

# THE THERAPEUTIC WINDOW



UCSF School of Pharmacy

ASSP | SPRING 2017

## Great Expectations

By: *Kate Misogas*  
ASSP President

Over the past three quarters, I've often heard variations on the phrase "I didn't expect--". The accompanying half of the sentence has an infinite number of possibilities, from tackling academics ("I didn't expect the exam to be like that"), to being pleasantly surprised ("I didn't think I would enjoy that event as much as I did"), to personal challenges ("I didn't see that coming"), and everything in between.

mer break between P1 and 2 year steeling myself for the onslaught of academic and extracurricular, emotional and mental struggles I had been warned about. When the school year started and as it continued to progress, the prophesized challenges did come in numerous (seemingly unending) waves. What I didn't foresee was the overwhelming sense of altruism and strength that poured out from fellow classmates to support each other as we weathered the storm together.

room as student pharmacists and in organizations as student leaders, I am constantly reminded of how far we've developed since first setting foot on this campus and how much we have to offer in the future.

With the new UCSF School of Pharmacy curriculum fast approaching and the pharmacy profession making huge legislative strides, the future isn't so far off and away as we might think. American novelist Alice Walker encourages us to "look closely at the present [we] are constructing. It should look like the future [we] are dreaming." As students of the UCSF School of Pharmacy that pride ourselves on leadership in the field of pharmacy, we should constantly be in a state of re-evaluation and innovation, never settling for the status quo. Why simply meet expectations when we can exceed them?

As the term comes to a close and I finally have some time to take a step back, I notice how quickly time has passed and how drastically my perspective has changed over the course of nine months. Progressing through this rite of passage, becoming further immersed in the pharmacy culture via Therapeutics and RCO events/ leadership opportunities,

and being surrounded by brilliant future pharmacists, I feel more and more connected to the pharmacy profession. I didn't expect this rekindled enthusiasm to shine through the constant fog of P2 fatigue, and yet, here it is. Although many of us are tired, we are wrapping up the year feeling more confident and more knowledgeable than when we entered in the Fall. Observing students in the class-



*ASSP Board at our escape room retreat, using team work to make the dream work!*

Academic year 2016-2017 was unlike anything I would have predicted or prepared for. It's been the scariest and toughest academic year to date, full of so many changes and challenges, but it has also been one of the most rewarding. I started off with a lot of trepidation, worried about what was looming ahead. I regularly questioned if I would be able to handle the infamous P2 year, and I spent the last few weeks of sum-

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Edited By *Nkiruka (Nikki) Oragwam*

# Moving Forward Together

By: **Rosalind Tom**  
ASSP President-Elect

Between the numerous exams and meetings of each quarter, the daily activities on campus tend to drown out the intricacies of the lives we lead as active members of the student body here at UCSF. For this reason, I would like to take this space to express my awe and appreciation for each and every one of you. This quarter I had the opportunity to take a seat behind the scenes and truly witness the amount of work that our peers put into creating a fruitful student life for all of us. Each meeting and conversation reminded me of just how lucky I am to be at UCSF. I have the honor of working alongside incredible individuals who are not only passionate about our profession, but also our school as well.

ASSP has tested my ability to better serve this community and, more importantly, opened my eyes to the hard work and dedication of my student body and

administration. With the upcoming academic year, we will be embarking into uncharted territories in preparation for the change of curriculum. I am excited to go through these times, because it epitomizes the forward thinking culture of our institution and I know like everything else that we will prevail together. In the wise words of Henry Ford,

*"if everyone is moving forward together, then success takes care of itself."*



From left to right: Katherine Misogas, Jessica Lee, Rosalind Tom

# Students of the Quarter

By: **Jessica Li**  
ASSP VP of Student Affairs

The following students were nominated by their classmates for their selfless contributions to their respective classes. Congratulations, Lisa and Allison! Thank you to everyone who submitted nominations. The descriptions are synthesized from the responses.

## LISA NELSON

*Class of 2019*

Lisa's study guide charts for therapeutics this quarter have been life-saving. She puts in so much time to organize the drugs for each disease state, going to other resources for dosing, side effects, and other important information. Her charts have been my go-to for exams this quarter, and I definitely would not have done as well without them! Thank you Lisa!

## ALLISON NGUYEN

*Class of 2020*

Allison always goes out of her way to help others, whether it be socially or academically, and it often goes unrewarded. But she doesn't see it that way because she loves helping others. She has led review sessions for courses by herself and with classmates. Allison is generous with her time and with encouragement, and I would like to acknowledge her for her help to the class.

