

# THERAPEUTIC WINDOW



UCSF School of Pharmacy

ASSP | FALL 2016

## Save Me, San Francisco

By Jessica Lee  
ASSP President

The tide is high in the School of Pharmacy! A lot has happened this quarter: Proposition 61 was a hot discussion topic preceding the Presidential Elections, the Chan-Zuckerberg Biohub was announced, and the Class of 2020 were bestowed their white coats at the White Coat Ceremony.

I have had the wonderful opportunity through Partners in D to work with seniors over 65 years old in the San Francisco and East Bay communities. In light of the recent Presidential Elections, it has been a unique year. I want to share a story of one particular patient who really opened my eyes at one of our outreaches. This patient is someone trying to navigate the ins and outs of the Medicare system, much like many of our family members and friends. We helped her determine the

best Medicare Part D option for her for the upcoming year. As we were discussing the pros and cons of her options, she stopped and asked us how the elections will impact her health insurance. I stopped for a moment, stumped by her profound question. I had been trained and educated about the plans themselves but not about the political implications in relation to Medicare.

The patient's profound question highlights the importance of the role of health care providers in their patients' lives. No matter what the provider's political views are, and no matter what policy changes might happen in Washington, we play such a vital role in providing the best care for patients. In the case of this patient, our goal was to increase the patient's access to her medications, and we have the opportunity to show solidarity by advocating for her health. The uncertainty of the future can be overwhelming for some patients, but we can encourage them to be inspired, fight for change, and stay engaged in taking care of their health.

The Presidential Elections this past November was both contentious and emotionally tolling for many. There were many controversial policies, issues, and media coverage. I saw many discussions on campus, in our community, and online that were heated. However, in the midst of what sometimes felt like chaos, I saw many students reaching out to their peers,

friends, and communities. Especially after the election results were announced, I read countless posts empowering discouraged communities to keep fighting and extending love and reassurance to those who felt marginalized.

Even now, things aren't perfect, and there are many issues on the table with intense opinions from both sides. However, I can't help but to recognize the strength of UCSF and its unique place in bringing our community together. We are such a diverse and dynamic community; yet we hold onto our integrity and values as we pursue our passions—whether that might be research and innovation, patient care, or academia. I am proud to be part of an institution that embraces diversity, advocates for patients, and serves as a safe place where students, staff, faculty, patients, and others alike can thrive.



ASSP Board 2016-2017 Top row (left to right): Danielle Fasani, Evelyn Coria, Shirley Ng, Sam Andrews Bottom row: Jessica Lee, Kate Misogas, Annie Park, Amy Liu, Annie Chang

### FEATURED INSIDE:

ASSP Updates.....	2
Students of the Quarter.....	2
Class Updates .....	3-4
Alumni Spotlight.....	5
ACCP AMCP.....	6
APhA COSA.....	7
CSHP LAPS.....	8
Faculty Spotlight.....	9-11
NCPA PLS.....	12
Rho Chi SNPhA.....	13
Kappa Psi Phi Delta Chi.....	14

Edited By Annie Chang & Evelyn Coria

# It's Showtime, and Guess Who's Back Again!

By Katherine Misogas  
ASSP President-Elect

The past 10 weeks passed by in a blur, and trying to remember what happened is just as hazy! With the help of our hard-working Orientation Directors and Counselors, the School of Pharmacy began the year by welcoming the Class of 2020. Once the academic year started, we all jumped headfirst into classes, extra-curricular activities, and leadership roles. From week 1, we could tell it was definitely gearing up to be a can't-stop-won't-stop kind of a quarter.

After a flurry of elections, RCO information sessions, midterm exams, and IPPEs, the School of Pharmacy students and faculty alike were finally able to take a break for an evening to watch Skit Night, ASSP's annual student talent show. Each class had some form of representation on the stage that night, as students showed

us sides of them that we might never have seen before. Julie and Francesco Nguyen sang acoustic covers that gave us the warm and fuzzies, and the colorful Naan Stop brought the high en-



Drake Dinh (P2) and Raymond Lee (P3) brought the swag factor as part of Naan Stop, a group of P1s, P2s, and P3s performing an energetic Bollywood dance.

ergy that made me want to dance. This year's viral trend, "The Mannequin Challenge," made it into each of the classes' videos and was done in such

a way that it had the audience laughing each time. The laughter hit its high and had many in the audience looking like the "LOL" emoji once the comedy parodies took the stage—from the last installment of the P3's Modern Pharmily to the unforgettable presentation about Lecture-Induced Narcolepsy. This year's Skit Night was an entertaining show that displayed just a snippet of the student body's many talents.

I'd like to take this time to thank the ASSP Board for their support and help with putting on such an amazing event. A special shout out to our hilarious MCs, Jeff Ho, George Huang, and Peter Nguyen, who shamelessly put themselves out there to share their humor with us. To the board, the MCs, and the very talented performers: we couldn't have pulled this off without you. You all definitely made some 24 karat magic in the air!

## Students of the Quarter

By Annie Park

ASSP VP of Student Affair

Students of the quarter were nominated and voted for by their classmates. On behalf of the ASSP cabinet, congratulations to all, and thanks to everyone who took the time to nominate!

**MICHAELA TAYLOR**

Class of 2018

"Michaela has always been willing to help other students, whether that is sharing her study guides or offering to meet up to discuss topics presented in class. In addition to this, Michaela has spoken up and defended herself and classmates in many situations this quarter. She has done all these things on top of going through a very transitional time in her own life. Her ability to put others ahead of herself during this trying time is amazing."

