

THERAPEUTIC WINDOW



UCSF School of Pharmacy

ASSP | FALL 2018

Landslide by Fleetwood



ASSP Board 2018-2019

By: Rosalind Tom
ASSP President

In 1973, Stevie Nicks wrote a song to commemorate her life in Aspen prior to making it big as a musician in the British-American rock band, Fleetwood Mac. This song, Landslide, illustrated the difficult times she faced as a waitress to support her love of producing music and voiced her dedication to achieve her dreams. Landslide became one of the band's greatest hits of all time and a personal classic favorite of mine which I have sung ever since I could speak.

“And I’m getting older too.”

Several days ago, I sat in the seats of Oracle Arena and belted out the lyrics of this song with Stevie Nicks. This moment drew a parallel between the journeys we have each taken, hers in Aspen and our own in San Francisco. In the past two years, we have all shared laughter and tears through our rigorous curriculum and never once lost sight of the dream.

“Well, I’ve been afraid of changing ‘cause I built my life around you.”

This week marks the end of my second to last quarter of didactics at UCSF and one of the most bittersweet moments in my life thus far. Thank you for being a part of my childhood dream to be a part of the UCSF community and for

allowing me the opportunity to make a difference in student life.

“And I saw my reflection in the snow-covered hills, till the landslide brought me down.”

As I begin to accept our transition into rotations, I will treasure the invaluable moments that I have remaining here with everyone at UCSF. It has been a journey of a lifetime and I cannot wait to see each person finally make it to the top.

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EDITED BY STEPHANIE SON

Fall 2018 Student of the Quarter & Superlatives

By: *Sally Ip*

ASSP VP of Internal Affairs

On behalf of ASSP, I would like to award Kristin, Thalia, and Melvin the Fall SOTQ for their contributions to their respective classes.

Kristin Ignacio Class of 2020

Kristin is not only a friendly, wonderful person, she is also a dedicated CEPC representative that diligently makes sure that our class's voice(s) are heard and that our learning experience is constantly improving. She's gone above and beyond to ensure that our quarter has been going smoothly in terms of CLE, assignments, and communication with professors. Aside from this, she's always positive, kind, and overall great! She's one of the sweetest people and truly cares about the learning of our class.

Thalia McCann Class of 2021P

Thalia has a self-less heart and is always willing to take extra time just to help out her classmates. She advocates for our voice and concerns during meetings with OSACA, and she comes up with critical feedback and suggestions when we need to move forward. She also finds the time in her busy schedule to help anyone in our class while posting her helpful study guides.

Melvin Quindoy Class of 2021T

Melvin is a quality student who is very concerned with student participation and attendance for the class. He's a great guy and totally deserves student of the quarter!

CLASS SUPERLATIVES

Class of 2021P

Most likely to order a Pumpkin Spice Latte: **Dat Le**
Best Fall Fashion #sweaterweather: **Irene Sunwoo**
Most likely to go out of their way to step on a crunchy leaf: **Jennifer Le and Michelle Zhao**
Most likely to break their New Year's Resolution: **Andrew Munoz**
Most likely to be a changed person after the New Year #newyearnewme: **Kevin Le**

Class of 2021T

Most likely to order a Pumpkin Spice Latte: **Brenda Do, Gabi Driller, Mehr Virk**
Best Fall Fashion #sweaterweather: **Melanie Paragas and Asher Jeong**
Most likely to go out of their way to step on a crunchy leaf: **Jackie El-Sokkary**
Most likely to break their New Year's Resolution: **Thien Nguyen**
Most likely to be a changed person after the New Year #newyearnewme: **Tran Truong and Kelven Tran**

Class of 2019: Tis the Season

By: *Kate Misogas*

Class of 2019 President



Dr. Marilyn Stebbins with P4s and P3s maintaining that work-life balance at the UCSF Pharmacy Alumni Weekend Reception

Tis the season for holiday cheer, thanksgiving, and nostalgia accompanied by the comforting smells of cinnamon, peppermint, and pine. For the P4s, it has also been the season of seminars, conferences, and the start of residency and fellowship applications. The past few months have been a marathon run of three, back-to-back six-week blocks for the Class of 2019, so even though a well-deserved Winter Break is just on the horizon, many of

us will be spending that time prepping for post-graduation opportunities. In the midst of it all, I'd like to dedicate the following lighthearted holiday classic to the hard-working and ever-inspiring Class of 2019 during this Most Wonderful Time of the Year.

