

# THERAPEUTIC WINDOW



UCSF School of Pharmacy

ASSP | SPRING 2016

## Legacy

Jessica Lee  
ASSP President

I had only visited San Francisco a couple of times before my pharmacy school interview at UCSF, and all I knew was that San Francisco had the Golden Gate Bridge, clam chowder, and trolleys. It was not until I moved here that I was able to experience the diversity and beauty of the rich culture. The neighborhoods all have their distinct personalities and charming quaint houses, unique to San Francisco. As I was sitting in the audience at the Graduation Ceremony this past May, I couldn't help but realize that in less than a year I will be moving away from this beautiful city for rotations. I began to reflect on the amazing legacy that the Class of 2016 left as they embark on the next chapter of their lives. They have been mentors, TAs, and friends, and they have made a positive impact in our community in so many aspects.

A legacy is "something that happened in the past or that comes from someone in the past". When hearing this word, the typical connotations are great inventions, cutting-edge research, or a king's reign, but in fact, everything we do today will be a legacy someday. All the hours we pour into studying and sifting through literature, the countless slides we peruse in an effort to absorb more knowledge, and the many steps we take up Parnassus hill to get to class in our very hilly city – all of these things will become leg-



Board 2016-2017: Annie Chang, Evelyn Coria, Jessica Lee, Annie Park, Kate Misogas, Danielle Fasani, Sam Andrews, Shirley Ng, Amy Liu

acies. All the steps we take to achieve our goals are part of the goal itself.

That being said, I hope that our experiences in San Francisco will extend far beyond the Sunset area. Even though I indulge in food from the restaurants lining Irving Street and am just a few steps away from Golden Gate Park, it has been a while since I enjoyed Golden Gate Bridge, clam chowder, and trolleys that once defined my image of the city, and I hope to explore new areas before I move on to rotations next year.

I challenge you to reflect on the legacy you will leave when you walk across your graduation stage. It may be your passion, inquisitive approaches to research, or that connection you made with your friends, colleagues, and patients. You might pass on your unending perseverance and undying positivity. I know that studying can be tiring and the pressure of school stressful, but be encouraged and push yourself to maintain your motivation. Where you stand right now is part of the goal, a

piece of the story, a step in your journey.

I would like to conclude by extending a warm welcome to the ASSP Board 2016-2017. I am ecstatic to be working alongside these wonderful individuals this upcoming year, and I hope you will join me in congratulating them.

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Edited By Annie Chang & Evelyn Coria

# Welcome Letter: Spring Forward

By Katherine Misogas  
ASSP President-Elect

I consistently find myself waxing sentimental at this time of the year as feelings of nostalgia, anticipation, and relief palpably surround the student body. The closing of Spring Quarter has always been a time to both reflect on what has happened and look forward to what will come.

It is impossible to deny the growth we experienced over the past three quarters. The P1s are establishing their footing, the P2s are powering through their toughest year ever, the P3s have learned what they could in the classroom and have gone off for rotations, and the P4s have been let loose into the world to achieve what we all aspire to accomplish. We are not the same people that we were in September and

although our past experiences will continue to shape our development, the real excitement is where we are going.

The path ahead will be one of continued consolidation and re-evaluation, and the new ASSP board is thrilled to be a part of such an endeavor to unify the student body. One of our initiatives is to increase the utility and presence of ASSP's newly launched website as a one-stop-shop for all student-life needs in order to reduce communication burdens on RCOs and student recipients. There are many new developments just on our horizon, and we are in a unique situation where we can participate in that change. I encourage you to let your voice be heard, explore new ideas, and evaluate what has been done before. As we end Spring Quarter, don't look back, darling, it distracts from the now.



ASSP 15-16 Board teaching the new board how to bagel during their Winter Bagel Day!

# Students of the Quarter

By Annie Park

ASSP VP of Student Affairs

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 that took the time to nominate!

**CHRISTOPHER CHIU**

Class of 2017

Chris Chiu deserves to be SOTQ because he was successful in balancing his APPE rotation in Sacramento with his P&T role. Every other week he was in San Francisco to either present at the UCSF AMCP banquet, meet to review guidelines / economic models / pivotal trials, or present at the conference itself, on top of the stressful demands of a general medicine rotation. I saw him live through this first hand with the stressful schedule, commitment to excellence, and thorough nature of his work shown in our 3rd place win for the P&T competition. Most importantly, despite all this, he is a great guy with a positive attitude who is willing to hang out and grab a drink.