**RYAN NG**

Class of 2019

"Ryan is always willing to spend extra time to help his classmates with physiology. He spent endless hours on AMAZING, comprehensive study guides, which had thorough explanations and on point analogies, and were an excellent reference whenever we found ourselves lost. What's extra amazing is that he doesn't even have wifi in his apartment, and yet he's willing to use his limited data to answer our questions and upload his study guides. Ryan is an extremely efficient and generous student that we all look up to as a role model!"

**JESSICA LI**

Class of 2020

"As our secretary, her comprehensive, detail-oriented, week-by-week agendas help me keep organized in the chaos of pharmacy school. She posts important reminders for upcoming deadlines on the Facebook group. She has gone above and beyond to help her classmates, putting in so much more time than the bare minimum of a typical student. Her selfless behavior is deserving of the student of the quarter award."

# Class of 2017: The Road Ahead

By Gabe Wong

Class of 2017 President

It seems like only yesterday that we were bidding our fond farewells to fellow classmates as we began our rotational journeys into seven different directions, and yet, somehow we find ourselves past the halfway mark of that voyage: five of eight rotations

completed. We have grown greatly in the past months, slowly coming into our role as experienced clinicians from the amateur book learners of 3 years past.

Now, new challenges are



Class of 2017 at CSHP Seminar, Anaheim

mounting: fellowships, residencies, and the ever-intimidating job search looms. CVs are being furiously updated, while letters of

intent are passed to advisors to be polished. Networking and fun was had at CSHP Seminar (along with a few rides at Disney Land), and ASHP Mid-Year is just around the corner.

Despite our busy schedules, we still have made time for each other with birthday trips to Davis and Sonoma and the occasional happy hour. The future is full

of bright promises and we have much to look forward to in the next few months. We hope that we cherish the fleeting time that we have left on the road ahead.

# Class of 2018: GAD, Depression, Narcolepsy – P3 Year

By Stephanie Wong

Class of 2018 President

As the last remaining weeks pass us by, the P3 Fall chapter on our journey will officially end. We survived yet another round of 3-hour lectures, IPPEs, My Dispense, Antimicrobial Stewardship, and even ISPE for many.

We started off the quarter with our final reorientation. It was nice to see pharmily again after three months of separation and to share vacation stories. It was liberating to participate in events now that P2s hold RCO responsibilities. The anticipation of APPEs grew as each location organized their own site visits or meetings. The APPE

fair was also held and students exhibited new anxiety over hospital rankings and residency options.



P3s at the SFVAMC booth for Career Fair (Leslie Lai, Kevin Nguyen, Miah Pollack, Brent Nguyen, Amy Kyu, Stephanie Wong)

It wouldn't be a normal quarter if we didn't have moments of frustration, stress, and sadness sprinkled in between. Our first big hit was the D/C of Brandon Conley from the program. The next events

included the Coursera ordeal, midterm turmoil, and Wikipedia public-user encounters. Lastly, we

can't forget the night of the 2016 Presidential Elections two days before our PCOL/PC exam. The day started with classmates posting images of their voting participation and everything seemed hopeful. However, as the night went on and our eyes glued to the election results, the mood quickly changed. It seemed as if we

experienced Serotonin Syndrome or every other symptom mentioned in CP130.

To quote Obama, "The best way to not feel hopeless is to get up and do something." It has become more apparent that we have to support one another and stand up for our rights in the upcoming years.

# Class of 2019: Putting The Pieces Together...

By Yao Kouassi  
Class of 2019 President

The class of 2019 experience has been different from other classes at UCSF School of pharmacy. Our place in time and space is unique, as we are transitioning to a new curriculum and advancing toward a program that will make the school more compliant with the accreditation committee's requirements. Since change doesn't usually come with comfort, our P2 class has been very creative in finding ways to deal with discomforts associated with our school year.

Thus, we have been fortunate to have a few new extracurricular experiences added to promote

wellness for the P2 class. We had two group fitness exercise classes this past quarter, which gave us the opportunity to nourish our health through physical activity while keeping our mental mantra strong for the constant intellectual challenges. The group fitness classes have also given us the opportunity to mingle with our lower and upper classmates. As we approach finals and winter break, we are leaving with the certainty that our P2 family is maturing and we are getting to know more about

each other. We are also discovering that the beauty of our class lies in the cultural diversity of its members. We are certainly not the same, and like individual pieces of the puzzle, we each possess special characteristics that will help us shape and improve the future of pharmacy.



P2s gather for a group photo at this year's Friendsgiving dinner.

# Class of 2020: Seeing 20/20

By Taryn Go  
Class of 2020 President

We made it. *We made it.* Through our own backgrounds, perseverance, and individuality, we made UCSF our new home for the next few years. Although the application process was such a daunting task, the real challenge lies ahead of us. Fortunately, we are not alone. Starting from the very first day of orientation, second year students volunteered their time to show



Class of 2020

us the ropes—or rather, balloon-popping, hula-hoop mangling, and blindfolded mine-dodging. Everything was so novel, which was both exciting and terrifying. During the transitional time, we were all on the same

page and found comfort together through better and for worse. In one short week, we bonded with each

other over hilarious common interests and heartfelt diversity training, only to find ourselves donning on a white coat after a blur of classes, informational sessions, and events. The white coat, full of loose threads and one too many pockets, represents everything we strive to embody: the oath of a pharmacist, a promise to put others above ourselves.

It was the first step in accepting the role of becoming a healthcare provider. Despite our own backgrounds, perseverance, and individuality, we are unified as one family visualizing the bright future as pharmacists in 2020.