*It's the most wonderful time of the year
With the inbox jingle belling
And everyone asking "Are you going to Mid-Year?"
It's the most wonderful time of the year!*

*It's the app-appiest season of all
With the same email greetings and seminar meetings
When programs come to call
It's the app-appiest season of all*

*There'll be open houses for hosting,
Rec letters for toasting,
And decisions of where to go.
There'll be anonymous patient stories
And tales of the glories of rotations long, long ago*

*It's the most wonderful time of the year!
Cover letter edits ongoing,
Laptop screens will be glowing
When deadlines are near
It's the most wonderful time of the year*

Best of luck to everyone as they wrap up this Block / Quarter and enjoy your much-merited Winter Break!

Class of 2020: Are P3s really P-free?

By: Jonathon Nguyen & Ailin Kim
On behalf of P3 Class Cabinet



Welcome Back Social

That was the general mantra throughout this challenging Fall quarter. Bacitracin played games with our hearts; we are still triggered by Black Box Warnings. On the upside, we've improved our selfie game--thanks to our health policy class--and have grown closer as a class. Some of our favorite memories include our welcome back gathering at Sunset brewery, a foodie night at Off the Grid, and a Thanksgiving potluck. We also had a wonderful time meeting P1s at our P1/P3 social.



Off the Grid

With our remaining time in San Francisco, we're looking forward to creating more memories in the coming holiday season and Winter Quarter.

Class of 2021P: High Spirits with some High Cortisol

By: Jennifer Le
Class of 2021P President



FALLing in love with pharmacy with the P2 class!

It's the time we've all been excited (and a little anxious) for ... P2 YEAR! After finishing SEVEN midterm exams in a span of six weeks, our class is rocking it. After speaking with a couple of P2s, we all seem to have one thing in common – our persevering attitude. This year we are leading organizations inside and outside the SOP, gaining valuable experience through internships, shadowing, and our IPPE sites, and vigorously typing notes and sharing laughs during our fun back-to-back physiology lectures.

Even throughout this busy quarter, our class recognizes that we all need a break from school and had a couple of events to de-stress together. We hosted 2 exercise classes for core camp, pilates, and yoga. During our busiest week, we had our P2 Spirit(olactone) Week where we dressed up every day to class in order to keep high spirits up. We had days where we wore fall colors, matching outfits, and bright colors (for our bright futures!). Spirit week ended with our P2 class social with food, fun, and crafts to celebrate the end of our midterms.

Something brand new is brewing within the Class of 2021P – our student-led Crash Course review sessions! The purpose of these sessions is to promote teamwork within our P2 class through reviewing past pharmacology and physiology material in conjunction to learning therapeutics. P2 Class Cabinet and the Crash Course Workgroup, consisting of 6 P2s, have been working hard in developing this curriculum. We are thrilled to have 20 peer facilitators on our team to help lead us and supplement our learning. Our first Crash Course starts in the beginning of Winter Quarter.

Catch us next quarter as we release orders for UCSF School of Pharmacy apparel as our annual fundraiser!