# Superlatives

By: **Vicky Yi**  
ASSP VP of Social Affairs

*Class of 2020*

**Life of the Party:** Brandon Chhan  
**Best Dressed:** Albert Yang  
**Most Athletic:** Richard Ta  
**Best Smile:** Alison Chen  
**Best Hair:** Lauren Cline  
**Best Personality:** Mia Lim  
**Best Dancer:** Jeremie Aviado  
**Class Clown:** Ashneel Krishna  
**Most Artistic:** Allison Nguyen  
**Most Charismatic:** Jessica Li  
**Top Chef:** Kevin Sam  
**Biggest Foodie:** Julie Nguyen  
**Most Likely to Become President:** Karan Patel  
**Most Likely to Get Lost at UCSF:** Jenny Zhou  
**Most Likely to Cure Cancer:** Praveen Shukla  
**Most Likely to Become a Rapper:** Anthony Lui  
**Most Likely to Star On Reality TV Show:** Daryl Larry- Sar  
**Class of 2020 Hearst Resident:** Andrea King  
**Most Likely to Sleep Through An Earthquake:** Jenny Wen  
**Dynamic Duo:** Nisha Iyer & Saumya Papneja

*Class of 2019*

**Life of the Party:** Brian Ngo  
**Best Dressed:** Jose Tinajero  
**Most Athletic:** Raymond Totah  
**Best Smile:** Hang Nguyen  
**Best Hair:** Hana Bary  
**Best Personality:** Claire Nichols  
**Best Dancer:** Ryan Ng  
**Class Clown:** Amir Ali  
**Most Artistic:** Kristine Tran  
**Most Charismatic:** Troy Santos  
**Top Chef:** Jeff Ho  
**Biggest Foodie:** Annie Chang  
**Most Likely to Become President:** Kate Misogas  
**Most Likely to Get Lost at UCSF:** Jeni Hagen  
**Most Likely to Cure Cancer:** Scott Myers & YeeAnn Chen  
**Most Likely to Become a Rapper:** Drake Dinh  
**Most Likely To Star On Reality TV Show:** Cesar Rodriguez  
**Class of 2019 Hearst Resident:** Monica Eng  
**Most Likely to Sleep Through An Earthquake:** Fontaine Ma  
**Dynamic Duo:** Amir Ali & Raymond Totah

# Class of 2018: Rotation Consternations

*By: Steven Samuels*  
*Class of 2018 President*



P3s jump for joy on their last day of didactic PharmD education.  
(Left to right: Karla Basto, Liriany Pimentel, Stephanie Roman, Lizeth Rivera, Shannan Takhar, Rahat Mawlavizada)

As students during the didactic curriculum, many of us enjoyed privileges and endured worries of varying degrees. Privileged, in that our recommendations on exams were under a veil of safety for a pair of made-up patient initials. That what we were studying or doing on IPPEs was for our

somewhat-distant futures as practitioners. Yet, perhaps, worried that if we cannot learn the material, we would not become what we set out to be. If we were not confident in discussions or OSCEs, we would not be confident in our patient interactions. That our futures as practitioners were not so distant... but harrowingly close. The Class of 2018 is now at our shared experience of a tipping point. Our privileges and worries have taken an abrupt three-sixty into the world of a practicing (student) pharmacist.

The OSCE patient who needed straightforward warfarin teaching is now a patient who worries what their recent atrial fibrillation diagnosis means. Group presentations to classmates are now in-services relied on by pharmacists and technicians. Recommendations are now for someone with a name, a face, and a family who needs our compassionate care. Pharmaceutical Care pathway students are dispensing exactly what the name prescribes. Pharmaceutical Sciences and Health Services & Policy Research pathway students are beginning projects that will impact the pool of scientific knowledge and the healthcare system. The Class of 2018 and UCSF classes after us are, and will continue to, privilege our patients as providers and conquer our consternations as the big picture unfolds.

# Class of 2019: Wrapping Up The Year!

*By: Yao Kouassi*  
*Class of 2019 President*

As this will be my last Therapeutic Window article as P2 class president, I wanted to take a moment to reflect on our pharmacy student journey here at UCSF. I am not sure if this is a commonly shared sensation among classmates, but I do feel like we know a lot in just only two years of pharmacy school. Recently, I have often surprised myself counseling patients on medication regimens that were a mystery to me before stepping into this curriculum. So yes, we have learned a lot and, perhaps, we have been able to do so by devoting a considerable amount of time and work into this school year. We have been routinely sandwiched between one or two midterm exams every week, extracurricular activities, work, personal, and social life circumstances. And in the end, we are very proud of our individual achievement as normal humans would be after dopaminergic receptors are adequately occupied and stimulated. We are close to the end of the didactic part of the curriculum, and very close to witnessing the Golden State Warriors bring another championship to the Bay Area! We're living an exciting moment of our pathway through UCSF towards our future pharmacist career.



*Class of 2019 at Orientation*

To wrap it all up, I wish the best of luck to all of us, while inviting everyone to keep in mind that teamwork is a major part of all sustainable accomplishment as well as every innovative learning process. Therefore, let's keep maintaining our pharmily unified for coming adventures.