**HUNTER DAVIS**

Class of 2018

Two common words come to my mind to describe Hunter. Two common words that are ironically becoming increasingly rare to find in our society. Those words are "sincere" and "friend". He lives his life understanding that small, constant moments and community are what makes the present reality joyful. The more I engage him the more I am reminded of rationality, tranquility, and a clear, thoughtful, good individual. Hunter deserves to be Student of the Quarter for his positive impact on many people in our class.

**YEEANN CHEN**

Class of 2019

YeeAnn has been such an amazing asset to our class! She selflessly took the initiative to start study sessions for our class when she saw our class struggling in PC 115. She works tirelessly to create additional practice worksheets, ensures that the material is up to par, and enthusiastically breaks down PC 115 into more digestible pieces for us! Overall, YeeAnn embodies qualities that we as UCSF students all want to exemplify. She is beyond deserving of this recognition.

## Class of 2017: Rotation Inspirations

By Gabe Wong

Class of 2017 President

Hey we made it! To our 2nd rotation that is. The last day of class was a bitter-sweet ending to the P3 year. No longer will we sit in HSW, Cole Hall, or Nursing with our laptops aglow and our attention (usually) rapt. Instead our days are now filled with a greater challenge: applying our didactic knowledge in the practice of direct patient care. The hum of computers running ApeX. Clicking of phrases into PubMed. Downloading therapeutic guidelines. These are the familiar tools we now pull from our skillset to become part of an integrative healthcare team.

I want to extend a special thanks to the outgoing P3 cabinet, with Thanh, Kerry, Lindsay, and Chloe, for their amazing job coordinating social events, fundraising, and keeping us updated with their weekly reminders as the incoming P4



Class of 2017's last day of class

cabinet with myself, Scott, Richard, and Malini, transitions in. We are excited for the year ahead of us and are brainstorming ideas for fundraisers, board exam review, and the graduation banquet to create a stellar finish.

To all students slugging it away at their acute care, ambulatory, or community rotations: good luck, you got this! To the PharmSci and HSPR students perform-

ing research by test tube or database, may your pursuits be fruitful and groundbreaking! Soon, residency and fellowship applications will be upon us, furthering our growth into the professional arena. However, though we may be miles apart, our friendships and memories will last a lifetime. Remember that the hands of your classmates and faculty support you in all your endeavors.

# Class of 2018: Warm and Dry-P2 Year Goodbye

By Stephanie Wong  
Class of 2018 President

There only a few days left in the spring quarter and I am amazed at how fast P2 year has gone by. From our long 9am-6pm Tuesdays and Wednesdays, numerous quizzes, conferences, articulates, and dreaded word limits, we powered through them all. Soon, we will have survived the most difficult therapeutics class thus far.

This quarter we were challenged with the 6-room CP129C OSCE and warfarin counseling. It was a refresher on different topics from P1 year as well as a representation of our growth during P2 year. We also were assigned our APPE rotation sites. Even though it's exciting to start making housing plans for P4 year, it is also bittersweet to know that not all 122 of us will be crammed together in HSW anymore. The light at the end of the tunnel

shines brighter with only 2 more quarters of didactic classes left. It also comes with a reminder that we are more than halfway done to becoming pharmacists.

It has been a tough, emotional, and challenging year balancing school, work, and leadership roles. These battle scars are worn with pride to show how much we fought, cried, loved, and

survived together as a class. Summer is approaching, and this will be a well-deserved break for all.

I am honored to represent the class of 2018. The new class cabinet and I hope to take care of you and make this upcoming year as meaningful as possible before we separate for rotations in March.



P2s gathered for their annual trip to Tahoe.