Class of 2021T: Never Too Early for a Heart to Heart

By: **Mehr Virk**

Class of 2021T President



P1s at a Giants Game

Last: Kirsten Miller, Nadia Zargham, Connie Yoo, Asher Jeong, Melanie Paragas, Vivian Le, Lauren Chen, Colette Truong
 3rd: Leena Dolle, Tran Truong, Shafat Selim, Emily Plasencia
 2nd: Neil Shieh, Doug Woods, Jasper Truong, Manuel Seraydarian, Zach Carlson, Thien Nguyen, Brian Chen
 Front: Matt Aludino, Roy Weng, Bryan Herrera, Francesca Alcala, Kathryn Nguyen, Mehr Virk

As 2018 comes to a close, it's hard to imagine that the 96 P1's who spend countless hours studying together were strangers until only 4 months ago! Whether we are cramming anxiously in the 24-hour library until 2am, the S rooms until Lyft's are free, or in the hub with every snack, we've gone from strangers to pharmily in a heart

beat. Navigating a new curriculum and a new city has made these first two blocks an exciting time and brought us closer as we found friendship and support in one another. We quickly went from icebreakers at orientation to introducing ourselves to patients at our IPPES, to taking our OSCEs, and building our resiliency. As we completed Foundations and are now on our way to finishing cardiovascular, it's crazy we now know how to treat cardiovascular events and can now help family and friends who gave us too much credit when we entered pharmacy school. Class of 2021T, it's been a whirlwind of fun starting this journey with y'all and it is my sincerest hope that each of you feels as though you've found your place at UCSF!



P1s at the California Academy of Sciences

Back: Melvin Quindoy, Thien Nguyen, Jasper Truong, Catherine Chen, Huy Ha, Kelven Tran, Mehr Virk, Brian Lu, Sabrina Bulla
 Front: Kim Chi Nguyen, Francesca Alcala, Sharon Luong, Leena Dolle, Monica Lomanto, Shafat Selim, Omar Gomez, Nadia Zargham, Tran Truong

ACCP-SCCP: Falling In With ACCP

By: **Rachael Gordon**

ACCP-SCCP President



ACCP and NCPA at our collaborative political activism event
 Left to Right: Brian Gac, Kyle Merchant, Eileen Bang, Laura Sun, Hanna Yakubi, Natalie Alsalek, William Dager, Rachael Gordon, Clarice Resso, Carol Ou, Allison Lee, Andrew Munoz, Janel Agustin, Jasper Hai, Dat Le, Annie Zeng, Megan Tsao

ACCP had a great quarter with lots of exciting events aimed at teaching students how to become better researchers and pharmacists.

We hosted two interactive journal clubs this quarter, teaching students study design and how to critically

appraise studies. Our president, Rachael Gordon, discussed an article about benzodiazepine use with Alzheimer's Disease. Our second journal club was done by Brian Gac, president-elect, with Dr. Thomas Kearney about analgesic use and liver toxicity.

We then collaborated with CSHP for a political activism event and information session about Senate Bill 109 - Pharmacy and Medically Underserved Areas Enhancement Act. ACCP's faculty advisor, Dr. Tina Denetclaw gave students the background about what current legislation has been passed for pharmacists and how pharmacy advocacy played a role. She then went into detail about S.B.109, teaching us how to get involved and how to talk to our representatives to help pass legislation we find important.

We continued with our Coffee Breaks program, which gives students the opportunity to meet with six different faculty members on campus to make connections with faculty who share their interests and learn about different aspects of clinical pharmacy.

Lastly, congratulations to our new P1 committee Laura Sun, William Dager, and Crystal Nguyentan. Next quarter we will be hosting our Winter Research Roundtable with NCPA and our quarterly events (lunch talk, journal club, Coffee Breaks). Have a wonderful Winter Break UCSF Student Pharmacists!

