for PRIDE values.

TIMOTHY DO

Class of 2020

With all the assignments, CLE quizzes, and small group discussions, I feel like I'm living from deadline to deadline as a P2. Tim Do has been an AMAZING secretary in sending out the bolus at the beginning of each week (and sometimes earlier!), in addition to reminders on the class page.

Thank you, Tim!

SHIRLEY NG

Class of 2019

Shirley brings a bright attitude to class with her every day and impacts everyone around her positively. She's a charismatic leader, and I am so thankful to have her as the P3 class president. She's been doing her absolute best to make this quarter memorable and enjoyable, always thinking of new ways to enjoy the city and bring the class together. Her selflessness in helping the P2 class plan for Mx. Pharmacy just goes to show how dedicated she is in helping others. As we come to the end of our didactic training, I think it is important to recognize a student who has made an effort to bring us all closer together and make pharmacy school a little more fun. Shirley truly cares about our class, and is very deserving of SOTQ.

Class of 2018: Do you feel like a pharmacist yet?

By: Steven Samuels
Class of 2018 President



Class of 2018 students celebrate the end of their last OSCE before embarking on rotations.

From left to right, top row: Catherine Lo, Elaine Chiang, Jasmine Kim, Esther Zhang, Glori Wai, Hien Nguyen, Cathy Wu, Michael Peng, Wilson Li, Judy Ma.

From left to right, bottom row: Lisa Le, Margarita Chernova, Dana Collier, Nou Lee, Laney Luong, Vicky Bayrasy, Agnes Lau, Phuong Lai

Nearing the end of rotations, everything seems to speed up. “It is already week three of our last rotation?”, I hear a classmate say. In retrospect, the entire journey may have been slow at times and quick at others. Slow days of studying and surviving with classmates. Quick days of San Francisco adventures. Days on rotations consumed in the one thing that matters most: caring for our patients in various capacities.

I see our future come to the tipping point of graduation, as another classmate asks “Do you feel like a pharmacist yet?”. Maybe not yet. Maybe after a board exam or two. In our ever-adapting UCSF curriculum I think we have caught glimpses of what it feels like to be a pharmacist. It may have been in taking the Oath of a Pharmacist, during an OSCE, or during an intervention made on rotations.

And yet, feeling like a pharmacist is not the point. It is making our patients feel like we are their pharmacist. Their “I had no idea pharmacists did that” moments. Helping the public feel like they can trust us as pharmacists. Making discoveries and changes that only a pharmacist can make. As we cross into the privileged group of those with a doctoral level education, the Class of 2018 will feel more like pharmacists than ever.

Class of 2019: P3 p/w stress 2/2 APPE, give supportive care PRN

By: Shirley Ng
Class of 2019 President

I have literally sat at my computer for over an hour thinking about what to write because, honestly, how can anyone summarize the last three years into just a short 250 words? We end our time here at UCSF with a LOUD presence at Trivia Night, our continued participation in

Mx. Pharmacy, the upcoming P3 Send Off, and our first ever Jamba Mamba (AKA P3 Send Off Pt 2). Our unwavering class spirit and enthusiasm never fail to impress me, and I will truly miss everyone’s presence during our year apart.

My one request is for all of us to stay connected during rotations. Schedule a time to check in with each other! Grab a drink after work, spend your lunch breaks together, throw housewarmings, parties, game nights, share stories from your shifts—however you see fit! We are approaching inevitable stress ahead, and every bit of support counts. To my amazing P3 classmates, I could not have done pharmacy school without you all. I don’t think I’ll be able



P3s rep their undergrad!

Left to right: Carolyn Hua, Stephanie Golahi, Kate Misogas, Taryn Morita, Alexi Kimura, Shirley Ng, Kelli Walker, Karisa Wymer, Daniel Keroles

to do rotations without you all either. Class Cab/ARTS/STARS/RATS would like to thank you all for entrusting us to represent your voice during the year, and we are excited to see what the new P4 Class Cab has in store for us. It has been a great year, but the best is yet to come. Time is going to fly, and we’ll be back in HSW for law review before we know it!