# Class of 2020: Thank You

**By: Taryn Go**

**Class of 2020 President**

**Thank you** to the city of San Francisco that, on rare occasions, has its moments of indescribable beauty.

**Thank you** to the libraries and study spaces that handle extremely sleep-deprived pharmacy students.

**Thank you** to the clubs and bars that handle extremely rambunctious pharmacy students.

**Thank you** to the Box and its contributors for providing study guides worthy enough to be framed at a museum.

**Thank you** to the Moffitt Cafeteria for serving cheap and delicious breakfast foods.

**Thank you** to the Millberry Union and Bakar Fitness Centers for putting up with gross bodily odors and not judging failed New Year's Resolutions.

**Thank you** to the countless events and their coordinators that provided free food.

**Thank you** to the Orientation Directors and Counselors, P2/P3 Buddies, and all forms of mentors who always lend a helping hand.

**Thank you** to the Class of 2017, 2018, and 2019 who exemplify that we are all one school, undivided.

**Thank you** to the staff who consistently seek feedback from students rather than shy away from the criticism.

**Thank you** to the professors who put up with my blatant ~~nap~~ note-taking and are there for their students.

**Thank you** to the professionals in different fields who dedicate their time to educate us about their occupations.

**Thank you** to the preceptors who patiently observe and correct all our blunders.

**Thank you** to the patients who are the ones we vow to serve.

**Thank you** to the Class of 2020, my pharmily.

**Who do you have to thank?**

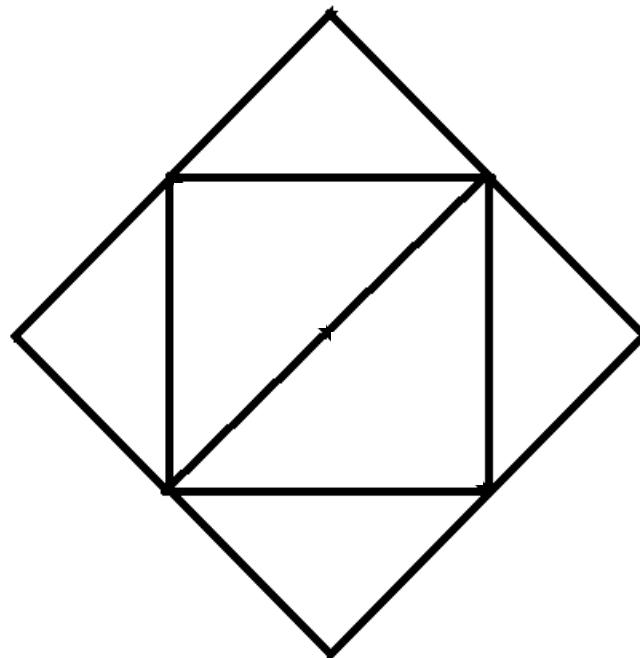


*P1 White Coat Ceremony*

## Miscellaneous

**Can you draw this figure without retracing any line or lifting your pencil from the page? (See page 11 for solution)**

*Problem and solution obtained from "puzzling.stackexchange.com"*



**Questions asked by:**

Nikki Oragwam, Evelyn Coria, and Annie Chang  
**ASSP Therapeutic Window Editors**

**Q: What was your path to becoming a pharmacist, and how did you end up at UCSF?**

A: Well, I have never been very goal-oriented, believe it or not. Personally, I like to set myself up for opportunity without knowing where that opportunity will come from and then grabbing it. Being a pharmacist was not even in the cards for me. I wasn't really sure what I was going to do. I knew it was going to be science oriented in some way. And, weirdly, what attracted me to pharmacy was not pharmacy. What attracted me was this notion that it was a clinical profession. I was intrigued by, even then, whether you were using drugs correctly. Are you on the right medication? Is this the right dose? Are there drug interactions? That is what interests me. I lived in California in those days and I had finished my Bachelor's at Santa Clara University, south of here. And via a large sequence of events that is too much to discuss, I ended up at USC. That was a good thing because, as it turns out, USC was the real hotbed of clinical pharmacy practice. The idea that a pharmacist just didn't dispense a drug correctly and followed the order. While I believed in that, I also thought there was more than that. Like how does age, gender, and renal function impact? If you take herbal medications, how do you take the two together with what we call "Western" medication? So I found that really intriguing. I ended up working a lot of intern hours to pay for school, at least 25 hours

# UCSF Faculty Spotlight: B. Joseph Guglielmo



*Joe Guglielmo is the Dean for the UCSF School of Pharmacy.*

*Photo: Elisabeth Fall*

a week. It was that experience that really hooked me, because I was on the wards as a paid intern, working with nurses, physicians, and patients. I always knew that I had a little bit of a science to me and a little bit of a teacher to me. So I knew I wanted to do a residency and I knew I wanted to go to UCSF. I was a little intimidated by UCSF; this supposedly "#1 school of Pharmacy" and big science institution. But I applied and did my residency here. To tell you how far off I was from what I thought I was going to do: when I interviewed for the residency here, I remember one of the questions they asked were one of those "what do you see yourself doing in the next \_\_ years." I hate that question; it's too goal-oriented for me. You don't really know that. So USC had a