## Class of 2018 Superlatives



Enneline Academia

Most Charismatic



Micah Ahazie

Most likely to become president



Vic Arias

Life of the Party



Vicky Bayrasy

Sweetest Disposition



Christy Boulos

Best Smile



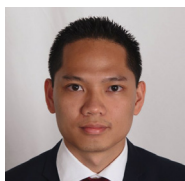
Renee Castillo

Sweetest Disposition



Brandon Conley

Top Chef



Jefferson Cua

Best Dressed



Diego Garcia

Most likely to sleep through the next earthquake



Phuong Lai

Best Smile



Liriamy Pimentel

Best Hair



Steven Samuels

Best Dancer



David Szeto

Most Athletic



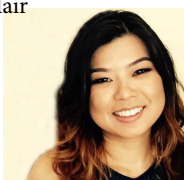
Mercy Tang

Most likely to get lost at UCSF



Amanda Tran

Most Artistic



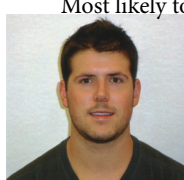
Diana Tran

Biggest Foodie



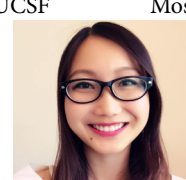
Saria Wanichpan

Most likely to become a rapper



Mike Wright

Class Clown



Cathy Wu

Most likely to cure cancer

# Class of 2019: P1 Year Completed!

Steven Parella  
Class of 2019 President

I believe I can speak for my fellow classmates and say that our first year in pharmacy school has been GREAT! We have learned so much from our fellow classmates, upperclassmen, staff, and faculty members. As finals are approaching and our P1 year is coming to a close, I can truly say it is bittersweet. It's sweet to be finally done with P1 year, but bitter to be entering into the extremely feared P2 year. However, I know that with the friendships and camaraderie that were established within the class, we will work together and crush P2 year!

This quarter in particular was very exciting, as everyone started to prepare for the next steps in their educational careers by assuming

new leadership roles with the RCO's and ASSP, accepting summer internships positions, and applying for summer research opportunities. Also, during the quarter our class proved to be a force to be reckoned with, as it pertains to the intramural teams, especially with our futsal team (2Fast2Furosemide) who made it to the semi-finals. A special shout out to YeeAnn, and the crew, for taking the time to prepare

As your P1 Class President I would like to personally thank the P1

Cabinet for all of your hard work. I would also like to thank the Class of 2019 for allowing me to serve as your president. Lastly, to the new P2 Class Cabinet, we can't wait to see what you guys have planned!

P1 Class President: Steven Parella, P2 Class President: Yao Kouassi, P1 Vice President: Annie Park, P2 Vice President: Natalie Varnay, P1 Secretary: Samantha Andrews, P2 Secretary: Kelli Walker, P1 Treasurer: Cesar Rodriguez, P2 Treasurer: Uche Mordi



# Class of 2019 Superlatives



Mayowa Adesina

Most Athletic



Amir Ali

Class Clown



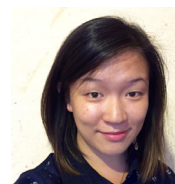
Nicole Andrews

Best Dressed



Hana Bary

Best Hair



Annie Chang

Biggest Foodie



YeeAnn Chen

Best Dancer



Yeonbi Cho

Most likely to get lost at UCSF



Drake Dinh

Most likely to become a rapper



Casey Duckwall

Most likely to cure cancer



Jeni Hagan

Sweetest Disposition



Helen Hou

Most Artistic



Fontaine Ma

Most likely to sleep through the next earthquake



Kate Misogas

Most likely to become president



Dario Nassif

Life of the Party



Hang Nguyen

Best Smile



Troy Santos

Most Charismatic



Jose Tinajero

Top Chef

# FACULTY SPOTLIGHT | DR. MARILYN STEBBINS

By: Ashley Kim and Diana Tran  
Therapeutic Window Editors

## Q: What are some of your interests outside of pharmacy?

A: Trail Running. I ran the south rim to north rim of the Grand Canyon in one day, but the whole trip was three days. I went with a group of folks that were hiking it, and each of us had to turn in our plans to the head of the group because she didn't want to take any slackers. However, my plan was a running plan because I didn't have the time to hike. Another gal asked me if I wanted to run it together, and I wondered what I had gotten myself into.

We started at 5 in the morning. It was raining, so I had lots of clothes. We got down to the canyon and the face of the canyon was 75 degrees, so I had to strip some of the clothes off. We kept having weird cells of weather, so we kept stripping layers off and then putting them back on. As we were coming out of the canyon, we had to climb 5000 feet and it started snowing. It was the opening day of the north rim and it was a blizzard. The gal who I did this with and I were the first two to come out of the north rim, but we were freezing because it was snowing and we were in shorts. We had to slog it through the mud for the last 4 miles, and ended up beating the wagon that was supposed to pick us up and take us to the lodge where we were staying at.