P3 RCO leaders pose at the ASSP Winter Banquet

Class of 2020: One more quarter to go ...

By: Ashneel Krishna
Class of 2020 President



ASSP Trivia Night

Back Row (left to right): Rosalind Tom, Kristin Ignacio, Jasper Hai, Maki Usui, Justin Truong

Middle Row (left to right): Victoria Yi, Ashneel Krishna, Stephanie Sin, Ashley Yam, Shirley Ng Xiao, Mia Lim, Nkiruka (Nikki) Oragwam, Faculty Dude

Front Row (left to right): Jessica Li, Tiffany Guan, Nisha Iyer

Surviving and staying afloat. One day at a time. These words resonate well in the life of a P2. We entered the winter quarter being nervous about our first therapeutics class, but we were surprisingly pleased at how well the course was taught and how receptive Dr. Kroon was to feedback. We also learned to multitask between studying for PCOL and physiology, while following through with our work and extracurricular commitments. Yay us!

Despite our hectic schedules and challenging course load, we still managed to make this quarter a very memorable one. We began the quarter with a P2 class social, which brought our class together. We were also able to form connections with our physical therapy classmates during our PT/Pharmacy class social. We were able to take home the gold (yeeeeee!) at ASSP trivia night. And we were happy to cheer on our amazing classmates **Carol Ou** and **Kelly Stancyk** in Mx. Pharmacy! Congratulations to our very own **Kelly Stancyk** for winning Mx Pharmacy 2018! We're so proud of you! We're simply AMAZING!

With finals just a week away, many of us are surprised at how fast this quarter flew by! We only have one more quarter remaining in our P2 year, and we are confident that we will make it count! As we complete this quarter, we realize that we only have one year left at UCSF so we must enjoy the journey, form lifelong friendships, and continue to fulfill our dreams.

Class of 2021P: Time flies when we're having fun!

By: Kevin Le
Class of 2021P President



As February came to an end, there was a sense of shock among the P1s as the conversation amongst each other was "Wait, how is it week 9 already?"

To say that this quarter has been eventful for the class of 2021P would be an understatement. We

has also quickly grown from being the new kids on campus to taking leadership positions within organizations and looking forward to serving as UCSF's future leaders.

But even despite all of this going on, the class of 2021P still had time to have fun as we danced the night away at the GPSA formal and showed off our knowledge at ASSP trivia night. Our first year has gone by faster than we could have ever imagined but we look forward to continuing to learn, developing bonds, and ending the year strong!



P1 Class Cabinet at ASSP banquet

Top: Conrad Lopez, Kharissa Shaw

Bottom: Kevin Le, Janelle Agustin

P1's getting ready for their first anatomy lab
Back row: Jimmy Nguyen, Jordan Brooks, Kyle Merchant, Jason Wei, Vivian Chen, Dat Le, Monica Vuong, Alice Yeh

Front row: Conrad Lopez, Melanie Zarate, Talia McCann, Julie Dao, Stephanie Son, Irene Sunwoo, Stephanie Chen, Jeanny An

hopped right into IPPEs immediately after returning for the new year and we all had plenty of learning to do, stories to tell, and even celebrations from giving our first immunizations. Our class

ACCP-SCCP: ACCP-SCCP Explores Research, Fellowships, and Industry

By: *Rachael Gordon and Brian Gac*
ACCP-SCCP President & President-Elect



From left to right our 2018-2019 board: **President:** Rachael Gordon, **ACCP Student Liaison:** Clarice Resso, **VP Student Research:** Eileen Bang, **President-Elect:** Brian Gac, **VP Student Development:** Kyle Merchant, **Secretary:** Hanna Yakubi, **Treasurer:** Natalie Alsalek

ACCP-SCCP had quite the winter quarter, filled with meaningful events and exploration of new territory. We started the quarter with our biggest event of the year, the Clinical Research Roundtable. This year we collaborated with NCPA to host an engaging night of networking with clinical research and entrepreneurial pharmacists. The attendees backgrounds included hospital pharmacists, faculty PharmD/PhDs, entrepreneur phar-

macists, and a special appearance by Dean B. Joseph Guglielmo. We could not have thanked these amazing speakers enough for sharing their thoughts on research and future careers. Students in attendance were able to gain exposure to various fields of pharmacy and practice professional networking skills to prepare for internship and career opportunities.