really strong psych-pharmacy program. I loved it because I got all this direct patient contact with people who were schizophrenic, manic depressive, anxiety disorders, etc. and I was doing direct management of these patients and I thought it was great. I thought I was going to be a psych pharmacist in the future—couldn't have been further from the truth! So it gets back to my theme in retrospect: I like doing the best I can at what I do, but I don't have to have my whole life mapped out. I'm just not that type of person. In fact, I think that's why [things worked out the way they did]. I did psych for a while and that was fun, but then I knew I wanted an academic position. I was clear on that. I liked that balance of research, teaching, and service. After I did the residency, it was

almost happenstance that a faculty position opened up. It was not in an area I necessarily knew I wanted to do but it was like a foot in the door. I was hired on as one of the first clinical faculty in the cardiovascular surgical services. It evolved; I noticed all the people that were having either their hearts or vasculature operated on all ended up in the ICU. There used to only be one ICU those days and I started becoming the ICU pharmacist since I was the only pharmacist there. So, for a while, I was doing a little bit of ICU and a little bit of the surgical teams. The story evolves from there but you get the idea. I didn't totally have it figured out. I kind of knew what I wanted to do. Opportunities came up and that's really the way my career has continued to go.

**Q: We know you developed the Medication Outcome Center as well as the Anti-Microbial Stewardship Program. How did you go about getting involved in that and developing this?**

**A:** I have to start with the Anti-Microbial stewardship first because that predated the Medication Outcome Center. My story continues, because in the ICU everybody was on antibiotics, whether they should be or not. So I saw an opportunity here. My research started there. In my research, I started going after using antibiotics in critically ill patients. Taking in the combination of the surgical teams, the ICU, and antibiotics, I did several studies. I went and got grants and in one study I proved how quickly the antibiotic levels in tissue get high enough so that when the surgeon makes the incision you are protected. Another study I did included the vascular surgery patients in the OR. Also, I noticed that the patients who had cardiac surgery had chest tubes. And that's intentional because you want them to drain. Otherwise there is a potential for a hematoma to form and bacteria like that and it creates infection. But I would watch these patients sometimes bleed liters and liters of blood. I realized there must be a drug clearance. So I looked at the antibiotic clearance, showed that you could get a gram or two out of the body, and published that. I saw that we could definitely use antibiotics better, and so we created a restriction system for antibiotics. Physicians had to mandate why they were using antibiotics. There was tough sledding; people didn't like being told what to do and I had to really fight. Those were the beginnings of what now is the Anti-Microbial stewardship. That was about 1990, a long time ago. It was the first in the United States and continued to evolve into pharmacists carrying beepers 24/7, providing consultation on difficult antibiotic issues. The Medication Outcome Center is like recent history in compari-

son. I continued to grow in my antibiotic story in being the first Infectious Disease pharmacist here and started the first Infectious Diseases residency here as well in the mid-late 80s. Ultimately, I was asked to consider being chair of the department of clinical pharmacy, which is the one that Lisa Kroon is now chair of. I was not that interested, but ultimately did do it. In those days, we had a drug information center. That drug information center made sense in the past that people would call for drug information questions and we would answer them in a very organized way. But in 2006, I was wondering if we really needed that center anymore. What I thought we really needed was something that assumed the responsibility for safe, effective medication use at UCSF. So I created the Medication Outcome Center and that's starting to grow. It's now under Lisa Kroon's oversight. The idea is that the unit will be responsible for all the sophisticated analysis of ensuring safe and effective use of drugs.

**Q: How do you balance your roles as a mentor and friend?**

**A:** When you take on a position of perceived authority, it's a really tough transition because the relationships you've had with people [i.e. colleagues on the faculty, etc.] must change. Until you've done it, you don't realize that. It's interesting, I often have to make some really hard decisions that friends need to understand was a hard decision. The key is that you've made it; you didn't waffle. Friend is the right word. There are some people I have worked with on the faculty that are just golden to work with. But there is a fine line when they should be friends and when not. It puts you in a little bit of a difficult situation. I would have to say I try to be the best dean that I could be and try not to let emotion cloud decision making. There are certain people that are special to me because they are easy to work with. We have the same goals, ethics, and

ways of thinking. But it's a very difficult balance and it's good to be aware of that.

**Q: We always hear you talking about "getting out of UCSF" and taking some time away. What do you like to do outside of pharmacy to get away?**

**A:** I have four daughters. That's a pretty big start to the answer to your question. In the early years I was there to hear the saxophone played in a concert, to watch them kick the ball in soccer, or play basketball, etc. That was the real focus. So it was not a hard decision for me. With my daughters, and now their grandchildren, that's what it was about. I don't need a lot. It's not like I personally need all kinds of stuff to escape. I'm a little different than almost anybody else here on campus in that I ask for one hour a day. It can be anytime, I don't care. I leave the office. I'll go to the gym. Ideally I'd love to run in the park. My knee is talking to me these days after playing 15 years of soccer. It's a little swollen even as we speak. But I escape everyday in a little bit of exercise. Not crazy—I'll never do a marathon. Never wanted to. Just a little something because when I do that, I truly escape UCSF or solve a problem about UCSF when I'm gone. My mind wanders and I fix it. I'm an active guy. I like to go on walks, hike, kayak, etc. An ideal Saturday would include a good hike or bike ride and a nice dinner with other people and some wine. I pretty much forget UCSF when I do that.

