

THERAPEUTIC WINDOW



UCSF School of Pharmacy

ASSP | FALL 2022

A Letter From Our ASSP President

Hello Friends,

With Fall Quarter rapidly coming to an end, ASSP welcomes the returning Classes of 2023 and 2024 alongside the new faces of the Class of 2025 into the UCSF family. Transitioning back to in-person sessions and more physical involvement really magnifies how fast time flies – so be sure to establish connections and relationships as best as you can! I know everyone’s itching for the upcoming holiday break; just make sure you all finish strong! You would not want your hard work over the past quarters to be negated by procrastination. To the Class of 2023, best of luck to your residency and fellowship applications – if that is your route – after graduation! Your hard work will be rewarded with those interviews and matches pretty soon! To the Class of 2024, it has been quite a tumultuous journey but the didactic portion of our education is almost over: only 3 more summatives left and then off to rotations! And to the Class of 2025, ensure to take advantage of the resources you have present, allow yourselves to step out of your comfort zones, and be able to venture out! Who knows? You may be the next board member of the RCO you have been eyeing for a while! Put your heart and passion into your profession and success will follow suit. Do not let doubts infiltrate your mind, and at the end of the day, it’s a learning process. Let’s enter the winter quarter with rigor and vitality! Happy holidays and a Happy New Year! Cheers!

Your ASSP President,

Lance Calaguas

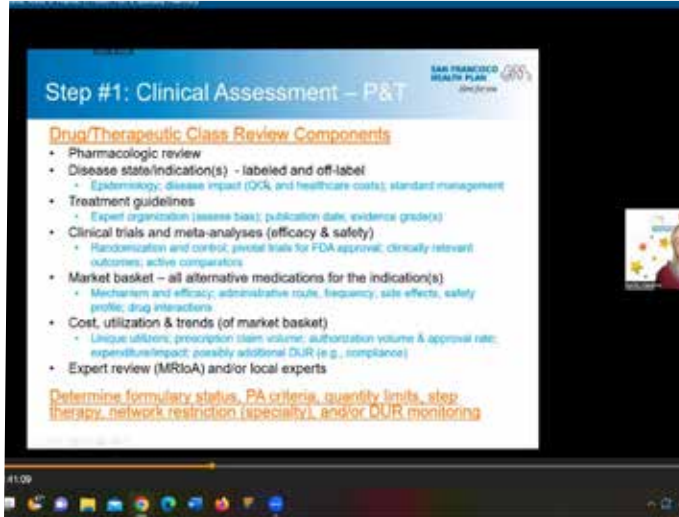


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AMCP: Professional Development in Managed Care

By: Kathryn LeMoine, Jenny Hu, Jakob Decan
AMCP P1 Committee



Dr. Kaitlin Hawkins from San Francisco Health Plan explains the first step of the

AMCP has been happy to present a mix of old and new to students interested in Managed Care and Industry this year.

AMCP's annual mentorship program continued again, connecting UCSF's eager pharmacy students with managed-care and industry professionals. "My mentor had a plethora of experience under her belt, and I've learned plenty already after hearing her story of pivoting throughout her career," one mentee said. We hope these connections continue to flourish!

AMCP hosted Dr. Kevin Lanzo, clinical scientist at Genentech, earlier this quarter to discuss his role in the development of psychiatric treatments and current industry trends in psychedelics. We were happy to collaborate with other campus RCOs on events

such as Pharmacy Legislative Night, the Medical Science Liaison Panel, and Pharmacy Internship Night!

AMCP's P&T Competition kicked off this past quarter! Ten teams of three to four students are exploring the benefits of Adbry™, a drug approved for atopic dermatitis, as an opportunity to practice making formulary recommendations for medications. Students will take what they learned from weekly P&T elective classes to prepare their monograph submissions for judging in early January. Good luck to all competitors!

In early November we hosted our annual Fall Roundtable, giving an opportunity for students to network with 14 different pharmacists from a diverse set of industry and managed care related roles. Students heard from accomplished managed-care pharmacists, medical affairs personnel, and even folks from pharmacy tech startups. It was a pleasure to meet professionals in different specialties!