Next, ACCP-SCCP expanded our focus to teaching our students about industry and fellowship opportunities. We were able to collaborate with Dr. Leslie Floren to host two new informative events for students. We first hosted an Industry Information Night, a panel discussion and round table with PharmD scientists who work locally in the pharmaceutical industry. We then hosted the Fellowship Information Day focused on the types of fellowships and the application process, along with a panel discussion with current fellows and roundtables with fellowship representatives.

Also, a huge congratulations to our Clinical Research Challenge team who made it to the second round of the competition! Congratulations Julia Lee, Hanna Yakubi, and James Matthews! Finally, as we transition to the new incoming board, I would first like to thank our board who helped expand our organization this year. Now, I would like to give a warm welcome to the incoming ACCP-SCCP board of 2018-2019. These leaders will make a huge impact on our organization and expand events for our research-interested students!

AMCP: To Continuing the Legacy

By: *Cindy Nguyen and Claire Nichols*
AMCP President-Elect & President

Winter quarter signifies one of the busiest, but also most enjoyable times for AMCP-UCSF. Starting with holding the local P&T Competition and ending with our annual Winter Banquet, to say this quarter has been a success is an understatement. We commend the hard work and dedication of our 2017-2018 AMCP Board, as well as the amazing P&T Coordinators. Along with signifying the end of the 2017-2018 AMCP Board, Winter Banquet presented the new 2018-2019 AMCP Board Members: Cindy Nguyen (President), Ryan Thaliffdeen (Vice President of Operations), Madeena Sidiqui (Director of External Affairs), Jimmy Nguyen (Director of External Affairs), Carmen Leung (Director of Internal Affairs), Kelsey Mott (Director of Finance), and Celia Hoang (Director of Communications). We are extremely proud and excited to welcome the new board and

for them to join the long list of AMCP-UCSF leaders. Lastly, we would like to recognize the winners of the 2017 UCSF AMCP P&T Local Competitions: **George Dimicali** (P3), **Jack Timmons** (P3), **Madeena Sidiqui** (P1), and **Tiffany Kwok** (P1). This year, the competition attracted over 30 talented, student pharmacists, consisting of 9 teams. All of these teams did extremely commendable work, especially due to the fact of receiving the case study later than usual. AMCP is proud to have had such hard-working participants in this year's P&T Competition and

would like to congratulate everyone on their hard work. To stay connected on more of our events, please join our organization on OrgSync and follow us on Facebook at <https://www.facebook.com/AMCPUCSF/>.



APhA-ASP & CPhA: Bridging Wellness & Professionalism

By: Sanam Rashidi
APhA-CPhA-ASP President-Elect

It has been an eventful quarter filled with many social and professional events for students. In January, faculty and students came together for our annual basketball tournament to de-stress and network in a casual setting. We also held our National Patient Counseling Competition, which aims to promote and encourage professional development of student pharmacists and their roles as health care providers and educators. We are delighted to announce **Denise Lee**, this year's UCSF finalist who will be representing us in the national competition at APhA Annual Meeting later this month.

At this year's Cover Letter Panel, we had the pleasure of hearing from Dr. Megan Conrad,

Senior Pharmacist Supervisor, and Dr. Ashley Thompson, Senior Pharmacist Supervisor and Critical Care Clinical Pharmacist, from



Pharmacists and students at our annual Bowling Night with Pharmacists.

UCSF Medical Center who shared their professional insight on what makes a pharmacy intern applicant successful during the hiring process and how to effectively utilize a cover

letter. Additionally, a workshop was held for students to have their cover letters reviewed by trained students and individuals from the Office of Careers & Professional Development to properly equip them for upcoming applications.