AMCP: Magnificently Managed Care

By: *Cindy Nguyen & Ryan Thaliffdeen*
AMCP President & VP of Operations



Over 60 attendees at the 12th Annual AMCP Roundtable enjoying wonderful conversations and over great food and drinks

AMCP is off to another exciting Fall quarter! We kicked off this quarter with the RCO fair, meeting the wonderful new 2021-T class. We're also so grateful to have welcomed our great P1 representative, Shafat Selim. With the great work of Madeena Siddiqui and Jimmy Nguyen, we hosted our 12th Annual AMCP Round Table with our keynote speaker, Dr. Michael Pazirandeh. As AMCP West Diplomat Regional Director and the Associate Director of Health Economics & Outcomes Research at Bristol-Myers Squibb, Dr. Pazirandeh shared how his extensive involvement in AMCP has truly shaped his career, as well as valuable insight among attendees. This quarter also included a site visit to Blue Shield of California, a healthcare plan that

serves over 4 million members and nearly 65,000 physicians across the state. Members were able to meet and network with other pharmacy students in the Bay Area, as well as learn more about Managed Care with the happy hour that followed. We also kicked off another strong start to the P&T Competition thanks to our amazing coordinators: Ryan Thaliffdeen, Madeena Siddiqui, Tarry Lam, and Muna Al-Safarjalani. Were excited to have so many amazing competitors and wish them the best of luck as they prepare for learning more about TYMLOS®.



*AMCP Board at the RCO Fair, happy to have met so many amazing P1s!
 Top: Jimmy Nguyen, Madeena Siddiqui, Celia Hoang, Ryan Thaliffdeen
 Bottom: Kelsey Mott, Cindy Nguyen, Carmen Leung*

APhA-CPhA-ASP: Autumn Transitions

By: *Vivian Chen*
APhA-CPhA-ASP External Affairs VP



*Flu Crew member Janelle Augustin vaccinates Dean Joe Guglielmo!
 From left to right: Henry Huang, Janelle Augustin, Mia Lim, Dean Joe, Vivian Chen, Joanna Choi, Joe Li.*

Fall 2018 was an exciting start to the academic year for APhA-CPhA. This year we were joined by CPhA representative Katie and Student Trustee Vivian Truong at our Welcome Fair. Starting October we kicked off American Pharmacists' Month (APhM) and flu season with vaccinating Dean Guglielmo and receiving a proclamation from the City and County of San Francisco. Throughout the month, we featured various faculty and upperclassmen on our Instagram page with their reasons and journeys to becoming a provider. The quarter continued with events to welcome the new P1 class and support them



*Pharmacists and students mingle at
 Around the World Night.
 Left to Right: Dr. Ashley M, Dr. Katherine Gruenberg,
 Alice La, Jonathan Im, Natalie Alsalek*

in professional development at our Resume Review Clinic (held with PLS/OCPD) and learn about legislation at our Policy on Tap event, held at Dr. Adrian Wong's house. On October 13, APhA projects participated in Talk with a Pharmacist Day at Hillsdale Shopping

Center to raise public awareness of the services pharmacists offer, and provide free health screenings and education to individuals who may not otherwise have easy access to these services. We then started November with our annual Around the World Night, providing students, faculty and pharmacists a chance to converse casually over food and wine of various cultures. On World Diabetes Day, we spread awareness through providing UCSF students with free healthy snacks and breakfast items. Looking forward, we will be hosting the preliminary round of the National Patient Counseling Competition before the quarter ends. Finally, we would like to welcome our P1 committee members: Susanna Lee, Roy Weng, Jacklyn Ang, Sabrina Bulla, and Jackie El-Sokkary!

COSA: Giving Back Through Servant Lead-

Authors:

Anjali Patel: COSA-SNPhA Director

Alice Yeh - COSA Finance Director

Christine Lin - COSA-APhA Director

Nancy Lam- COSA Public Relations Director

Nisha John - COSA Internal Affairs Director

Over the summer, COSA hosted the Annual Resident Training at the Parnassus campus. The purpose of this event is to train PGY1 residents at UCSF to precept for COSA screening projects at health fairs. Operation Diabetes, Project Healthy Heart, and Project Geriatrics were able to review project-specific goals as well as provide hands-on training for 13 pharmacy residents. We are thrilled that our team continues to grow, enabling us to expand our community outreach efforts.