Looking ahead, watch out for our annual winter banquet, where we will hear from the 2022 winning P&T team and provide more



A shot of our students and professionals from Fall Roundtable!

APhA-CPhA-ASP:

By: Fiona Tran

To celebrate American Pharmacists' Month, Fiona Tran (Communications VP) collaborated with Sacramento Valley Pharmacists Association (SVPhA) to educate people on some of the many ways that pharmacists work to improve health in our communities and increase access to quality healthcare. The infographic was posted on SVPhA's and APhA-ASP & CPhA at UCSF's Facebook pages to create awareness on a pharmacist's multifaceted role.

For this year's Pharmacy Legislative Week, Jessica Vu (CPhA BOD Representative) and Lisa Wu (President-Elect) participated in an Instagram Reel Challenge to inform the public about current

pharmacy bills. APhA-ASP & CPhA at UCSF was tasked with educating on how Medication Therapy Management (MTM) is now covered for MediCal patients. They interviewed a few UCSF pharmacy students about their thoughts and opinions on this new bill and created a reel and posted it on Instagram.

Jessica also held a Policy Lunch Talk to educate students more on current pharmacy legislation. She invited Vice President of Practice and Professional Development of CPhA, Rajan Vaidya, to speak on zoom and tell students more about the five most important policies that affect the way the pharmacists are currently practicing. His discussion included going over bills about quotas in community pharmacies, disease management reimbursement, and vaccinations.

APS: Let's talk about sustainability!

By: Wilson Tong, Kamila Wrobel

APS P1 Committee

Our ultimate mission is to improve quality of life for all through ensuring proper disposal and better sustainability practices for pharmacy-associated medical supplies and medications. Some of our goals include giving pharmacy students the opportunities in sustainability-related community outreach and reducing waste in pharmacy and pharmaceuticals. In order to complete our goals, we have hosted 2 events with Virginia Commonwealth University (VCU) School of Pharmacy these past few quarters. The first event was an introduction to pharmacy sustainability, so that students could get an idea of how they could be involved. The second event was a pharmacy sustainability panel, which included Dr. Shauna Junco PharmD, Dr. Katherine Gruenberg PharmD, and Dr. Alice Gahbauer PharmD.

All pharmacists mentioned both direct patient care and corporate can make a difference in sustainability within healthcare worldwide. By being innovative, we can identify opportunities for healthcare to implement economical or science-based solutions to environmental

health issues. The pharmacists stated many health care workers have started the climate path after having children. For example, by practicing greenhealth, "it utilizes education, builds implementation tools, trains healthcare professionals and scales solutions across our nation and global healthcare networks." Our goal is to minimize and reduce waste without affecting the quality of healthcare.

One of our goals is to aid community pharmacies in their safe disposal of stock bottles through our Stock Bottle Project. Stock bottles are made of high density polyethylene (HDPE), so when an abundant amount of HDPE that often goes into the trash, this contributes to plastic waste and the ongoing environmental problems. Our plan is to recruit pharmacies to implement stock bottle recycling through the help of our organization. We will then assess the changes in waste disposal costs and determine the success To build awareness to our stock bottle project, many of our members participated in a poster presentation at the University of California, Berkeley's SEPS event, both virtually and in person.

COSA: Catching Up With

By: Joanne Guan

COSA Director of Internal Affairs



Project Geriatrics at Chinese Community Health Fair providing bone density screenings. Pictured are project coordinators Alina Luk and Kathleen Dang, volunteers Sharon Huang and Xinyi Cai, and preceptor Dr. Katherine Yep.

After two years of creative virtual and remote events, C.O.S.A has been in full swing, getting back out to the San Francisco community. After preparing the UCSF PGY-1 and PGY-2 residents to precept for our screening projects on Resident Training Day, we held our annual Training Extravaganza. Our hard-working project coordinators were the stars of the show, training over seventy students in thirteen different projects over the course of a single day.

Our first health fair of the year was Talk With a Pharmacist Day (TWAPD) in San Mateo, which was in collaboration with Peninsula Pharmacists Association. Operation Diabetes was in attendance, and they were able to complete ten blood glucose screenings. Following TWAPD, we participated in the annual Chinese Community Health

Fair in San Francisco's Chinatown. Project Geriatrics, Science Squad, Tobacco Awareness Project, and Operation Immunization all took part, providing vital screening services and health education.