# The Pharmacy Alumni Association: A Link to Your Future Colleagues

By Dr. Brian Komoto  
President of the Pharmacy Alumni Association

When I joined the Pharmacy Alumni Association board (PAA) back in 2012, I quickly realized I had become part of a group of motivated, energetic and inspiring individuals, all of whom were proud alumni of UCSF's outstanding School of Pharmacy. Moreover, each was deeply committed to engaging and mentoring students.

Because I had a background in community pharmacy and entrepreneurship, board members

and faculty were eager to direct students with similar interests to me. It was so gratifying to get to know students who hoped to learn about my area of expertise. The more students I met with, the more motivated I was to become a better mentor and adviser. The students

asked so many great questions! I was essentially forced to "go back to school" to properly communicate the substance of what I wanted them to know about my pharmacy practice and business model. I too was growing as they were learning.

Many of my colleagues were equally enthusiastic about making meaningful connections with students who shared their interests and career aspirations. When I became President of the PAA Board last year, I asked my fellow PAA Officers, "How can we streamline this process and make it easier to link up students and alumni?" I remember someone remarked, "What about a dating service?," and everyone laughed, but actually it sounded spot on. I convened a brainstorming

meeting with OSACA, the Alumni Relations Office, and several ASSP student leaders over lunch, and the idea for PAL—the Pharmacy Alumni Link—was born.

The goal of PAL is to create and maintain a searchable database for students to find and connect with alumni all over the country who are eager to talk about their experiences building their careers in pharmacy. UCSF's School of Pharmacy has one of the most accomplished and diverse group of alumni in the country. Many are leaders in the profession and in their specific practice areas. The PAA believes that

helping students to meet and establish relationships with those alumni while they are still in school truly helps our graduates advance their professional goals.

The PAA has been actively recruiting alumni from all areas of the profession of pharmacy. These alumni have been filling out detailed questionnaires that provide

information about their backgrounds, geographic area(s), year(s) of expertise, availability, and preferred ways to communicate. This data is then entered into a database to allow for easy searching and matching. We expect that PAL will launch in 2017, when students will be invited to enroll as well.

The PAA is eager to help students find ways to learn more about the profession and build satisfying relationships with alumni who can provide guidance and advice. We're excited to launch PAL next year and to continue the PAA's long tradition of warmly welcoming our future colleagues to the profession as soon as they begin their studies at UCSF.



Dr. Komoto welcomes the P1s at the Alumni Reception during Orientation Week.

# ACCP: Falling Into Exciting New Roles

By Matthew Sugidono  
ACCP President-Elect

The ACCP chapter at UCSF aims to provide student pharmacists with leadership opportunities, skill development, and mentorship from clinical pharmacists in research. This quarter we have continued to redefine our role as a pharmacy organization. We kicked off the quarter with two membership drives at the P1 Orientation and the ASSP Welcome Fair. Following that, we collaborated with PLS, APhA, and OCPD to host the "Pharmacy Resume Review Clinic," aimed at providing one-on-one review appointments for first-year pharmacy students. Lastly, we participated in an ACCP webinar session by Dr. Frank Paloucek titled, "Application and Interviewing Tips" for residency applicants.

We would also like to extend a congratulations to our newly elected P1 representatives, Carolina Ryklansky and Rachel Gordon. They will be assisting in organization endeavors and coordinating the 2nd Annual ACCP Clinical Research Challenge this coming Winter Quarter. We are excited to continue our progress into the next quarter, where we will be

hosting a PGY-2 Resident Lunch Talk, our 2nd Annual Winter Research Roundtable, and a collaborative Clinical Skills Competition Information Session. Be on the lookout for more programs focused on student research and networking opportunities. Have a wonderful Winter Break UCSF Student Pharmacists!



Kendra Radtke, President, speaks with P1s about the benefits of joining ACCP at the ASSP Welcome Fair.

# AMCP: New Milestones and Mentors

By Claire Nichols, President-Elect  
David Szeto, President

Fall always brings a flurry of activity at every level. This 2016 fall proved to be no different. We started off the quarter with our 10th Annual AMCP Round Table and saw a record attendance of 100+ individuals. Attendees included Dr. Raulo Frear, the Immediate Past-President of AMCP, and Dr. Wendy Sui, the Past-President of our UCSF AMCP student chapter, who initiated the Round Table event 10 years ago. Thank you, again, Kristine Tran!

One of the few site visits we have had this quarter included the McKesson Corporate site visit. Thank you, Monica Eng, for organiz-

ing and leading the site visit to this healthcare giant, a company that includes distribution, consulting services, health technology, and more. Another highlight was the collaborative Pharmacy Internship Panel Night earlier this month. An enormous



Monica Eng (P2) leading UCSF AMCP cohort during the AMCP McKesson Corporate Site Visit.

ous thank you to Jack Timmons for spearheading this new event with APhA and CSHP, with an at-

tendance of, again, 100+ individuals.

This quarter also consisted of two electives close to AMCP: the P&T Competition and the Managed Care Elective. Thank you to the Coordinators (Ling Wang, Elaine Chan, and Annie Yan) for their tremendous and consistent hard work in this challenging quarter. AMCP is eager to see the end results for this year's competition's drug, Xeljanz® (tofacitinib).

Finally, Dr. Iris Tam, Vice President at Otonomy, joined Dr. Jin Yun, Director at AstraZeneca, in becoming our newest AMCP Co-Diplomat. We are extremely excited to have an already influential, close mentor and friend of AMCP become officially even closer.