Back in October, COSA had the opportunity to kick off the year with our first health fair, Talk with a Pharmacist Day, hosted by the Peninsula Pharmacists Association at the Hillsdale Shopping Center. This annual event occurs during National Pharmacists Month, and we were able to involve three of our screening projects as well as three of our informational projects to promote the profession of pharmacy to the public. Additionally, COSA hosted its annual Training



Student pharmacists, Andrew Munoz & Miranda Wade, providing medication consultation under the guidance of Dr. Stephanie Hsia.

Extravaganza to train the first year pharmacy students on our health screening techniques. To better serve our community, we are excited to announce that our organization continues to expand and we have trained fifty new volunteers. We hope to continue to provide quality patient-focused care and offer meaningful outreach experiences that foster personal and professional development. We look forward to seeing our new volunteers at the upcoming health fairs.

Our last event of the fall quarter was the Heart of the City Farmer's Market Health Fair. This was an exciting event because it was the first health fair that P1s were able to participate in, by volunteering with Project Healthy Heart, Project Nutrition, Generation Rx, or Project Asthma. These students provided free cholesterol screenings and health information to diverse members of our community in the United Nations Plaza, in the heart of San Francisco. We are proud of the impact COSA has been able to have on the community this past quarter and look forward to upcoming events throughout the rest of the academic year.



P1 students practicing diabetes screening techniques with help from Dr. Jeffery Wong.

CPNP: Psyched for the Year!

By: Jennifer Le

CPNP Historian



Jordan Brooks, Amanda Bair, David Dang, Nadia Zargham, Khalen Hudson, and Cindy Trac visited Langley Porter Psychiatric Hospital and Clinics this quarter.

This fall quarter has been packed with energy and excitement for CPNP. We kicked off our year with a social where we met new members with from the P1 class who expressed bright interest in learning more about psychiatric and neurologic pharmacy with us.

During our Psychiatric Pharmacist Panel, we learned about the everyday life of psychiatric pharmacists who work in a variety of settings, including ZSFGH, UCSF, and Community Behavioral Health Service (CBHS). They discussed the stigma with mental disorders, their role in the opioid crisis, challenges in gaining autonomy for pharmacy, and the importance of patient advocacy. While this specialty is still small, these pharmacists saw great potential in the growth of psychiatric pharmacy, research, and outreach and offered fruitful advice on how we, as student pharmacist, can participate in its growth.

On November 13, six members of CPNP visited Langley Porter Psychiatric Hospital and Clinics. Dr. Betsy Yuan, the pharmacy manager, led a tour of the facility including the inpatient unit and its associated pharmacy. The students participated by asking Dr. Yuan questions and through which they learned about some of the unique aspects of pharmacy as they relate intensive psychiatric healthcare, including legal holds & the term "cheeking".

Finally, we are delighted to welcome our P1 Committee members, Nadia Zargham and Asher Jeong! With this year marking our third year as a UCSF organization, we are excited to bring more opportunities for our classmates to learn about the fast-growing fields of psychiatric and neurologic pharmacy.

CSHP: Autumn Jubilations

By: Janelle Agustin
CSHP Secretary



Introducing our P1 Committee!
From left to right: Carol Ou, Brian Chen,
Francesca Alcalá, Lauren Chen, Allison Lee

Happy Thanksgiving, UCSF SOP! This quarter has been filled with events to kick off the school year. We thank winners, Lisha Deng and Helen Hou, and all participants for competing in our 2018 local CSHP Clinical Skills Competition. We are proud of all of you! In preparation for CSHP Seminar, we held a new event, Legislative Town Hall, for attendees to be updated with pharmacy law. Dr. Lisa Kroon informed us about SB493 and Dr. Kristine Keller explained pharmacy law basics and how students can be involved. We teamed up with OCPD again to host the "Networking at a Conference" workshop.