Beyond participating in large scale health fairs, our projects also organized their own outreach events. Project Pediatrics collaborated with Pediatric Pharmacy Association and assisted in COVID-19 vaccine efforts in children six months to five years old. Operation Immunization also participated in various vaccine clinics, providing both flu and COVID-19 vaccinations. Science Squad and HealthLink worked together to promote the profession of pharmacy to high school students. Project Healthy Heart collaborated with Mabuhay Health Center to provide blood cholesterol and blood pressure screenings to the Filipinx population.

We have been hard at work to bring C.O.S.A's mission to life, and we hope to continue this energy into Winter Quarter!



Operation Diabetes at Training Extravaganza after a successful morning of training volunteers. Pictured are project coordinators Ryan Du, Norielle Rosario, Jessica Vu, and Helen Huynh and preceptor Dr. Jeff Wong.

CPNP: Fall-owing CPNP

By: Sarah Nakamoto
Secretary



Yoga session led by Vice President David Nguyen (facing away), at Sloth Day. Back row (from left to right): Trevor Lee and Brandon Tan. Front row (from left to right): Michael Ouyang, Desmond Trieu, Joanne Guan, and Janine Zhu.

CPNP started off the year by channeling our inner sloths during Sloth Day, a relaxing wellness event at Golden Gate Park. Students indulged in pizza and other treats while enjoying a sunny day in San Francisco! They let their artistic and imaginative juices flow, making lanyards and painting. We also had a yoga station, led by our very own vice president, David Nguyen! This was a great opportunity for students to destress, spend some time with friends, and focus on their personal and mental wellness. We also welcomed two new members to the CPNP executive board, Samantha Maina and Iris Xu, who will be serving as our P1 Committee members this year. We are so excited to have them on board and we look forward to all the new ideas they bring to the table!

We were also fortunate enough to have Dr. Alexander Gilmer and Dr. Tristan Storm come speak to us about transgender and non-

binary care. In this very eye-opening and inspiring presentation, students were introduced to some of the barriers that transgender and non-binary individuals face while navigating the healthcare system. Both Dr. Gilmer and Dr. Storm shared their own stories and personal experiences as not only LGBTQ+ healthcare professionals, but patients as well. They encouraged students to examine their current perceptions of gender and how societal norms involving gender shape our healthcare system today. At the end of the night, students were able to speak individually with Dr. Gilmer and Dr. Storm, given the more sensitive nature of the topic, and ask any questions they had. We appreciate everyone for coming out!

In the upcoming weeks, students can look forward to an intriguing talk from Dr. Kelan Thomas and Dr. Kevin Lanzo on Psychedelic Therapies. Our P1 Committee will also be hosting their first event during Winter Quarter, and we can't wait for you all to see what they have planned!



Jethro Pobre (President-Elect) collaborated with Zachary Matthews of APhA-ASP at Washington State University to provide students from both UCSF and WSU an opportunity to learn about current legislation, advocacy, and pharmacy practice in

ISPOR: HEOR Spotlight

By: Vincent Nguyen
Director of Communications and Marketing

ISPOR held an evening event in the Fall quarter with Dr. Gabe Wong, Associate Director in HEOR at Seattle Genetics. He is a UCSF Alumni who currently works in the Industry field of pharmacy. Prior to Seagen, he has worked at Genentech, Inc. and Gilead Sciences in HEOR that oversees various indications such as multiple sclerosis, Alzheimer's Disease, HCV/HBV/HIV, and inflammatory diseases. During the event, students had the chance to network and ask him questions related to industry and the steps current pharmacy students can take if they want to pursue this career path. With indus-

try not being a very talked about field in pharmacy, Dr. Wong talks about the roles pharmacist can partake in such as Clinical Development and Medical Affairs. This talk focused more specifically on the HEOR component of industry and dived into what is currently being done in the development of treatments that advance cancer care. He discussed the phases of drug development and the requirements tied to it such as safety and efficacy that must be eventually established. ISPOR hopes to have more events like this in the future with speakers who have spoken at our events in the past along with some new ones, so be sure to keep an eye out if there's a speaker you are interested in meeting again!