**Q: Do you have a favorite restaurant in SF?**

**A:** There are a lot of them but at this moment I have to say the one that just jumps out at me is Laccia. It's Sardinian and it's over there in Noe Valley. It's not a really big place, but it's always a Top 100 restaurant—just really good food.

**Q: Do you have any advice for pharmacy students? And is there anything you would have done differently in your**

**path to here?**

**A:** I do not regret anything I've done. I don't look back. Every decision you make is always right and wrong. You can always come up with a reason with why you should not have done it. So I don't ever look back. EVER. My advice for students would be that you must enjoy the day. Getting stressed out about school and classes is just not worth it. Don't worry about what your future is. I didn't have this figured out. I didn't plan to be Dean or Chair or in Infectious Diseases or ICU. I was a psych pharmacist remember? Just put yourself in a position that when opportunities come your way, you can consider it. Don't feel like you have to have your life all figured out. That would be my advice. This is a spectacular time of life for students. You are not undergrads anymore. You are in a professional program. You're living in San Francisco! Enjoy it—it's going to be over before you know it. It sounds trite, but this hour, this moment is the most important time of your life right now. And you better not have wasted today. Today was a good day.

**Q: What do you think the "Human Condition" is?**

**A:** It's intentionally a vague term, right? For me, your job is to serve and that service should be to those at most need of service. When I think of the "human condition," it's an unequal playing field out there. And so I believe the human condition, for me, is seeing that. It's about actually having the ability to even see the human condition exists, where there are people that did not get anywhere near the fair share that others did, either because of health or other inequities, and responding to that. It's being willing to see it and believe that your role is to serve and create, where you can, opportunities for people whose human condition puts them in a position where it's difficult sometimes to even see what is possible.

# ACCP-SCCP: End of the Year Coffee Breaks

**By: Mathew Sugidono**  
**ACCP-SCCP President**



*Pictured from left to right: Amanda Hanks-Secretary, Matthew Sugidono-President, Rachael Gordon-President-Elect, Edward Jierjian-ACCP Liaison, Kennedy Ngotran-Treasurer; Not Pictured: Carolina Ryklansky-VP of Professional Development, Bianca Rojo & Madiha Shah-VP's of Student Research*

ACCP-SCCP at UCSF experimented this spring quarter by establishing a new avenue for students to explore research from distinguished UCSF faculty. The pilot program, "ACCP-SCCP Coffee Breaks" incorporated five UCSF School of Pharmacy faculty including Dr. Deanna Kroetz, Dr. Shuvo Roy, Dr. Rada

Savic, Dr. Marcus Ferrone, and Dr. Nancy Hessol. The five faculty researchers encompassed a diverse pool of primary research including pharmacogenomics, bioengineering, pharmacometrics, regulatory affairs, and epidemiology. These five faculty met with 1-2 pharmacy students in a casual meeting over drinks to discuss anything from research projects to career path advice. Students and researchers could choose from many cafe locations around the Parnassus and Mission Bay Campuses and were treated to a beverage of their choosing courtesy of yours truly. Our program aimed to initiate a dialogue between students interested in research and researchers looking get to know students beyond the classroom.

Looking back on the past academic year, we would also like to highlight some of ACCP-SCCP's programs and accomplishments. These included the Pharmacy Resume Review Clinic, Application and Interviewing Tips Webinar, PGY-2 Residency Research Lunch Talk, 2nd Annual ACCP-SCCP Clinical Research Roundtable, ACCP Clinical Research Challenge competitors (YeeAnn Chen, Rachael Gordon, & Julia Lee), and Post-Graduate Opportunities Session. We cannot relax just yet however, as we are busy preparing for the 2017 ACCP Clinical Pharmacy Challenge which will run throughout the summer. Lastly, I would like to thank our previous and new board members, as well as Dean B Joseph Guglielmo and our advisor Dr. Tina Denetclaw for their continued support of ACCP-SCCP at UCSF.

# AMCP: Thank You

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

San Francisco's Health Plan (SFHP) welcomed members of AMCP-UCSF to tour their site and learn more about health care from a Managed Medicaid perspective. SFHP is a licensed community health plan which provides affordable health care coverage to over 140,000 low and moderate-income families. Students were able to learn from a panel of Pharmacists about various services that SFHP offers its members, such as preventative care, specialty care, and family planning services. Students also participated in a Q&A session where they were able to learn more about each of the pharmacist's role and what it is like to work for a health plan.



*From left to right: Michelle Bretschneider, Denise Lee, QiQi Xiao, Andy Nguyen, Alicia Vora, Wendy Yamasaki, Kiera Truong (SFHP PGY1), Cindy Nguyen, and Jessica Li*

AMCP-UCSF would like to thank each of our members, who are the foundation of our chapter. Your involvement in our chapter's events has demonstrated your eagerness to learn about the complex role managed care plays in our ever-changing, rearranging, and transforming health care system. Lastly, we would like to thank our faculty advisors Dr. Marilyn Stebbins and Dr. Marcus Ferrone and our diplomats Dr. Iris Tam and Dr. Jin Yun for your continual support, mentorship and student advocacy over the year.