## APhA-ASP & CPhA: APhA-LL Quarter to Remember!

By Trung Ky

APhA-ASP & CPhA President-Elect

The Fall Quarter is one of APhA-CPhA's well-anticipated season, as it not only gives the Academy of Student Pharmacists Chapter the opportunity to welcome the P1s (Class of 2020) through our Info Session and ASSP Welcome Fair but also fast-track them into developing professional skills at our Resume Review Clinic (w/ PLS/OCPD/ACCP), cultivating strong networks with pharmacy directors and interns at our Pharmacy Internship Panel Night (w/ AMCP/CSHP), advocating for the profession through our Policy on Tap discussion with Dr. Marcus Ferrone & Dr. Waymond Wong, showcasing their talents at the Patient Counseling Competition, and fostering meaningful friendships with pharmacists at our Around the World Wine & Cheese Night.

In honor of American Pharmacist Month (APhM) in October, Project Healthy Heart, Operation Diabetes, and Generation Rx participated in the Talk with a Pharmacist Day, where project coordinators and advisors promoted the accessibility of pharmacists to patrons of the Hillsdale Shopping Center. To campaign for APhM's

“Know Your Pharmacist, Know Your Medicine” slogan, our chapter created laminated signs that read “I am a provider because...” Students and faculty shared what they do to provide patient care and help bring awareness to the pharmacy profession.



Promoting accessibility of the pharmacy community at Mission Creek Health Fair, featuring P1 (Dahlia Morotavi), P3 (Diego Garcia), and P2 (Evelyn Coria)

In addition, Jeni Hagan, our Policy VP, represented UCSF at the Midyear Regional Meeting by proposing a resolution titled “Documenting Patient Use of Electronic Nicotine Delivery Systems (ENDS)”, which was successfully passed by our region of APhA-ASP delegates! Finally, we would like to welcome Sanam Rashidi and Alisha Vora as this year's APhA-CPhA P1 Representatives!

## COSA: Fall Quarter Kickoff

By Andrea Setiawan COSA APhA Director

Eunice Lee COSA Finance Director

Helen Hou COSA Public Relations Director

Jessica Tran COSA SNPhA Director

Michelle Fang COSA Internal Director

COSA kicked off the 2016-17 school year with our annual Talk with a Pharmacist Day health fair, a collaboration with the Peninsula Pharmacists Association. With the help of Project Healthy Heart, Operation Diabetes, Geriatric Medication Awareness Program, Project Safe Medication Disposal, Project A.W.A.R.E., Tobacco Awareness Project, GenerationRx, and Project Pediatrics, COSA provided health screenings and health care information to the community of San Mateo.

COSA also held a collaboration event with the Medicare Part D program at Mission Creek Senior Center. Project Healthy Heart, Operation Diabetes, Project Brown

Bag, Project HIV, Project Nutrition, and Operation Immunization provided health education and screenings to underserved senior residents while Medicare Part D students provided in-depth insurance education and counseling along with medication histories.



Project Healthy Heart at Talk with a Pharmacist Day

Featured Left to Right: PHH Coordinators, Rebecca Fernandez and George Huang

This quarter, COSA also held a meeting to help the P1s learn about the value of volunteering at health fairs and how to become involved, such as through our upcoming Winter Auction. Thank you to our wonderful panelists, Allen Tran, Carolyn Hua, Shirley Ng, and Themis Wilson for sharing their experiences!

We concluded the quarter with COSA's annual Training Extravaganza. Over 110 students learned how to perform screenings and provide health information through training with the various projects under COSA. With

a new batch of potential volunteers, we look forward to working them at our upcoming health fairs next quarter!

# CSHP: Updates from the Society

By Brian Ma  
CSHP-UCSF President-Elect

Fall 2016 was an eventful quarter for CSHP-UCSF. We started off the year with our local UCSF Clinical Skills Competition. The winners of the competition were Lena Truong (P4) and Kimberly Lau (P4), both of whom will continue on to represent UCSF at



P1s at CSHP Seminar (Albert Yang, Francesco Nguyen, Carol Ou, Cameron Heshmati)

ASHP Midyear in December. The 2016 CSHP Seminar this year was held at the Happiest Place on Earth, also known as Disneyland to some. Pharmacists,

technicians, interns, and others all gathered in Anaheim for seminar and continued the annual tradition of advancing health-systems pharmacy for the future. Additionally, we had our CSHP Residency Roundtable, which gave student pharmacists a chance to network with bay area residency directors and programs. Finally, we kicked off our new CSHP-UCSF mentor program, and we hope that this encourages more people to join and continue to remain in CSHP for more than just pharmacy school.

## LAPS: Nuestra Farmilia|Our Pharmily

By Evelyn Coria Mondragon  
Spanish Lunch Talk Coordinator

As the holiday season draws near, we are thankful for nuestra familia de LAPS, and for the overwhelmingly positive response we received from our peers! This quarter was off to an amazing start with over 100 students in attendance at our Spanish Lunch Talk and Information Session. Not only did we learn Spanish terminology for smoking cessation counseling, but we also enjoyed delicious food and watched our peers compete in a jalapeño eating contest—congratulations to Nikki Oragwam (P1) on winning the contest!

At the Rooftop Run & Health Fair, we provided elementa-



Rooftop Run and Health Fair Outreach Event ry school children with information about healthy eating habits and conducted blood pressure screenings on the adults in attendance. This event served as a great opportunity for our newly white-coated and licensed P1 members to participate in a community outreach event. We rounded out our community involvement by participating in LM-SA's Dia de los Muertos Conference

during the Halloween weekend. Our P1 representatives, Marvin Argueta and Nikki Oragwam, accompanied the School of Pharmacy's Director of Admissions, Joel Gonzales, and shared their pharmacy experiences with undergraduates from throughout the bay area.