IPhO: Innovations in Pharmacy

By: Noor Elbershawi
Director of Communications

On Thursday November 17th, IPhO and APhA collaborated together to bring an exciting event to the students of UCSF. The "Innovations in Pharmacy" session was hosted over Zoom, and featured a panel of three accomplished pharmacists discussing the rising trends within the field. Opening the event was Dr. Christy Cheung, who is a lead for Sanofi in digital health and innovation. Dr. Cheung presented on digital health, and captivated the audience as she painted a vivid picture of what digital health is and how it impacts the roles of pharmacists in the field. Following her was Dr. Timothy Aungst - possibly better known as "The Digital Apothecary." Dr.

Aungst seamlessly blended his presentation on digital therapeutics with Dr. Cheung's discussion, and he artfully described the relationship between clinical health and digital therapeutics, as well as how the integration of smart tech is changing the world of pharmacy as we know it. The conclusion of our event featured a presentation on clinical informatics from Dr. Kendall Gross, a pharmacy informatics manager at UCSF Health. Dr. Gross's presentation was eye-opening, as she discussed the role of clinical informatics within the healthcare system and what the projected changes of the field are in the future. Together, our three panelists educated our attendees on the changing aspects of the field of pharmacy, and presented on the most

Kappa Psi: FALLing in Love with the Pledges

By: George Alfarhat
Regent

This fall quarter, the Beta Gamma chapter of Kappa Psi was excited to welcome 30 new brothers! The recruitment process allows for incoming brothers to become familiar with the fraternity, their classmates, and the active brothers better before initiation. To foster new friendships, Kappa Psi hosted several events and socials, such as the annual KY Olympics, Halloween Social, and smaller hangouts set up by active brothers.

KY Olympics requires the new members to work together as teams to reach victory. Contestants competed multiple events, and while only one team can win, everyone worked together and built connections with their pledge brothers. The Halloween Social gave the newcomers the chance to show off their holiday spirit and enjoy a night away from the classroom. The event created a more relaxed environment and is meant to leave incoming members feeling more welcomed at the chapter.

One night the pledge brothers are surely excited for is reveal. Reveal marks the day when the brothers meet their new “big,” who serves as their new mentor in the chapter and throughout their pharmacy school careers. To find the right big, both pledging and active brothers and were asked to host smaller hangouts throughout the quarter, whether it be mini-golfing, pumpkin carving, or even a chat over coffee to allow for a more intimate connection as everyone wants to find their right match. Kappa Psi is looking forward to officially welcoming the new brothers this upcoming winter.



Event: Family Dinner, 11/18/2022
Pictured: Melissa Chee, Ingrid Zhou, Alinda Deng, Celine Tran, Ryan Sue, George Alfarhat, Christie Lee, Desmond Trieu



Event: KY Olympics 2022, 10/22/2022
Pictured: Alexa Kouvelis, Desmond Trieu, Alison Newens, Wilson Tong, James Chhen, Jenny Hu, Elizabeth Cheung, Kailey Chan, Triet Ngo, Jordan Chin, Timothy Kein, Tina Le, Noelle Bustria, Valerie Htun, Ashley Leong, Lolita Ghadimia, Saya Hayashi, Jeanne Ko, Laura Huynh, Anastasia Tentoglou, Harpreet Sahota, Keanna Rasekhi, Brittney Nguyen, Winnie Ng, Grace Wu, AJ Roderos, Celine Tran, Karen Tran, Asayena Viengmany, Trevor Orot, Alinda Deng, Aya Ide, Joshua Ramos

NHPA: Accomplishments Fall 2022

By: Webmaster Martha Navarro and Vice President Juan Gil
Career Talk: The new NHPA board opened the year by collaborating with EDPG to host Dr. Plasencia to give us an insight into the PGY2 Emergency Medicine Residency. Her path to success started as a NHPA member at UCSF where she gained valuable leadership and clinical skills that helped her transition into being a successful pharmacy resident at Boston Medical Center's Emergency Department. Dr. Plasencia was able to provide a fresh new insight into the hectic but fruitful days in the emergency department, and how pharmacists are valuable team members when it comes to life saving decisions. NHPA plans to host many more career talks, and we're looking forward to a very informative APPE roundtable talk

with the current P3s from all the regions in California.