My running partner was so funny, and I had never met her before that day. She was like we're hitchhiking, so we stuck our thumbs out. A foreign family from India, who barely spoke any English, picked us up. They had this beautiful SUV, but we were so muddy, so we were just a mess. They were so nice and took us to the lodge.

## Q: When did you start running?

A: I started running track in high school, but I didn't really run. My dad used to take us all on family runs, so after

dinner, the nine of us would run two miles in short or long loops. I didn't like running in high school because I wasn't fast. In college, I just started running for exercise and started running to meet my husband because he was a runner.

I went to UCSD and worked at Club Med, the medical school cafeteria. I was the breakfast cook and lunchtime cashier as an undergrad, and my husband was doing a post-doc there. He used to come in for lunch, and I wanted to meet him. I saw that he would leave from work and run at the end of the day, so I started running so that I could run into him. That was literally how I started to run for pleasure.

## Q: How did you actually get to know your husband?

A: I talked to him every day. Every morning he would buy his banana bread and every afternoon he would buy his lunch there. He thought I liked his friend because he and his friend would run and I would show up half-way through. It was kind of funny.

## Q: How did you train for marathons?

A: I did the SF marathon in July of my 4th year. At the time, I was rotating at the VA and running was my release. I would leave the VA and run to Sausalito a couple days a week. I did that and it hurt. For the last 5 miles, I thought I was going to die. So I thought I was never going to do another marathon and did many 10Ks.

When I turned 40, I thought, I am so bored of running. I started to do triathlons, so I hired a coach and joined a team. I ended up doing them for 3 years. I am a very disciplined person when I put my mind to it, and I am a very undisciplined person when I don't set a course ahead. That's how my coach really helped me. I would get all my workouts for the whole week, and there were at least 3 hours of work out a day except Mondays, on which I got my massage. In 3 years, I never missed a workout.

## Q: How did you balance that with work?

A: It's ADHD. I'm pretty convinced. I think I'm really high energy, and I work better when I'm busy. Also, exercise has always been an outlet for me. It was also the challenge. The reason why I didn't miss a workout was because I was so afraid of how much it would hurt when I did the event if I didn't train because I didn't train right for my marathon. I just convinced myself that if I missed even a single workout it would hurt.

## Q: What team did you join?

A: I joined the team at my fitness club, so it was very easy. My daughter was 6 or 7 at that point. My husband and I met there after work, so she kind of grew up there. I went into labor on the treadmill there. It was sort of just what we did.

My daughter wanted to train with me. She participated in children's triathlons, and she was really good. She placed in Davis triathlon for 9 to 10 year olds when she was 9. It was because she was a good runner and had good transitions, which is what I was good at. I taught her how to transition.

## Q: What do you listen to when you're running?

A: When I run alone, I listen to audiobooks. I am a very well-listened person. I think I listened to 100 books last year.

## Q: What is your goal ultimately?

A: Honestly, pharmacists are their own worst enemies. We have always been known as the profession that is safe. We're rule followers. I think I've never been a traditional pharmacist. My very first job was opening up clinics. I hated Am-care, and I got hired at the VA to open clinics, but I didn't really know what I was doing. I had great older pharmacists as mentors, who gave me the ability to innovate and create—see a need and fill it. I think pharmacist don't do that. They follow rules too much.

My whole career has been starting

programs that didn't exist. I'm excited that UCSF has a community focused initiative with Walgreens, but I was also really sad that I didn't feel that UCSF had a primary care focus in ambulatory care. Primary care here has never gotten the same focus that I had in my clinics, where we would see the whole patient and not just treat their hypertension or diabetes. I took care of the whole patient.

I wanted to come back and say, why do we still only have one pharmacist for half of a day a week. We can treat Hep C, and HIV, but we're not taking care of the bread and butter of the community. I want to develop an Am-care and community strategy because my opinion with healthcare reform is: if we don't put care in the community, we aren't going to win this battle. We're treating sickness. We're providing sick care, not healthcare. We've got to get care into the communities in which people live, and that's hard. It is a whole revamping of our entire healthcare system.