The quarter culminated with Tacos y Salsa Night, which is our most popular event of the year. With over 100 UCSF students in attendance (representing the schools of Pharmacy, Medicine, Dentistry, Nursing, and Physical Therapy), the night was full of delicious food, cultural enrichment, interprofessional socializing, and salsa dancing. After such a successful fall quarter, we cannot wait to see what the winter quarter will bring. ¡Felices fiestas!



# FACULTY SPOTLIGHT | DR. JENIFFER COCOHOBA

By Annie Chang and Evelyn Coria  
ASSP Therapeutic Window Editors

**Q: What was your path to UCSF and being a pharmacist?**

A: I come from a family of exclusively nurses, so I am the oddball pharmacist in my family. I had early exposure to healthcare, given that my mom was a nurse, so I'm pretty comfortable and familiar with the hospital setting. One day she was like, 'why don't you be a pharmacist?' This was really odd for someone who comes from a family of nurses to say, but at the time when I was in college it really seemed to fit my interests in chemistry and biology. I thought, oh, maybe I should look into this a little further, so I applied and went to school at UCSF. You really never know what you're getting into before you get into it, and out of happy serendipity I loved the intellectual stimulation, the topics that we were studying, and the ability to interact with patients on a one to one level—it was a happy fit to how I wanted to impact the world at that time.

**Q: How did you first get involved with the UCSF Women's' HIV Program?**

A: In pharmacy school, I think that we're all inundated with a bunch of topics that we're struggling to understand, memorize, and really know in depth so that we can be ready to be pharmacists. I think some things just click and make sense for people. For example, I may not be the world's expert on cardiology, but for some reason, infectious diseases and HIV made sense, and it was fun too—the drugs were new, they were coming out rapidly, and there were all kinds of things about the treatment of HIV. At that point I knew that I was likely to want to do more.

When I got to rotations, I really loved interacting with the healthcare team and applying the knowledge I had learned in school to real patients. In my fourth year I was also fortunate enough to have an HIV consult rotation, so I got to test the waters and see, would I want to work in this field—I did. That led me to know that I wanted to do a residency, so I could

garner more of that in-person experience, applying my knowledge to real patients and trying to make therapeutic interventions. I made the decision to apply to second year specialty residencies and got accepted to an HIV Ambulatory Care residency under Dr. Betty Dong at San Francisco General. I spent that year specializing in the care of HIV+ persons.

I landed my first faculty position right after residency. At that point there



was an opening, not in the women's HIV clinic but in the men's HIV clinic, so I spent my first year caring for men of color, living with HIV, here at the Parnassus campus. I think a lot of people don't recognize that there actually is an HIV clinic here on campus. When people say, 'oh you work in the HIV clinic, you must be at San Francisco General,' I'm like, no, actually we have 1200 patients or so, here on campus at Parnassus, seeking care from HIV doctors. I spent a couple of years working in the men's clinic until they lost funding for pharmacy services. Things always happen for a reason: the women's HIV clinic then needed a pharmacist. I have been working with the Women's

HIV clinic ever since 2004. I've met some wonderful colleagues, clinical mentors, research mentors, and career mentors through my interactions with the Women's HIV clinic.

**Q: How did you get involved with the Mabuhay Health Center?**

A: As a pharmacy student I was a member of the Pilipinos of UCSF Student Organization also known as PUSO: a small cohort of self-identified Filipino American students in the health professions. It is an interprofessional UCSF RCO—one of the oldest, if not the oldest registered campus organization. As a student I was heavily involved. I spearheaded undergraduate outreach, served as secretary, handled cultural night, and served as PUSO president.

Part of PUSO's mission was to provide health screenings at health fairs in San Francisco communities heavily populated with Filipino immigrants: the South of Market area, the Excelsior district, and sometimes Daly City. PUSO also held annual health fairs. These were great to connect with the community, but I was approached during my early faculty years by three medical students who were interested in providing services on a more regular basis to these communities in San Francisco. Those students did due diligence and did some ground work exploring other student-run free clinics that are well established, for example the Bayanihan Clinic at UC Davis (still running to this day), a very well oiled student-run clinic. The person who really helped the Mabuhay Health Center come into being was former UCSF medical student Alvin Teodoro. He put together the organizational structure needed to establish the Mabuhay Health Center, in partnership with other community-based organizations that also service the Filipino American community. In 2009 I was invited due to my interactions with the medical students who had been interested in starting this and due to my role as faculty adviser for PUSO.

At the time of inception, Dr.

Alvin Teodoro was very wise in wanting to make this a community effort, involving undergraduate students, the UCSF community at large—meaning students from dentistry, nursing, and pharmacy. I'm very excited that MHC is running and that it runs as well and as "interdisciplinarily" as it does. As a P1, picking extracurricular activities to get involved in is challenging because you may not know what you want to do, but with MHC you have to decide early, and it can be difficult to get involved later. I'm pretty proud of the experience that we provide for all students. There is lots of room to grow but also lots of great practices to be proud of at Mabuhay.

**Q: What do you like to do outside of pharmacy?**

A: San Francisco is a great city for food. Many students who have spoken with me know my love for trying different kinds of food—there's rarely a thing I won't eat. The San Francisco restaurant scene is so dynamic. I have lived here for almost 20 years, and I still can say there is no way, even in my lifetime, that I will eat my way through San Francisco because things change so rapidly.

Traveling is the other pastime. Nowadays it is a lot of conference travel, but when I am able to get away, traveling to far off lands has kept me sustained. It forces you to really appreciate your surroundings because you're surrounded by something different.