Seminar was held in San Diego and it did not disappoint. From Residency Showcase to networking opportunities, attending Seminar is a valuable experience to further one's pharmacy career. To further networking and career development opportunities, we hosted the annual Residency Roundtable where students met with residency directors in an intimate dinner setting. Two events we brought back were the CSHP/GGCSHP Softball Game Social and Mentorship Kick-Off BBQ. We thank GGCSHP for their guidance towards becoming a health-systems pharmacist! Last but not least, we welcomed 3 members to our P1 committee: Francesca Alcalá, Brian Chen, and Lauren Chen! As this quarter comes to an end, we are grateful for the great events and memories. We are excited for Winter Quarter, our annual Legislative Night in collaboration with APhA, AMCP, SNPhA, and NCPA, and transitioning to a new board. We hope to open applications for CSHP board early February 2019!



UCSF student pharmacists at Seminar 2018 in San Diego,

LAPS: Tiempo de Aventura

By: Nancy Ramírez
LAPS President



Pharmacy and Dentistry students competing against each other during the jalapeño challenge.

We kicked off this quarter with our Spanish Lunch Talk following Día De Los Muertos and a fun filled Tacos Y Salsa night. At our Spanish Lunch Talk, students were able to learn basic Spanish medical terminology while enjoying a delicious Mexican feast. We ended our lunch talk with the exciting jalapeño challenge where students were able to compete against each other to see who can finish their jalapeños first. Congratulations to this year's jalapeño queen, Allie Hom!

For Latino heritage Month, we teamed up with other Latino organizations to help celebrate Día De Los Muertos. Students were able to attend workshops to decorate their own sugar skulls.

We also had the opportunity to make and display our very own altar for Día de los Muertos. People from the community were able to see each organization's altar while enjoying some hot chocolate and pan de muerto.

The quarter concluded with the most exciting event, Tacos y Salsa Night. UCSF students from Pharmacy, Dentistry, Medicine, Nursing, and physical Therapy joined us in celebrating this culturally enriched night. This night to remember started off by eating authentic Mexican tacos and nachos, interprofessional socializing, and taking pictures at the photo booth. We had a professional dance instructor, Mario Luis, teach us how to dance Salsa, Merengue, and Bachata. We are thrilled to have had the support of our classmates, members, and preceptors. Thank you for helping us create another successful quarter with fun filled events.



Professional dance instructor, Mario Luis, teaching students how to dance Salsa.

PhAMLI: Giving Thanks To Our Mentees

By: Christine Huynh
PhAMLI Secretary

As our Fall Quarter is approaching the end, it is rewarding to be able to reflect back on how this was an exciting time for PhAMLI to work together and jump start mentoring events for pre-pharmacy students. PhAMLI's annual Kick-Off Day was one of the greatest highlights of the quarter! After pairing up mentors with pre-pharmacy mentees, we invited them out to enjoy some food and get to know their mentors better. First and second year pharmacy students also came out to talk on a panel for the mentees, and shared their experiences thus far in pharmacy school. The panelists also shared their advice for prospective pre-pharmacy students that were about to apply to school, and shared tips for being a strong applicant. Questions from pre-pharmacy students were diverse and covered many topics including life in pharmacy school, tips for applying to pharmacy school, and different areas of pharmacy practice. PhAMLI then wrapped up the panel with a fun raffle giveaway and several mentees

got to go home with gifts. We are so thankful to have enthusiastic mentees traveling out to San Francisco to participate in these events with us, and we can't wait to put on more mentorship events in the future!