## ACCP: A Successful Year of Transition

By Matthew Sugidono  
ACCP President

The ACCP Student Chapter aims to provide UCSF student pharmacists with clinical, research, and publication skills. This year we have been hard at work redefining our role as a student pharmacy organization through clinical competitions and research projects. Some events included hosting a presentation by the National President of ACCP, Dr. Judith Jacobi, and facilitating an intimate clinical research roundtable event in the winter. We would like to congratulate our first ever ACCP Clinical Research Challenge team of Steven Sam-

uels, Amy Liu, and Casey Duckwall who designed a research proposal and placed in the top 20 schools nationally. The local ACCP Clinical Pharmacy Challenge (CPC) competition was held this quarter, and eleven P2s and P3s competed for three spots on the UCSF CPC team. Congratulations and good luck to Elizabeth Staub, Jade Vitug, and Tiffany Buckley as they prepare for the national competition which will occur in September. Lastly, we welcome our new Board for the 2016-2017 year! Look for us next Fall to learn more about clinical research as a pharmacy student!



Introducing the new ACCP board! (Kendra Radtke-President, Eva Duvalyan-VP Student Research, Corinne Badgley-VP Professional Affairs and Development, Varinder "Prince" Grewal-Treasurer, Matthew Sugidono-President-Elect, Scott Myers-Secretary, Amy Liu-ACCP Student Liaison)

# AMCP: Leveraging Less For More

By David Szeto & Claire Nichols  
AMCP President & President-Elect

It has been an exciting quarter for AMCP UCSF. We tipped our hats to our previous AMCP Board and welcome our new Board members: Claire Nichols (President-Elect), Kristine Tran (VP of Professional Affairs), Jack Timmons (VP of Membership & Public Relations), Monica Eng (VP of Health Policy & Collaboration), Uche Mordi (Secretary), Tyson Walker (Treasurer), and Jayson De Guzman (Historian/Webmaster). Welcome to the AMCP family!

This year, AMCP held their annual meeting in San Francisco and our students did not hesitate to immerse themselves in continued education sessions, poster presentations, and networking events with managed care professionals, including many AMCP UCSF alumni who are currently making waves in their own careers. Highlights from AMCP UCSF students:

- 39 students attended from our AMCP UCSF student chapter
- Nine AMCP UCSF students presented posters with Leann McDowell, Pharm.D. receiving AMCP's Best Student Pharmacist Poster

award

- Our local AMCP UCSF P&T team placed 3rd nationally, continuing a very impressive streak for AMCP UCSF to place in the top 8 nationally since our AMCP UCSF chapter inception. Congratulations again to Jay, Chris, Jack, and George for putting on a brilliant presentation and placing 3rd. Our P&T team and student presenters were accompanied by overwhelming support from faculty, classmates, and alumni.

Stay connected by following AMCP UCSF: <https://www.facebook.com/AMCPCUCSF/>



AMCP UCSF students and alumni after UCSF P&T presentation at 2016 AMCP

# APhA-ASP & CPhA: APhA-NTASTIC Year; Springing Pharmacy Forward

By Trung Ky  
APhA-ASP & CPhA President-Elect

Historically, the American Pharmacists Association – Academy of Student Pharmacists (APhA-ASP) and California Pharmacists Association (CPhA) have demonstrated strong leadership among the pharmacy community by bringing visibility of the profession to patients, students, and pharmacists. Continuing the tradition of advancing pharmacy practice, personal growth, and professional development, our chapter hosted a variety of activities this year, including career-oriented workshops, lunch-talks, fundraisers, networking events, social hours, and legislative round tables. We also represented UCSF by proactively participating at local CPhA chapter meetings and the West Coast Pharmacy Exchange in San Francisco, where Dr. Rob-in Corelli & Dr. Lisa Kroon spoke on the advancement of smoking cessation medications and Dr. Betty

Dong updated guests on pre and post HIV prophylaxis. In addition, we proudly sent the local chapter winner of the Patient Counseling Competition, Leanne Thai (Class of 2017), to compete nationally at the APhA Annual Meeting & Exposition in Baltimore, MD. Reaching out to the community, Operation Diabetes, Operation Immunization, Project Healthy Heart, and Generation Rx from APhA provided free screenings and educational pieces at the Heart of the City Farmer's Market. To end a joyous and fruitful year, the Spring Banquet served to commemorate the old board for their hard work and welcome the new board to yet another exciting year. On behalf of APhA-CPhA, I'd like to thank our 116 active members and especially our faculty advisor, Dr. Don Kishi, for helping APhA fulfill its mission statement and allowing the pharmacy profession to move forward.