This quarter also provided many opportunities for students to network with and meet pharmacists from our local PPA (Peninsula Pharmacists Association) and PSSF (Pharmacists Society of SF) chapter, including our annual Bowling Night with Pharmacists and the Daily Journal Senior Showcase where students provided blood pressure screenings and medication counseling to the community. As we move forward to spring quarter, we would like to thank our current executive board who has devoted their time and passion to making each event a success, as well as congratulate our new incoming board!

COSA: The Next Generation

By: Esther Yang (Finance Director), Grace Lee (Public Relations Director), Jennifer Shieh (APhA Director), Jessica Ngo (Internal Director), and Tommy Lam (SNPhA Director)

look forward to collaborating with TNDC in the upcoming year!

COSA had another popular health fair at the Western Addition Senior Center during President's Day weekend. We provided free screenings including blood sugar, bone density, and education on nutrition, asthma, and tobacco cessation. The seniors were engaged in their conversations with pharmacy students. Representatives from Script Your Future and CPhA were wonderful additions in promoting the importance of medication adherence and services that pharmacists can provide through SB493.

COSA successfully hosted its 20th Winter Auction to raise funds to support our projects. None of it would have been possible without our generous donors and attendees.

Dr. Robert L. Day, former associate dean and 50-year faculty member of UCSF SOP, generously donated items from his historical collection to COSA. His collection included artifacts that represent the history of UCSF

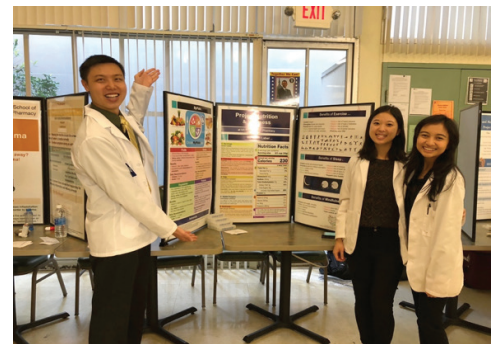
such as laboratory equipment, the 1905 U.S. pharmacopeia, scales, suppository molds, and more. Some of these items were auctioned off during the Winter Auction! We would like to thank our wonderful Winter Auction Committee for all of their efforts.

Lastly, COSA concluded the winter quarter with interviews for Board and Project Coordinator positions in preparation for the upcoming year. We are excited to welcome a new group of eager students in expanding patient care and outreach!



Operation Diabetes performs free blood sugar screenings at the Western Addition Senior Center.

COSA kicked off the winter quarter during MLK weekend by hosting a health fair at the Tenderloin Neighborhood Development Center (TNDC). We had 6 projects attend, as well as SNPhA's Chronic Kidney Disease Initiative. We



Project Nutrition and Wellness provides nutrition and health education to senior residents at the Western Addition Senior Center.

CSHP: Winter Transitions

By: Jacey Nishiguchi
CSHP Secretary



Congratulations to CSHP's 2018-2019 Cabinet!

Back (left to right): Jasper Hai, Andrew Munoz, Dat Le, Michael Trillanes.

Front (left to right): Megan Tsao, Carol Ou, Allison Lee, Janelle Agustin, Annie Zeng.

This quarter really flew by; it's crazy to think we're more than halfway through the year! We started the quarter with Mock Interviews, organized by our Vice Presidents of Professional Affairs, Stephanie Sin and Cameron Heshmati. P1s

were able to practice their interviewing skills to prepare for upcoming interviews as internship applications start to roll out. Our P1 representatives Allison Lee and Andrew Munoz also hosted 2 Clinical Lunch talks with Dr. Hansen Ho (Oncology), Dr. Michael Trillanes (Neurosurgery), and Dr. Johnny Rau (Neurocritical Care). We ended the quarter with our Winter Social at Blackthorn this year, and co-hosted Legislative Night where students were able to learn about current changes in legislation regarding pharmacy practice. Our SSEC Representatives Alexi Kimura and Jasper Hai helped to put Legislative Night together in partnership with NCPA, APhA, AMCP, and SNPhA.