**Q: Do you have a favorite restaurant in San Francisco?**

A: That's a tough one. It really has changed; even in the last 2 years I feel like I don't recognize the restaurants anymore. San Francisco is a fantastic city for food, but if you have a child they have to be very well-behaved to go out. Lately it has been the tried-and-true favorites. I'm lucky in my neighborhood to have restaurants like Nopa; that's always a standard. I really love pizza, it's like the perfect food. I'm a hardcore Little Star fan for deep dish. President Obama approved: He's from Chicago, the land of deep dish, and he gave Little Star the stamp of approval. For Neapolitan style pizza it's always Delfina. There are still so many restaurants that I

haven't tried. That's the fun part about San Francisco; the landscape is always changing.

**Q: We have heard some students say that you own a brewery. Can you confirm or deny this?**

A: That is truth. My husband and I own a small brewery in the east bay. We've been in operation for two years now. Our brewery is called Hoi Polloi Brew pub and Beat Lounge. I've learned a lot more about beer than I ever thought I would. I learned to like beer more than I ever thought I would too. I still consider myself primarily a wine drinker, but I have come to appreciate the subtleties and characteristics of beer and how beer can pair really well with a good meal.

**Q: How did you get started with the brewery?**

A: My husband's father was a brewer, so there is a family history. My husband reached a point in his career, where he was either going to go forward to the next step or take a leap and go into a business for himself. He made the leap and spent six months training in the U.S. and Germany to become a master brewer. Then we saved everything we had to open up our little place, and we've been happy there. It's a great spot and the clients are very mellow. South Berkeley artists, teachers, and scientists working in Emeryville—it is a nice mix of good folks in the neighborhood. We're more of a neighborhood spot. We've been very fortunate to be part of the growing area where our business is located. Craft beer explosion in the east bay has been incredible. Where we are, within a 5-mile radius, you can probably run into 10 or more breweries.

**Q: What is the most rewarding aspect of your job? What is the most difficult?**

A: There are so many rewards. Pharmacy doesn't define what you do; it simply gives you the skills to try to channel those energies into something that you want to do. The personal rewards as an educator, as a researcher, and as a clinician, can be so varied. Maybe that's why I love my job so much. Either that or I'm schizophrenic. Seeing the light bulb go

on on a student's face, thinking, ah, they understood that, is a huge reward. That moment is very enlightening. The bigger reward is seeing students go from being that P1 asking so many questions in the front seat of your classroom to watching them interact with patients on the wards as an APPE student or seeing them beyond and the potential that they manifest as pharmacy residents and as practitioners. I have been fortunate to be here at UCSF to see many generations—maybe too many generations—of pharmacy students go off and become amazing practitioners, and I feel very humbled to have been some small part in that experience, shaping their careers. I'd say that's one of the most rewarding aspects: seeing people reach their full potential after they leave pharmacy school. It's an investment, clearly, but when you're here for many years, you get to see that investment blossom, which is really incredible.

There are many satisfactions to my own personal interactions with patients. These are the things that I want students to experience, such as how good it feels to provide your expertise to improve someone's care, whether it's advising a physician, 'no, that isn't the best drug for that patient,' to being able to say, 'yes, that's the drug that caused that side effect,' to spending an hour with a patient and talking with them about their grandchildren and how their grandchildren should motivate them to keep taking their medicines. Those day-to-day moments are the ones I hope our students get to experience in their career. I hope that they strive to experience those things because they can be very humbling and life altering. I could probably go on, and on, and on about even the small things that are satisfying. As geeky as it sounds, running through an analysis from a research study that you've done and crunching the numbers and coming up with that beautiful model table of numbers, provides great satisfaction as well.

I've described three very disparate things that you can derive satisfaction from, but that's just pharmacy. Pharmacy, in this day and age, can be almost anything you want it to be. It can be a traditional pathway, where you work with clinicians and patients, and it can be in education, where

you're developing future pharmacists, and it can be in research or industry. There are so many different avenues and so many different ways to derive satisfaction. The potentials are really limitless.

In terms of challenges, there are plenty, like with any career. I think one of the hardest aspects of my job is working with patients. It brings both great reward and great challenge as well. It gets very frustrating when we've reached the point where, even with all your expertise, there might not be much more that you can do. I can give you an example of a patient who has very severe mental illness and needs serious treatment for her mental illness, but that treatment actually increases her blood sugar. She has florid diabetes, so you treat her mental illness, and her diabetes gets worse, but if you don't treat her mental illness her diabetes gets worse also, and she doesn't take her medicines because of her mental illness. You reach these conundrums, where despite all of the knowledge that we have about medicines and even about motivating people and selecting the best therapy, sometimes you reach these points where there's not a lot you can do. That can really be hard to wrap your head around. You always want to keep trying, but sometimes there's not much left to do except to wait for the next idea you have to try to "push the peanut forward," as we say in our clinic. If you cannot make the big change, try to look for the small incremental changes that can help improve the quality of life.

I also have to say that writing good test questions is very hard. Lastly, as an educator, you can't take yourself so seriously. There has to be some sort of fun in education. You can have fun and learn a lot. I actually think that is a better way for people to absorb information.

**Q: If you could choose to do anything else (or a different career), what would it be?**

A: In other universes I might be an astronomer. I might be a bartender in some foreign country at a bar that loans books out to travelers or I would be a travel writer. These are the random other lives that I could potentially have. They would involve many of the things that

I love, which are eating, traveling, and reading, of course.

**Q: What kind of books do you like to read?**

A: This is the revealing of the geekiness. I like fantasy books, some science fiction—it ranges. I just love a good story; irrespective of type, if the narrative is good and if the writing is good. I also enjoy short stories. Finding time to read is really tough, as students well know. I have a big Kindle pile of books waiting to read. Airplane time is the best time to read, and sometimes being away at conferences gives me the time to indulge in a book.