UCSF students pose at the CPhA West Coast Pharmacy Exchange in San Francisco, CA



# COSA: Thank You For A Great Year

By Stella Lee, Catherine Lo,  
Kay Takamura, & Hannah Whittemore  
COSA Board

We kicked off Spring Quarter with our annual Transition Retreat for the new selected project coordinators and board members, where we discussed duties and logistics for the upcoming school year. We look forward to another great year of COSA under their leadership!

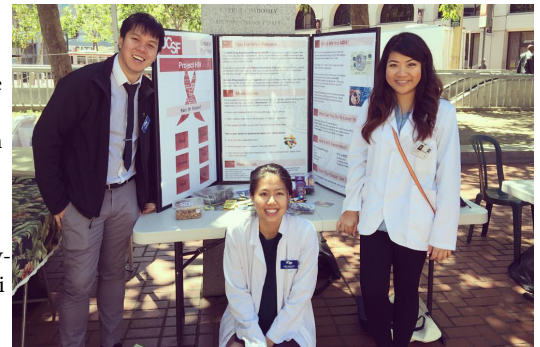
We continued to host our popular health fair at the Heart of the City Farmer Market, which serves San Francisco's urban low-income communities. This market was the first in San Francisco to accept food stamps, WIC, and seniors farmers' market coupons. We had 7 projects and 30 student volunteers in attendance at this health fair and served a total of ~150 patients!

After our successful visit last quarter, we went to NCPHS Eastern Park Apartments in the Tenderloin once again. We were able to offer screenings, medication counseling, and health information on nutrition and HIV to over 80 patients. It was meaningful to visit NCPHS as our last health fair of the academic year and reach out to our

target underserved population.

Our last event of the year was the COSA banquet, where project coordinators, advisors, and preceptors socialized and enjoyed a meal together at the Stem Cell Building Conference Room. Awards were presented to Project Advisor of the Year (Dr. Philip Chan), Preceptor of the Year (Dr. Joanne Whitney), Screening Project of the Year (Geriatric Medication and Awareness Project), Info Project of the Year (Project HIV), Most Involved Project (Project Healthy Heart), Volunteer of the Year (Matthew Sugidono), and COSA Lifetime Achievement Award (Dr. Chet Yee).

Project HIV at Heart of the City Farmer's Market Health Fair Pictured from Left to Right: David Yee, Hien Nguyen, Phuong Lai



# CSHP: Spring Blossoming

By Brian Ma  
CSHP-President Elect

This spring quarter, CSHP-UCSF sent off the graduating Class of 2016 in style with gerbera daisies, bouquets, and leis, organizing the 2016 Flower Sale for the P4's and their loved ones. The graduation "Flower Sale" is one of the more revered CSHP events as it represents the transition of the student pharmacist into the practicing pharmacist, and seeing the P4's leave UCSF with joy and sheer happiness revitalizes us all as continuing student pharmacists.

While graduation was an amazing ceremony for the quarter, CSHP put on several other events for the students who still have some ways to go until they get to don caps and gowns. In April, we had the "Residency 101" lunch talk with Dr. Dennehy followed by the CSHP/APhA Residency panel in the evening. The "Residency 101" lunch talk was a brief presentation on the merits of obtaining a residency and specifics about how the UCSF residency program compared with other programs nationally followed by Dr. Dennehy's residency question and answer segment for students. "CSHP/APhA Residency Panel" was another residency-focused event that hosted five graduating P4's who successfully matched into PGY1 residencies. "Residency 101" and the "Residency Panel"



Connie Sou, Amir Rakei, Brian Ma, Jeremy Borbon, Alexi Kimura,  
Angela Lee, Taryn Morita

both combined to give us faculty and student perspectives on what it takes to get a residency of choice.

As the quarter comes to an end, CSHP looks forward to a summer of planning for another successful year at UCSF for everyone.

# LAPS: Nuevos Comienzos

By Cesar Rodriguez  
LAPS President

¡Hola Amigos! Spring quarter is blooming with opportunity and promise, as we transition board members and reflect upon the amazing work of the 2015-2016 Latino Association of Pharmacy Students (LAPS) board. This year the 2015-2016 LAPS board has shown us (i.e., the prospective board) the importance of striving for cultural awareness, education, and outreach to underserved communities.