CSHP Winter Social at Blackthorn!

Front (Left to Right): Loreen Atallah, Jasper Hai, Jason Wei, Monica Vuong, Milly Zhao, Michael Blyumin, Jonathan Nguyen.

Back (Left to Right): Brian Ma, Troy Santos, Dat Le, Sally Ip, Vanessa Su, Allison Lee, Andrew Munoz, Megan Tsao, Carol Ou, Jacey Nishiguchi, Margaret Yang, Jennifer Le.

Similar to the other RCOs, we hosted elections this quarter and are excited to welcome the new board for the 2018-2019 school year! We were excited by the number of candidates who came

out to run for the 6 available positions and would like to thank everyone who participated in elections and came to support. As we transition to the new leaders of CSHP, we want to thank the 2017-2018 board for all their great work and look forward to the great things the 2018-2019 board will bring!

LAPS: La Primavera se Asoma

By: Marvin Argueta
LAPS President

¡Hola Amigos! This winter quarter provided us with a wonderful time for change and reflection. The 2017-2018 LAPS board is thankful for the continued support of all its members and mentors. The community's warm reception to all of LAPS endeavors is a great motivator and inspiration for all of our future plans. These past weeks have brought forth a new array of challenges and ideas that have reinvigorated our resounding commitment to cultural awareness, outreach, and development of ideas that will help to fortify our ties to the greater San Francisco communities.

The second part of the Spanish Lunch Talk series enjoyed a great turnout. Many students from across all disciplines joyfully participated in the cultural understanding as well as language immersion of the discus-



At the Winter quarter Spanish Lunch Talk: (Left) Marvin Argueta - LAPS President, Brian Ma (Spanish Lunch Talk Attendee)

sion. Also, we would like to recognize the newly elected 2018-2019 board. Their fresh perspectives and passions are sure signs of a fruitful new era. It is promising and enjoyable to see their motivations strive to keep the mission of LAPS strong and persistent. They will have to tackle a lot in the upcoming year with the introduction of a new curriculum, but we wholeheartedly believe in their success and innovation in the face of new challenges.

As we approach the end of a season and the start of a new one, LAPS is excited to continue to provide an unwavering ambition for service and commitment to the enrichment of diversity at the UCSF campus and beyond. ¡Hasta la proxima!

NCPA: Collaboration and Teamwork

By: Kim Vo
NCPA President

It is my pleasure to write to you as the new NCPA President. We began our quarter by collaborating with ACCP to put on an incredible Winter Healthcare Roundtable. We invited distinguished pharmacists and non-pharmacists who were excited to share their experience with pharmacy start-ups in the Bay Area. Alto Pharmacy (previously known as ScriptDash Pharmacy), The Pill Club, and Heal were some of the companies that were present at the event. They discussed their reason for starting the company as well as the positive impact that it has on the community. Overall, starting your own business is tough! But with the right mindset and passion, anything is achievable. For those who wanted to dive deeper into the start-up realm, NCPA will be hosting lunch talks this upcoming Spring Quarter with many opportunities to network with some of the most successful entrepreneurs, including Dr. Brian Komoto. So stay tuned for more details!



From left to right: Nick Chang, JD, Qiqi Xiao, Dario Nassif, Amil Patel, PharmD

PLS: New Beginnings

By: Oscar Merino
PLS President



2018-2019 PLS Board

(from left to right): Sonya Kedzior (VP of Social Affairs), Carolyn Tang (VP of Membership), Thomas Leung (VP of Finances), Nicole Andrews (President), Alisha Vora (VP of Professional Affairs), and Matthew Sugidono (VP of Communications).