*Student Panel speaking at Kick-Off Day.
From left to right: Brandon Ross, Danny Tran, Lauren Chen, Christine Min, and Annie Zeng*

PLS: The S'more the Merrier

By: Nicole Andrews
PLS President



PLS Meet and Greet at Pacific Catch

With the close of the Fall Quarter, PLS would like to thank everyone who came out to our events and supported our

organization these past few months. We kicked off the year with a warm welcome back to school at our annual PLS Leadership Retreat. At Spark Social, PLS members and RCO leaders caught up on summer memories and plans for the year over a warm fire and sticky s'mores. We also had productive quarter hosting events such as "Networking Using Social Media" with OCPD, the PLS Professional Photoshoot, and the "Resume Review Workshop" with APhA, all serving as tools to enhance leadership and professional growth on campus. We'd also like to thank all interested students for attending our "Info Session" and "Meet and Greet" to learn more about our society. PLS members sincerely enjoyed meeting new faces and sharing our experiences and appreciation for being apart of the society.

Last, but not least PLS would like to introduce our two new Faculty Co-Advisors, the amazing Drs. Judie Tran and Trang Trinh, who will serve alongside Dr. Kirby Lee. Drs. Tran and Trinh have shown nothing, but the utmost support for leadership and professional development on campus while guiding us throughout the quarter. PLS looks forward to many more quarters working with these lovely ladies. PLS wishes everyone the best of luck to everyone on finals and rotations! We hope you all have a relaxing winter break filled with friends, family (four-legged included), and lots of food!

Rho Chi: Welcoming New Changes

By: Stephanie Sin
Rho Chi President



*2018-2019 Rho Chi Board
Names from left to right: Jonathan Nguyen, Connie Kang,
Stephanie Sin, Emily Hsu, Jessica Ngo*

The Rho Chi Society is a national honor society in pharmacy that strives to advance pharmacy practice through collaborative efforts and intellectual leadership. One of the

organization's mission is to foster the development of leaders who are passionate in translating knowledge into meaningful ways to help others. As the UCSF School of Pharmacy transitions to a new curriculum this year, Rho Chi will explore innovative ways to adapt to the needs of the new curriculum and continually support students in their academic endeavors.

Membership is offered to student pharmacists based on academic performance, and this fall, Rho Chi initiated 10 members from the Class of 2019 and 17 members from the Class of 2020. With the initiation of new members and an officer board, we have recently revamped our webpage to allow students to easily access academic resources and information regarding Rho Chi events (<https://ucsfrhochi.wixsite.com/ucsfrhochi>). The first academic event of this quarter was a review session on biopharmaceutical science (BPS 121) for the second-year pharmacy students. Although we faced some challenges while planning this event as this course has changed with the curriculum transformation, we will use this experience to further improve future events. As this quarter begins to wind down, we are excited to start planning our events for Winter quarter, including ways to support the first-year pharmacy students. We look forward to hosting more events and wish everyone a wonderful Winter Break!

SNPhA: Planting the Seeds of the SNPhArmy

By: Wahib Ead
SNPhA Director of Correspondence



*Breaking Language Barriers with Dr. Priscilla Truong Pictured
Left to right: Sally Pham, Anjali Patel, Dr. Priscilla Truong,
Elise Oh, Connie Chen, Melanie Zarate, Wahib Ead*

What a SNPhAntastic quarter it has been for the SNPhArmy! From the get-go, the RCO kick-off fair provided us the honor of meeting and conversing with the passionate P1 students about the core values and goals of SNPhA, while also allowing us to hear about their unique motivations to serve the underserved.

Connie Chen, our incredibly talented VP of Internal Affairs, did a near SUPERNATURAL job setting up our Breaking Language Barriers event. This event featured keynote speakers Dr. Priscilla Truong (MTM pharmacist) and Mateo Rutherford (UCSF Interpreting Services Manager) speaking about eye-opening communication and health literacy issues that frequently arise within the clinical setting. Afterwards, students participated in break-out

sessions where highly specialized student teachers taught them useful medical terminology in a wide variety of languages including Tagalog, Korean, and Spanish.