Stay Connected: <https://www.facebook.com/AMCPUCSF/>

## APhA-ASP & CPhA: Keep Calm & Network On

By: *Sanam Rashidi*

*APhA-CPhA-ASP President-Elect*

This quarter, APhA-CPhA started out strong with 81 students attending the APhA Annual Conference in March, which was held in our very own city at the Moscone Convention Center. Students were able to come together with other pharmacy professionals in a four-day experience of innovative research, educational sessions, and exhibition-halls. Additionally, a number of UCSF faculty were involved in presenting at educational sessions. For example, students attended Dr. Robin Corelli's presentation on electronic nicotine delivery, and Dr. Cathy Dennehy's presentation on dietary supplements. Students were able to network with their peers, as well as take away valuable lessons from practitioners to implement in their future practices.

In May, we held an Ambulatory Care Panel which allowed students to learn more about the role of an ambulatory care pharmacist. We welcomed three wonderful pharmacists, Dr. Virginia Chu, Dr. Krystal Pong, and Dr. Monique Villanueva, who all offered their insight on their journey into ambulatory care, a typical work day, and valuable advice to interested students.



*The newly elected 2017-2018 APhA-CPhA-ASP board members*

Lastly, as the quarter comes to a close we celebrate the opportunity to recognize our outgoing and incoming board members and project coordinators at the annual APhA-CPhA Spring Banquet. Our efforts in serving our students and local community would not be possible without the hard work and excellence of our members, and the endless support from our advisors. It was a pleasure working with such incredible individuals and we are excited for another great year ahead!

## COSA: COSA "Springs" into Action

By: *Andrea Setiawan (APhA-COSA Liaison), Eunice Lee (Finance Director), Helen Hou (Public Relations Director), and Michelle Fang (Director of Internal Affairs)*

up a productive year. We welcomed our new board and project coordinators at the beginning of spring quarter at our Spring Transition Retreat and are excited to implement their fresh ideas as we contin-

uously improve our organization to better serve our community and student body.

We held our first health fair of the quarter at the Cinco de Mayo Festival in the Mission District. The patient population included families of all ages from children as young as 1-year-old to retired seniors. With the help of Project Healthy Heart and Operation Immu-

nization, we provided total cholesterol measurements and vaccination screenings.

Informational projects provided education about HIV, pediatric health, asthma/COPD, and antibiotic resistance. Many patients were grateful to be able to speak to student volunteers, and some patients expressed greater interest in discussing more with their primary care providers.

Our last health fair of the year was held at the Mission YMCA center as part of the Healthy Aging Fair. During this event, COSA provided screening services, such as diabetes and bone density screening to the attendees. Also, info projects, like Tobacco Awareness Project and Project Nutrition, shared important knowledge. Popularity of the COSA projects that attended this health fair demonstrated an important need for these services in this community.

Thank you to all our preceptors, Dr. Kishi, project coordinators, and volunteers who made our events possible. We could not have done it without all of your continual support!



*Cinco de Mayo Health Fair; Current and Incoming Project Pediatrics Coordinators (left to right): Lara Barsoumian, Alexi Kimura, Taryn Ng, and Vicky Yi*

For COSA, spring quarter is all about transitions in leadership and wrapping



# CSHP: Reflections on a Fun-Filled Quarter

**By: Carol Ou**  
**CSHP President-Elect**

Hello from CSHP! This quarter we had the privilege of inducting our new 2017-2018 board. As we transition from past to new cabinet members, we would like to thank all the faculty from UCSF and CSHP Golden Gate for their continuous support through and through.

*CSHP 2017-2018 Board: (from left to right and top to bottom) Brian Ma, President. Jasper Hai, SSEC Rep-Elect. Jacey Nishiguchi, Secretary. Cameron Heshmati, VP of Professional Affairs. Taryn Ng, Treasurer. Michael Trillanes, Faculty Advisor. Jonathan Nguyen, Historian/ Webmaster. Stephanie Sin, VP of Professional Affairs. Carol Ou, President-Elect. Taryn Morita, Outgoing Secretary. Alexi Kimura, SSEC Rep.*



This quarter's events were all fun and informative. Moving forward, we want to broaden our scope to introduce more industry events for our students interested in pursuing that field. We had our annual "Night Out with Industry", where GGSHP recruited student volunteers to participate in a night of fun, games, raffles, delicious food, and connecting with industry representatives from prominent pharmaceutical companies in the Bay Area. In addition

to our focus on broadening CSHP's industry scope, we hosted a Student Transitions into Industry talk with the generous help of GGSHP where students learned about how to pursue a career as a pharmacist in industry. On the professional development side, we hosted a "GGSHP Loan Talk" with partners from The Furstner Group to learn ways to manage loans and how to make individualized financial decisions, and the "CSHP Match Panel," where P4s who matched with residencies talked to our members about their experiences throughout pharmacy school and how those contributed to a successful match. This quarter's social events included our CSHP "Installation Banquet," where we installed our new board, and "Dr. Trillanes' BBQ" with our board members. We sent off the graduating P4s with our annual "CSHP Graduation Flower Sale" and would like to thank those students and their families who have purchased leis and bouquets from us.