The Winter Quarter was a busy period for the members of Phi Lambda Sigma. On February 13th we celebrated an eventful quarter of events by holding our Induction Banquet. This event is the cul-

mination of a rigorous Membership process, but it also marks the official joining date of new inductees. We are ecstatic to welcome 30 new student members as well as 3 Faculty members to the UCSF PLS Beta Beta Chapter. Congratulations to all the newly inducted members! We were impressed by your track record of proven leadership and commitment to serving others. As the 2017-2018 Board term comes to an end, I want to personally thank Ana, Brian, Trung, Drake and Jack for their sustained and passionate commitment to PLS. It was truly an honor to serve alongside you!

During the Banquet PLS members also voted for the new Board who will serve in the 2018-2019 school year. As the opportunities of a revamped curricu-

lum approach us, we are truly looking forward to many new challenges and processes that will require exemplary leaders in order to come to fruition. Our members are proud and confident that the incoming Board and members will continue to empower leadership at UCSF. We want to say thanks for your service, for your fresh ideas and for a brilliant future of UCSF leaders being the change we want to see in the world and acting by example. To New Beginnings!



Rho Chi: Aiming High with Rho Chi

By: YeeAnn Chen
Rho Chi Vice President

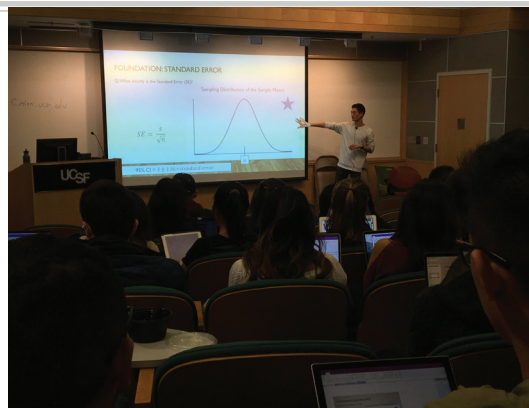
A couple weeks after Rho Chi held a successful BPS121 pharmacokinetics dosing review in the fall, officers met to discuss potential winter quarter events. Our goal was to target challenging topics and to spread the impact of Rho Chi on more students.



Jung Kye explains aminoglycoside dosing to P2s.

For the first time in recent years, we decided to hold an academic event not directly tied to a course – a biostatistics review open to all pharmacy students. P1s, P2s, and P3s filled the classroom as Ryan Ng guided everyone through biostatistics concepts that would be helpful for analyzing data in clinical studies and as a NAPLEX prep in the future.

We also tackled the challenging task of creating a review session for the first therapeutics course, CP120. CP120 has traditionally been a difficult transition for many P2s, especially with the “gray-areas” of therapeutics and consideration of patient-specific factors in choosing therapy. In efforts to address this need, we created cases with multiple-choice practice questions. To ensure the clinical accuracy of our cases, we were fortunate to have the support and guidance of the CP120



Ryan Ng teaches biostatistics to P1s, P2s, and P3s.

course coordinators, Drs. Gruenberg, Hsia, and Kroon. The goal of this review was to guide P2s in systematically going over cases in preparation for their final exam.

We hope that these events have helped our fellow pharmacy students in succeeding in their academics and have provided valuable teaching opportunities for Rho Chi members as well. Stay tuned for our events next quarter!

SNPhA: Fighting Mental Illness Stigma

By: Lara Barsoumian
SNPhA Secretary

One of our biggest events this quarter was Health Disparities Night: Mental Health Awareness with guest speakers Dr. Stephanie Hsia, Dr. Patrick Finley, and Dr. Justin Gibson. Our speakers focused on the importance of breaking mental illness stigma and learning common signs and symptoms of peers who might be experiencing a mental illness. Dr. Gibson presented interactive cases that allowed students to understand the complexity of mental illnesses. The Student Health and Counseling Services provides free support for students via phone call or through office hours that you can sign up for anonymously. To find out more information, please check <https://studenthealth.ucsf.edu>. In addition, SNPhA held lunch talks stressing the importance



Dr. Stephanie Hsia going over cases to help students better detect signs of a friend or loved one experiencing a mental health illness and what resources they can provide to them.

of stroke and chronic kidney disease (CKD). Our Power to End Stroke Initiative Chair organized an informational session with Dr. Neel Singhal. Students learned how to recognize signs and symptoms of stroke, so that they could educate others at health fairs. Our CKD Initiative Chair hosted a lunch talk with Dr. Quan, a clinical pharmacist specialized in organ transplants. He informed students about the complications in CKD and the role transplant pharmacists play in the process of care. Furthermore, SNPhA continued to host site visits at the Tenderloin Health Services clinic. With the help of Dr. Nguyen, the students learned about ambulatory care and medication assisted therapy used for patients with a history of substance abuse.