A major highlight for us was witnessing the SNPhArmy army double in size, as we welcomed some of the most young, enthusiastic, and highly accomplished members of the P1 class to be our initiative chairs: Jessica Bee, Huy Ha, Colette Truong, and Catherine Chen. For their first project, these four are currently putting together a special World AIDS Day event dedicated to spreading awareness and uniting students in the battle against AIDS/HIV.

More recently, we had a site visit at Tenderloin Health Services (THS) where a group of students were hosted by Dr. Tony Nguyen (clinical pharmacist) for a tour and a discussion about the valuable health care services that THS pharmacists provide to underserved populations.

Looking to the future, SNPhA is planning many more site visits, health disparity talks, direct volunteering events, and much more that you WON'T WANT TO MISS. All in all, SNPhA will continue to strive to educate UCSF pharmacy students about how we can use our unique skills and knowledge to make a difference in underserved populations.



*Our Initiative Chairs Pictured Left to right:
Jessica Bee, Colette Truong,
Catherine Chen, and Huy Ha*

Kappa Psi: Embracing Change

By: Stephanie Son
Kappa Psi Secretary



A hike in Land's End isn't complete without a photo opportunity!

Transitioning from summer to fall is an obvious one—from the changing colors of the leaves to pumpkin-spiced everything to shifting full-force back into student-mode in classes, studies, events, and organizations.

For the brothers of Kappa Psi Beta Gamma, the hustle of fall quarter was no exception. We kicked off rush season with our annual Bi-Frat event, meeting new faces over homemade desserts. OSCE Prep Night quickly followed, along with our long-held tradition of a classic San Francisco pastime, enjoying a Giant's game at AT&T Park (and luckily, in the sun!). This year, we held Diversity of KY, an event in which both brothers and P1s had the opportunity to get to know the alumni from our graduate chapter over hors d'oeuvres across different cultures. Rush season closed out with our annual Halloween Social and Chill & Grill, in which we braved the cold to hike Land's End.

As fall quarter comes to a close, the brothers of Kappa Psi Beta Gamma are honored to welcome 36 new pledges to our chapter. Though we've already made great memories and built relationships over this past quarter, our chapter is looking forward to all that is in store for our brothers and pledges!

Phi Delta Chi: This Quarter was a Dime

By: Michelle Lee and Melissa Kobayakawa
Phi Delta Chi Worthy Chief Counselor



PDC alumni and brothers pose together during the "Meat & Greet" alumni event

This fall was filled with making new friends, enjoying scrumptious food, and spending time with our PDC family. After months of planning, we proudly hosted ten events this quarter! Bi-Frat Dinner kicked off the school year with a house of brothers serving an assortment of homemade food, from mochiko chicken to

makloubeh to hand-wrapped egg rolls. We had a blast welcoming the P1s the way we know best—through their stomachs.

The next day, we jointly hosted our annual OSCE Prep Night with KY. Thanks to brothers from both fraternities, we prepared the P1s for their first OSCE by administering mock cases and sharing advice.

Other events included the "Meat & Greet" alumni event, where we barbecued and mingled with PDC alumni. To finish off rush, we served brothers and P1s a grand three-course meal at Bon Appetit. The menu featured homemade virgin mojitos, bruschetta, Mediterranean salad, and multiple pastas. We are so proud of our members this rush season for their hard work.

To celebrate the end of rush season and to welcome our incoming candidate class, PDC puts on an

elaborate annual Thanksgiving feast. Brothers, alumni, and candidates enjoyed a delicious hot meal over conversation (and singing!).

As the quarter and year closes, we reflect back and want to show our gratitude to everyone who made this rush a success. We couldn't have done it without our brothers and dedicated board. We look forward to what winter will bring—closer friendships, baked goods, and fun-filled Zeta days!



Michelle Zhao, Sae Lom Lee (Fall 2018 Brother of the Quarter), and Melissa Kobayakawa serving dessert at Thanksgiving dinner