This spring quarter featured the last LAPS Spanish lunch talk of the school year. The lunch talk coordinators, Karla Basto and Kyle Brown, discussed common STDs and medical terminology in Spanish and English. Throughout the year, these quarterly lunch talks have shown the significance of understanding and learning other languages to help serve communities with language barriers. Furthermore, LAPS collaborated with the Latino Medical Student Association (LMSA) to debunk the myths of Cinco de Mayo, which revealed the importance of interprofessional education and cultural awareness. We enjoyed each other's company and had the opportunity to learn merengue and salsa dancing

from our LMSA peers. Events such as this one help expose us to traditions outside of our own, and thus allow us to be more culturally sensitive to patients' beliefs.

As the 2016-2017 LAPS board, we will take the lessons we learned from our predecessors and build upon them to continually raise awareness and advocate helping Latino and other underserved communities. ¡Hasta la próxima!



LAPS and LMSA Cinco de Mayo Event

# NCPA: Spring Review

By Varsha Pandey  
NCPA President-Elect

The National Community Pharmacists Association at UCSF is perfectly positioned to expose the future pharmacists of America to the burgeoning world of health tech start-ups and independent pharmacies. Early in the quarter, NCPA hosted its Annual Entrepreneurship Roundtable where students had the opportunity to learn from prominent pharmacy owners, entrepreneurs, and health care start-up representatives. The event provided insights into the improved future of healthcare.

Late in the quarter, at the NCPA Annual Spring Banquet, UCSF's Business Plan Competition Team presented its proposal for developing Lifecare Pharmacy, a compounding pharmacy for both people and pets. Allen Tran, Uche Mordi, Sahar Hojjat and Varsha Pandey presented the culmination of many months' work, displaying a developed knowledge of not only pharmaceuticals but also business development.

In the coming year, NCPA looks forward to con-



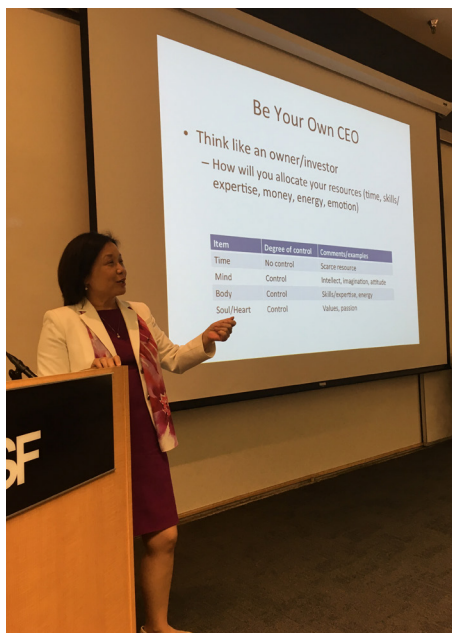
Top: Allen Tran, Miraj Patel, Efen Bose, Diana Courtney, Karisa Wymer, Daniel Keroles and Micah Ahazie Bottom: Christine Yu, Varsha Pandey, Jay Barcelon, Felice Wu and Elyse Young

tinuing exposure for untraditional pharmacy pathways through the Professional Compounding Centers of America, health tech start-ups, and entrepreneurial mentorships.

## PLS: Taking the Reigns

By Kari Lenore Ehm  
PLS President

This quarter, Phi Lambda Sigma joined with the RCOs to collaborate towards a common goal of changing for the better at the Leadership Retreat. The business world calls this Continuous Quality Improvement [CQI], and since almost all of us will be working for a business of some sort, we thought it'd be great to start now. This process is simple. You work to improve the quality of your product or service throughout the year, but that is easier said than done. As RCOs, our products and services are the events and member benefits we hold each quarter. It's our challenge to look at each event, activity, and position and determine if it holds up to our own high standards of quality, and determine if it serves



Dr. Nancy Kamei speaking with students about how to be an entrepreneur in every career path at Leadership Bonanza 2.

the purpose intended. Currently we have an incredible amount of events in the School of Pharmacy, so now we have the opportunity to cut back and refine as we move forward.

The Leadership Retreat along with Leadership Bonanza 2 and Hospital Systems Workshop all strive to develop our leadership skills and push us out of our comfort zones. At Leadership Bonanza 2, we hosted an amazing entrepreneur Dr. Nancy Kamei who spoke to us about start-ups in which she has participated and how they are currently worth billions! We were so lucky to have her give us incredible advice: As we start our careers, we need to transition from being the smartest person in the room to the most effective person in the room.