CSHP would like to thank its members for a great 2016-2017 school year and we look forward to an awesome and successful new year!

# LAPS: Raíces Unidas

**By: Marvin Argueta**  
**LAPS President**

¡Hola Amigos! With changes aplenty all around the country, UCSF's investment and support of Diversity continues to reap bountiful rewards. The 2017-2018 LAPS board reflects on this quarter's events that blossomed and nurtured our communities. With the commitment of the board and its supporters, LAPS strove for cultural awareness, outreach to underserved populations, and planted roots all across the bay area in hopes of better serving the health of our communities.

This quarter marked the final Spanish Talk of the school year. While enjoying empanadas and tortilla chips for lunch, we dove into important concepts in English and Spanish regarding Diabetes. The discussion concluded with a fun game where contestants raced to fill their cups with beans, only using a straw to transport them from one end to the other. LAPS would like to thank those who participated in the lunch talks throughout the year. The lunch talks hope to provide students with important Spanish dialogue that they can use with patients in the future. LAPS also went to Oakland to assist the community in the Health Fair hosted by the UC Berkeley Chicanos/Latinos in Health Education. Volunteers provided blood pressure screenings to several attendees with the help of LAPS preceptor Manuel Bravo.

Finally, the LAPS 2017-2018 board members held a transition meeting to delegate and pass on responsibilities to the new incoming board. As we bid farewell to our highly accomplished predecessors, we look forward to planning for a fruitful new school year. ¡Hasta la próxima!



*Community Health Fair hosted by C.H.E. at UC Berkeley. From Left to Right: Outgoing LAPS President-Cesar Rodriguez, LAPS Preceptor-Manuel bravo, Outgoing LAPS Spanish Lunch Talk Coordinator-Evelyn Mondragon*

## PLS: Building on the Shoulders of Giants

**By: Oscar Merino**  
**PLS President**

Phi Lambda Sigma (PLS) continues to build on our mission to support pharmacy leadership by recognizing leaders and fostering their development. In this spirit, we hosted our second “Be a Leader” event and were fortunate enough to have Dr. Kevin Rodondi as our main speaker. As Vice Chair of Strategy and Business Development in the Department of Clinical Pharmacy and Associate Director of Leadership for Healthforce Center at UCSF, Dr. Rodondi embodies the highest ideals of leadership in pharmacy.

The discussion focused on the intersections of career, leadership, entrepreneurship and education of future generations of pharmacists. Students in attendance actively engaged by asking questions to obtain insights in professional development and dealing with the many challenges leaders must face. Dr. Rodondi addressed these issues by sharing inspiring stories from his experience in starting companies and learning from past failures. He also made a strong argument for the importance of knowing ourselves in order to become better leaders.

The second portion of the event focused precisely on this, as we took a quiz to understand our leadership styles. I want to thank Ana Cruz, our VP of Professional Affairs, and the rest of our PLS Board for organizing this great event! Stay tuned for more PLS events as we aim to help you build further on the shoulders of those pharmacy giants who came before us.



*Dr. Kevin Rodondi (center) shares his leadership insights with UCSF SOP students.*

## Rho Chi: Hats Off to the Class of 2017!

**By: Raymond Lee**  
**Rho Chi President**

Shout-out to the class of 2017 members:

As you begin residency, fellowship, work or self-discovery, I wish you all the best of luck. For the P2s, we are excited to see who will be joining our Rho Chi Alpha Lambda chapter in the Fall!



*Grace Kim, PharmD & Kimberly Lau, PharmD*

On behalf of the Alpha Lambda chapter of Rho Chi, I want to extend my congratulations to all of the new graduates, especially to the newly minted PharmD's who donned their purple and white cords during the ceremony.

*Christopher Chiu,  
Eric Dressler,  
James Go,  
Tina Gu,  
Riti Gupta,  
Carol Ho,  
Grace Kim,  
Nozomi Kim,  
Jason Kirkwood,  
Kimberly Lau,  
Cassandra Lei,  
Danning Ma,  
Jeffrey Morimune,  
Khanh Nguyen,  
Jennifer Phun,*

*Xiaotian Qin,  
Joseph Styers, Lena Truong,  
Valerie Vu,  
Meghan Whalen,  
Gabriel Wong,  
Ken Yang,  
Jenny Zhang*



*Gabriel Wong, PharmD & Jeffrey Morimune, PharmD*

# SNPhA: May Showers Bring SNPhA Flowers

**By: Nicole Andrews**  
*SNPhA President*



*Farewell to the 2015-2016 Board Raisa-Janine Herra, Hana Bary, Stephanie Golahi, Vicky Yi, Jenny Zhou, Jessica Tran, Sally Pham, Nicole Andrews, Vishnavi Reddy, Michelle Cha*

With the 2016-2017 school year coming to a close, SNPhA would like to take a moment to thank all of the students, staff, and our faculty advisor Dr. Sharon Youmans for contributing to such a wonderful year for our RCO. As one of the smaller RCOs, SNPhA is very thankful for all of the support and en-

thusiasm we have received. It's no secret that we've had some ups and downs this year, but obstacles have only made us a more capable and creative RCO. This past year SNPhA has introduced new events and outreach and really challenged ourselves to develop inventive ways to approach our mission of "serving the underserved."