Mexican Consulate Health Clinics: To celebrate Hispanic Heritage month, NHPA took initiative by setting up an intimate Health Clinic at the SF Mexican Consulate. We had the patients rotate through different health stations at the consulate including blood pressure readings, blood sugar readings, and medication histories. We screened a total of 70 patients, provided patient education on the significance of their readings, and offered follow-up care for uninsured patients with our partner 'Clinic by the Bay.' This event has opened up a new relationship with the Mexican Consulate which will establish more outreach opportunities to come!

SNPhA: Expanding the SNPhamily

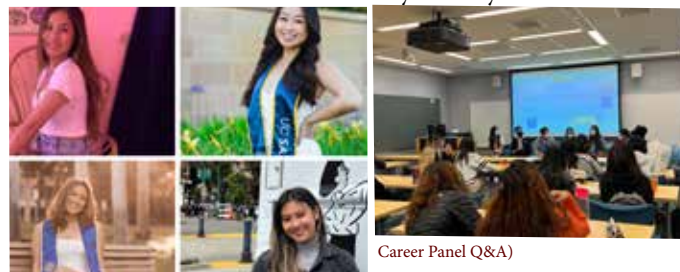
By: Rachel Lee
SNPhA Director of Correspondence

This fall, SNPhA continued upholding our mission of serving the underserved with some new friendly faces joining our team! We welcomed four new P1 initiative chairs: Tina Le (Fighting Diabetes), Valerie Htun (Operation Immunization), Brittney Nguyen (Project Keepsake), and Celeste Noelle Bustria (Project to End Stroke). We're all very excited to see what these four lovely ladies will do for our community.

In addition, we excitedly held our first in-person outreach event again with Envision. Through this event, we worked with high school students to teach them about what pursuing a pharmacy profession may look like. We had many of our classmates join us to be apart of a career panel where they answered any pharmacy profession related questions. We held a presentation where we discussed the importance of a healthy heart and ended off the event

with an engaging Kahoot game.

SNPhA continues to strive to make an impact in our community and we hope you all can join us for future events. Thank you to all of our members and volunteers for all the work they have put in, we could not have done it without each and every one of you!



From top left to bottom right: Tina Le, Valerie Htun, Brittney Nguyen, Celeste Noelle Bustria

Career Panel Q&A

PHC: Spreading the Word

By: Linda Cheng

Elective Coordinator/Clinic Board Liaison



Left: an infographic on alcohol use disorder made by Brandon Tan (P1). Right: an infographic on harm reduction made by Keanna Rasekhi (P1).

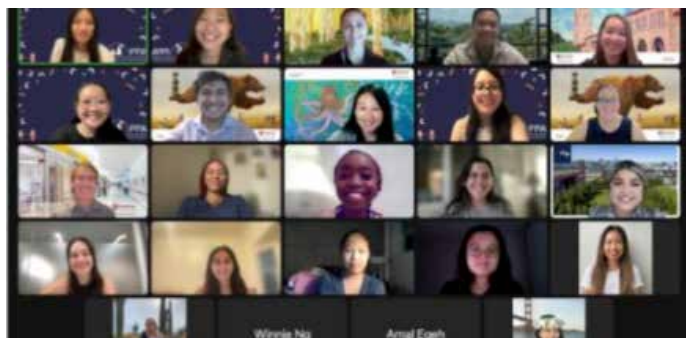
Although Shelter Clinic is undergoing change after 30 years of operations, there are still students who are interested in volunteering to help people experiencing homelessness and we appreciate their patience during this time. In the meantime, interested students have been taking part in the Homelessness & Health Inequities Elective (AKA Provision of Pharmacy Services in a Homeless Clinic), which PHC helps coordinate each Fall. We appreciate all of the speakers from UCSF and SFDPH for taking the time to come and teach. Although each speaker has a different specialty, whether it be alcohol use disorders, HIV, pregnancy, or harm reduction, many have voiced a similar thought: they are excited to see so many students from various professions interested in helping this underserved population. Although we continued to be virtual this year, some of our speakers look forward to the day they can meet the students in person.