Overall, we're tremendously proud of our board members for hosting successful events to help students grow professionally while integrating awareness for the underserved population.

Kappa Psi: One for the Books

By: Stephanie Seav

Kappa Psi Corresponding Secretary

The brothers of Beta Gamma are beyond excited to welcome in 48 new brothers as they cross over into our amazing brotherhood. Reflecting back on the past eight weeks, this quarter was centered around events that brought the brothers and pledges together. We kicked off the return of a new school year with a three-day weekend getaway cabin trip in Lake Tahoe. Furthermore, our annual Olympics at the Golden Gate Park allowed for some friendly competition and great sportsmanship among the brothers and pledges. For our community service event, we volunteered, cheered, and supported the participants in the annual Kaiser 5K Run. We held a successful alumni night at the Kappa Psi house with 27 alumni and over 50 active brothers and pledges. It was definitely a full house and we are beyond fortunate to have such supportive mentors to look up to and learn from in our brotherhood. Last, but not least, Big-Little Reveal was definitely one to remember. It was an enjoyable week spoiling our littles and surprising them at the end of the week at Pier 39 and the Golden Gate Bridge.

As this quarter comes to an end, there are many events to look forward to after the spring break including: Board Elections, Napa trip, Spring Banquet, and Graduation!



The brothers of Kappa Psi Beta Gamma are proud to welcome in 48 newly initiated brothers.

Phi Delta Chi: The Warmest Winter

By: Carol Lee

Phi Delta Chi Worthy Chief Counselor



PDC board members gather to take one final photo together before handing off their duties to the next era of leadership

Winter may be the coldest season, but it is always the warmest time of year for the Zeta Chapter. From breathtaking photo-shoots by the lake to zeta days revolving around fun and food, this quarter was full of memorable moments and deepening friendships.

We started in Lake Tahoe, where the pledges and brothers spent the weekend

admiring the snow-capped mountains and relaxing in warm cabins together.

We marveled at the events the pledge committees organized--game night, Valentine's grams, social at the Emporium SF, academic review session, volunteering service, talent show, and bake sale--and wondered how we got so lucky to have such an enthusiastic, hardworking, and dedicated pledge class.

With pledge coordinators Katie and Connie at the helm, we successfully matched each Little to their forever Big in the much-anticipated Big Little Reveal. Initiation and election night was also heartwarming to behold, as we welcomed 47 new additions to our PDC family.

We then closed the quarter with our annual banquet by the bay

and installed the next era of leadership.

As I near the end of my term, I can now clearly see the growth in both myself and my fellow board members. Their passion, kindness, and strength were an inspiration, and I am so incredibly proud of each and every one of them. Truly, the support and unending friendship I have found this year is a feeling that will resonate with me forever.



Celebrating our P3s as they prepare to head off onto rotations after this quarter

Parting Note From the Editor:

I hope you have enjoyed my last publication before I retire as the *Therapeutic Window* and *Student Spotlights* Editor. I have truly had an amazing year getting to know some UCSF SoP students and faculty and enjoyed editing and putting together these features. I will surely miss serving the student body through ASSP. I'd like to thank my readers, my interviewees, the RCO leaders, and my board for their continued support. I look forward to transitioning the new *Therapeutic Window* and *Student Spotlights* Editor, **Stephanie Son**, and wish her the best of luck. Looking forward to seeing what the new ASSP board has in store for us!

— *Nikki Oragwam*

Comics



Comic By: EatMyPaint



Comic By: Edwin Tan