We pride ourselves on the fact that SNPhA members are selfless, compassionate, and caring future pharmacists who will truly make a difference in their

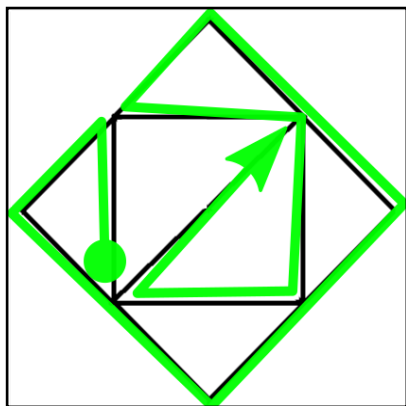
communities and advocate for those in need. Although the school year is coming to an end, compassion and service never waver. With this said, we will soon be saying goodbye to our 2016-2017 board members who have so brilliantly paved the way

for the fresh minds of our new board. With so many changes taking place at the UCSF SOP, SNPhA is not only ready for change, but we are ready to be the change. In conclusion, (and saving the best for last) SNPhA would like to once again congratulate our local Clinical Skills Competition winners Aleena Malik and Angel Pan (Division II) and Sally Pham and Stephanie Sin (Division I).



*Welcome to the 2016-2017 Board Jenny Zhou, Stephanie Pang, Tommy Lam, Shirley Ng, Alison Chen, Sally Pham, Nicole Andrews, Lara Barsoumian*

## Solution



*Solution to "Miscellaneous" on pg. 4;  
Disclaimer: as in life, there are many solutions to this problem. This is just one example.*

## Comics



*Comic By: Mark Parisi*



*Comic By: Sarah Andersen*

# Kappa Psi: The Next Chapter

**By: Angela Lee**

**Kappa Psi Corresponding Secretary**



*P4 Brothers at Kappa Psi Graduation Ritual*

This year, Kappa Psi has seen tremendous growth in our core values as we welcomed new leadership into the Beta Gamma board, and reflected on all the contributions from older and newly graduated brothers. We bid

farewell to our P4 graduating brothers in our “Graduation Ritual,” and we will always hold their guidance and mentorships close to us as we progress into more opportunities and challenges in pharmacy school. We would like to take this time to thank and honor our graduating brothers for all their achievements and wish them the best of luck in all their future endeavors beyond pharmacy school. Along with the annual “Graduation Ritual,” our “Spring Banquet,” held at Madame Tussaud’s Wax Museum, provided us an opportunity to unwind before the rush of

finals began and express our gratitude to the outgoing board. We look forward to the new energy that the new board will bring Kappa Psi next quarter and are equally excited to welcome new brothers next year.



*Brothers at Spring Banquet at Madame Tussaud's Wax Museum*

# Phi Delta Chi: A Whirlwind of Spring and Adventure

**By: Carol Lee**

**Phi Delta Chi Worthy Chief Counselor**

*Springtime.* A word that invokes images of red carnations blooming, P4 brothers graduating, a lush forest hike, and flowing rosé wines from Napa Valley. This quarter, the PDC brothers spent time with their newly expanded families and continued the #zetadays tradition in the form of city outings, study sessions, and food adventures. We braided ribbons of red wine and gold together into leis to surprise our P4 brothers at graduation, where we celebrated their achievement with custom graduation gifts and proud affection. Seeing the successes of the graduates gave us the boost of inspiration that we needed to power through midterm season. And after weeks cooped up in the library, the PDC brothers

were finally able to stretch their legs and take in the fresh air and lush greenery on the Spring Hike Retreat in Muir Woods. There, we bonded over snacks, marveled at adorable baby foxes, and found our zen amid the Redwood trees and rocky streams. After the hike, we replenished our energy by trying delicious Indian-fusion burritos and sampling ice cream along the Sausalito harbor. Finally, in true springtime fashion, the brothers spent a relaxing, sun-soaked weekend in Napa sampling reds, whites, and the one-of-a-kind La Fantasia. It truly was a fantastic time in wine country, full of good food, even better drinks, and the irreplaceable company of brothers who love you. Strengthened by the memories and brotherly bonds forged this past year, we look forward with anticipation to all the adventures that are soon to come!



*PDC stopped to smell the rosé at Castello di Amorosa winery in Napa Valley*