## SNPhA: The IKEA of RCOs

By Jefferson Cua  
SNPhA President

IKEA empowers the designer inside us to achieve high-style décor on a low budget and with a bit of elbow grease. Although the Student National Pharmaceutical Association (SNPhA) has lacked funding that some organizations have acquired, our savvy board always maximizes a limited budget and a crafty passion to fabricate eventful masterpieces. It is with this minimalist aesthetic that we galvanize the UCSF community to work together in making healthcare more accessible to the underserved.

To this end, we furnished our spring quarter programming with quintessential pieces to harmonize our mission. First, our Immunization Initiative Chair, Vishnavi Reddy, organized a Lunch Talk to commemorate World

Immunization Week. We invited Dr. David Stier from the SF Department of Public Health to hammer in the importance of accessibility of vaccines for underserved communities. Additionally, our CKD Initiative Chairs Brian Ma and Jessica Tran assembled a walk team and raised funds for this year's National Kidney Foundation's Kidney Walk.

Our year of service culminated in the centerpiece event, our annual Spring Banquet. The new SNPhA board, led by President-Elect Nicole Andrews, meticulously handcrafted the floral affair with Mediterranean food, a jazz performance by P2

Micah Ahazi, and a quirky pastel photo booth. The evening was further accentuated with heartwarming speeches from our faculty advisor, Dr. Sharon Youmans, and President Jefferson Cua bidding farewell to past officers and welcoming the new board.



SNPhA 2016-2017 Board taken at Spring Banquet. (Raisa Herra, Jessica Tran, Stephanie Golahi, Nicole Andrews, Hana Barry, Jefferson Cua, Michelle Cha, Vishnavi Reddy)

## Kappa Psi: Transitions of Care

By Angela Lee  
KY Corresponding Secretary

Transitions-of-care is the practice in which providers help their patients adjust to new care settings, which occurs one-on-one or through care teams. This past quarter, Kappa Psi has seen many demonstrations of transitions, and embodiment of our values. As we bid farewell to our P4 graduating brothers in our Graduation Ritual, we will always hold their guidance and mentorships close to us, as we progress into more opportunities and challenges in pharmacy school. After welcoming 42 new brothers into our fraternity, our chapter has provided numerous events for brothers to integrate themselves into the Kappa Psi network and foster growing brotherhood, such as Spring Conclave conference, and Spring Luau welcoming the new board. Our Spring

Banquet Cruise provided a chance for reflection, and expression of gratitude for the dedication of the outgoing board. We would like to thank all of them for their contributions in defining brotherhood, as without the foundations they have set for us, Kappa Psi would not be where it is today.

The handing off of this torch of responsibilities may seem heavy, but I believe with confidence that the strong potential of leadership can uplift the brotherhood to set new precedents in the near future. These transitions of

care hold much meaning to us—not only do we seek to further the growth of our chapter, we also commemorate the legacies that graduated brothers have left behind for us, as they embark on their paths leading beyond Inner Sunset, and transition into the real world.



Congratulations to our graduating P4 brothers- now alumni! PTBYB.

## Phi Delta Chi: Going On An Adventure

By Kevin Tran  
PDC Worthy Chief Counselor

The sight of graduation caps soaring into the sky, the sound of waterfalls crashing into boulders, and the taste of wine paired with rich sea-salt chocolate truffles. These are what fill the senses of PDC brothers in the springtime.

For our first adventure, we surprised our graduating brothers at their commencement ceremony with handcrafted ribbon leis and red carnations as they finished the grand adventure of pharmacy school and set forth on their new journey as fully-fledged pharmacists. We decided to take a break from the big city for our next escapade and made our way east to the serene Little Yosemite for some family bonding

time as we overcame colossal boulders on the treacherous hiking trails. Of course, we must never forget to treat ourselves after hard-fought battles against midterms! We headed north to wine country, where we indulged in the soul- and thirst-quenching concoctions of the master winemakers at Castello di Amorosa and explored their many magnificent halls and breathtaking views up-top the brick towers.

As we reflect on this past quarter, we can see how far we've come. P1s wrapped up their first year of pharmacy school with strong brotherly bonds, P2s mastered the art of therapeutics, P3s started rotations with skillsets and knowledge honed and mastered over the years, and P4s ventured off into the future beyond pharmacy school. Looking back, we appreciate and cherish all the memories we have made thus far and look forward to making many



Zeta Chapter gathers for a group photo at the V. Sattui Winery

more in the adventures to come!