**Q: How do you balance everything—work and personal life? Many students also say that you are one of the best dressed professors. How do you manage to balance that into your life as well?**

A: Balance is a lifelong activity that I think very few people achieve the pinnacle of. I think the art to balance, of which, by the way I never feel balanced, is that you just try. The core of balancing is recognizing that there are multiple aspects to you that are important to feed in order to fill your soul. That first step is the breakthrough, realizing that there are many portions of you that deserve attending to. That being said, I think being able to accept that there are going to be some weeks where you're unbalanced, where you're needing to not be as productive because you need to be with family, or that you really need to focus because you have an upcoming test and that's going to be your life for the next 3 days. Being okay with day-to-day imbalances and being able to step back and and say, well, that's kind of okay on the whole. Even if it doesn't feel quite right in the day-to-day, you just have to have faith that it all evens out. As long as you're cognizant of where you're over and where you're deficient and trying your best to make those even out in the long run, then I think your balance is as good as it is going to get.

There's no magic trick. If someone has it, I would happily purchase that. As students, as faculty, as aspiring pharmacists, as existing pharmacists, that's only one portion that defines you.

Your career, your passions, and all the people that are surrounding you—every single one of those things is important. Hopefully they all allow some forgiveness for the times that you're unbalanced.

**Q: What tips can you give pharmacy students who are trying to figure out what career paths to choose and to those going off on rotations?**

A: Your experience on rotations is what you make out of them. I think a student who has a mind to get as much out of their APPEs as possible will do well at any rotation sites.

As for tips for career picking, it's really hard. I think that some of the tips that I have are probably no-brainers, such as "talk to a lot of pharmacists." Ask them why they like what they do because that might give you a clue. Also, be open to different kinds of experiences. That doesn't mean that you need to lead every student-run organization or every event. You don't need to be at the forefront, but also it's good to sit back and be a volunteer at some of those things and to do some things that you're not even sure you would like. If you are needlephobic, volunteer for the immunization clinic, to either confirm or rethink your brain about whether you can do this or not do this and what you like or don't like about it. Talking to lots of practicing pharmacists and being open to volunteer experiences to shape us are helpful.

I think we all have set things in our mind that we think we want to do, but how do you know what you really want if you don't try other activities that may make you think differently? Over the course of pharmacy school, most students start off thinking they want to go into X, Y, or Z field and end up wanting to do something else at the end of their 4th year, and that's perfectly fine. That is what pharmacy school is for—to point you in the direction that you want to go. It doesn't make you decide; it just points you in the right direction, and you have to create your own path after that.

## NCPA: To Be Read With a PSL

By Christine Yu

President of NCPA UCSF Chapter

Welcome P1s to UCSF! We hope you are having an exciting first quarter of pharmacy school. This fall, NCPA began the quarter with a joint information session with AMCP and also held a site visit to Koshland Compounding Pharmacy. Our student pharmacists were hosted by the pharmacy owner Dr. Peter Koshland on Saturday, October 1st. Thank you Dr. Koshland for always supporting our student pharmacists!

Most recently, NCPA held an information session on November 14th on how to participate in the 2017 National NCPA Student Business Plan Competition. To recap, we will send out an application in December that will be due during winter break. This is a unique opportunity to develop practical entrepreneurial skills, collaborate with classmates, and address healthcare problems in our community. We are very thankful for our advisor Dr. Brian Komoto who took a day out of his busy schedule to attend the information session and provide insight on how to run a pharmacy.



The 2016-2017 UCSF NCPA Chapter Board with Advisor Dr. Brian Komoto. From left to right: Daniel Keroles, Christine Yu, Ailin Kim, Varsha Pandey, Dr. Brian Komoto, Karisa Wymer, Mirraj Patel, Kimberly Vo, Denise Tran

Looking forward, Dr. Komoto is available to host lunch talks next quarter to discuss pharmacy legislation and health plans to help students understand how to positively impact our pharmacy profession. If you are interested in attending or want to hear about other entrepreneurship topics, please e-mail [christine.yu@ucsf.edu](mailto:christine.yu@ucsf.edu). NCPA could possibly reimburse student registration fees for those attending the upcoming CPhA conference on February 24th. To become an NCPA member for priority sign-up to our events, our membership deadline is November 30th. Thank you, and enjoy the rest of your PSL.

## PLS: Lead With Great Responsibility

By Kari Lenore Ehm

PLS President

With great power comes great responsibility. This quarter, we are reminded of our amazing power and privilege in being UCSF pharmacy students. Students of diverse backgrounds from all over the world come to UCSF to work toward a common overarching goal - Improving Health. UCSF advocates for patients at an organizational level, but we have an individual responsibility to our patients to use our unique power and skillset to protect their health rights and ensure everyone has the best healthcare opportunities possible.

With the goal in mind of improving our leadership skills so we can take on this great responsibility, Phi Lambda Sigma, our Pharmacy Leadership Society, has focused our



PLS board ready to lead with great responsibility  
(Left to Right: Kenneth Tham, Scott Hampton, Esther Yi, Kari Ehm, Meghan Whalen, and Cathy Wu)

attention on offering thought provoking and meaningful events throughout the quarter.

We started off the quarter with the President Powwow where we brought together a couple leaders from each organization to discuss and practice leadership skills. The P4s were able to show their amazing qualities through our yearly faculty CV review to help them take on residencies, fellowships, careers, and other incredible opportunities. At

the COSA Training Extravaganza, I explored the nuances of professionalism and HIPPA in the context of health fairs with the P1s. Lastly, we hosted two socials [aka networking] events, one for potential members and another for PLS alumni and current members. We are proud of what we have accomplished this quarter but are looking forward to more opportunities to lead with great responsibility.

# Rho Chi: Welcoming 26 New Members

By Raymond Lee  
Rho Chi President

The Rho Chi Society is an academic honor society in pharmacy that offers membership to 3rd and 4th year pharmacy students based on academic performance. This year, the Alpha Lambda chapter of Rho Chi at UCSF inducted 12 students from the Class of 2017 and 14 students from the Class of 2018.

Part of the mission of Rho Chi is to contribute to the development of intellectual leaders. With the quarter coming to a close, Rho Chi will be hosting a BPS Final review session for P2s and a Meet & Greet for P1s.

Looking forward to next

year, Rho Chi will provide mock patient presentations as the P2s tackle their first therapeutics course. In addition, the Student Guide to APPE's website will continue to be updated and maintained for all students in preparation for rotations; this guide provides great insight and a student perspective on various APPE rotation sites offered.

The members of Rho Chi look forward to

meeting you and helping you along your path to academic success!



Rho Chi, Alpha Lambda Chapter Cabinet: Karla Basto-Herrera, Edna Miao, William Martin, Raymond Lee, Kay Takamura

# SNPhA: A Snap in the Right Direction

By Michelle Cha  
SNPhA Secretary

It is hard to believe that this eventful quarter has finally come to a close. These past three months have been a new learning experience as well as a period of growth and adaptation for everyone. For members of SNPhA, this quarter was also an opportunity for professional development and raising awareness about underserved populations within the community.

We first hit the ground running on the second week of school with one of SNPhA's most popular events—Health Disparities Night: Breaking Language Barriers. Around 80 students gathered in Cole Hall to teach and learn greetings and health terms in languages spoken by minority populations in San Francisco. The night began with a keynote address by Dr. Maria Lopez and ended with student-led language workshops.



Nicole Andrews (President-Elect), Vishnavi Reddy (VP of Professional Affairs), and Jefferson Cua (President) celebrate the success of SNPhA's first big event of the year.

Another event that we launched this year was a site visit to the Osher Center for Integrative Medicine. The Osher Center takes a holistic approach to medicine and provides services, such as acupuncture and integrative Chinese medicine. Heather De-Martini, the Practice Supervisor, led the tour, which included a view of the patient rooms as well as the Japanese Zen Garden on the terrace. Students also participated in a Q&A session that discussed topics such as, treatment options and integrative medicine.

In addition to our events, we welcomed our new P1 representatives and Initiative Chairs to the SNPhArmily. With the steady passion of the old board members and the refreshing enthusiasm of the new, we hope to continue to elucidate health disparities and give back to our community.

# Kappa Psi: Striking a Chord

By Angela Lee  
Corresponding Secretary

As the foggy San Francisco summers begin to dissipate, Kappa Psi Beta Gamma has begun to see a new season come into the clearing. Autumn brings pumpkin spice lattes, scarves, and boots, but most iconically, it brings rush season and new pledges to our fraternity! Our brotherhood had the great honor of welcoming a total of 54 pledges this quarter. Kappa Psi celebrated our both the end of midterms and the pre-holiday season with our annual Bowling Event, where pledges and brothers were able to bond. Striking off rush season with our Bi-Frat dinner, the annual Giants Game event, and the Kappa



Beta Gamma and SF Grad Chapter of Kappa Psi at Fall Province in Las Vegas.

ings with extensive academic support to our newest members with OSCE Prep Night and CP Cram Night. With the collaboration of our current brothers in all of our events, Beta Gamma has been able

to foster growth internally and externally this quarter in the directions of community service and inter-chapter connections. Many brothers volunteered their service and expertise in providing seasonal flu vaccinations in our Kappa Psi Flu Shot Clinics, and provided donations through the Red Cross Blood Drive earlier this month. Beta Gamma also had significant representation at Fall Province, which was hosted in Las Vegas this year. As 2016 comes to a close, our chapter looks forward to the new year with continued support from our extensively involved brothers and a renewed spirit of innovation for developing new programs and events for the new faces that have joined us! PTBYB!

# Phi Delta Chi: Breaking Bread

By Kevin Tran  
PDC Worthy Chief Counselor

A balsamic red wine reduction bubbling away. The sound of brothers chopping with great fervor. The aroma of homemade chicken noodle soup mixing with excited anticipation of meeting the P1s. Such was the ambience in the PDC house as we prepared for our honored guests. One of the best ways to connect and relate is through food, so the brothers of PDC made sure there was no shortage of opportunities to break bread with the P1s. For the appetizer, we



PDC brothers ready for the grand opening at Bon Appétit

began with Bi-Frat to welcome and reenergize the P1s after a long week of orientation with an array of dishes ranging from kimchi pancakes to mouthwatering pulled pork. Next, we worked it off by hiking up Twin Peaks with snacks in hand, warm company by our sides, and the beautiful view of the city surrounding us. Back at the house, the brothers

awaited to revitalize the hungry hikers with tacos and our signature salsa and guacamole. Moving through the courses, we then began feeding our minds with Internship Night and OSCE Prep to help the P1s navigate through the menu of pharmacy school. For the entrée, we garnished our freshly white-coated P1s with red carnations in our annual White Coat Celebration surprise and then shared an intimate, candle-lit dinner at Bon Appétit.

For a sweet ending as the cherry on top of a successful quarter, we ended the meal with two desserts: a SPOOKtacular Birthday Bash to round off an incredible quarter and a homey Thanksgiving feast to celebrate our dear pledges as brand new additions to our PDC family. Like a gourmet full course meal, rush season was incredibly satisfying and an experience we will never forget.