This quarter, we also welcomed three new P1s to our board: Sado Essa, Keanna Rasekhi, and Brandon Tan. They are doing awesome work to take the elective beyond Zoom by making infographics on topics that the speakers have presented on. We hope to turn their work into print-outs and posters to be distributed during future Shelter Clinic activities. Their work will help spread the word on resources available to people experiencing homelessness, such as helplines and clinics, which is incredibly helpful for both patients and providers. We look forward to seeing the final products!

PPA 2022 Fall Quarter Highlights- LCPH Round Table, CHOC Lunch Talk & COVID19 Pediatric

By: Ellie Mehrabani

President



Lucille Packard Round Table Talk includes [pharmacists] Tiffany Tesoro, Kim Lee, Alyssa Miyake, Jeffrey Moss, Joepfrey Miguel

Lucille Packard Round Table Review:

In this past fall quarter, UCSF's PPA hosted a Lucille Packard Round Table Talk, in which students had the opportunity to network with pediatric pharmacists from LCPH in Palo Alto. The event began with a panel where our board introduced our pharmacists and explored their individual roles and responsibilities. The panel then concluded with breakout rooms, where students could ask their own questions regarding career paths and residencies to better understand the pediatric profession.

EDPG X PPA: CHOC Lunch Talk:

In order to explore pediatric specialties in more detail, PPA and

EDPG collaborated to invite a pediatric emergency medicine pharmacy from Children's Hospital of Orange County to lead a lunch talk. Students were able to gain a more personalized and streamlined roadmap on how to pursue a career in both pediatric and emergency department pharmacy. Learning more about the transition from pharmacy school to the workforce, the experience working with centralized and decentralized pharmacy teams, and even the day-to-day life of an ED pharmacist should give students a better idea of what it means to become a pediatric/ED pharmacist. PPA hopes to continue leading these lunch talks detailing pediatric specialties to provide students with further opportunities to explore pediatric pharmacy.

UCSF Covid19 Pediatric Vaccine Clinic:

Our third highlight from this past quarter was our Covid19 pediatric vaccine clinic held at the Laurel Heights campus. Students visited the Laurel Heights vaccine clinic every Wednesday morning from 7-11am from September through November. The event allowed the students to practice reconstituting and withdrawing doses for Covid19 vaccination of all age groups. The students also had the opportunity to practice patient eligibility for Evusheld therapy, through checking the patient's medical chart and verifying medical criteria. Lastly, clinic pharmacists walked students through the workflow of a vaccination clinic, including ordering/ checking in of vaccine materials, monitoring and commonly used pharmacy clinic software. Given the success of the clinics, PPA hopes to continue supporting UCSF Laurel Heights in upcoming years as well.

SCCP at UCSF: SCCP Fall Edition 2022

By: Clever Chiu
Secretary



Fall quarter with SCCP has been fast-paced, fun, and fruitful! We started off with the Intro to Clinical Research Series with Dr. Jaekyu Shin, a UCSF clinical professor, CV theme director, and ambulatory care pharmacist at ZSFG Hospital. We

HEA: BiDil and Race Based Medicine Lunch Talk on November 23, 2022

ambulatory care pharmacist at ZSFG Hospital. We

were grateful to have Dr. Shin speak about his clinical research experience for students who want to get involved but are unsure where to begin. And for our student advocates looking to shape the future of pharmacy, we co-hosted the 2022 Pharmacy Legislative Night, which discussed relevant pharmacy legislations. This year,

students had the opportunity to meet pharmacy leaders at the forefront of their professions and review SB 524.

In October, we had an exciting in-person visit from the ACCP President, Dr. Leigh Ann Ross. Dr. Ross's visit was insightful and inspiring, as she detailed the impact of ACCP on her career, as well as the history and changing landscape of clinical pharmacy. Our new VP of Health, Equity, and Advocacy also started the new position hosting engaging events on topics such as medicine in transgender individuals and the race-based medicine, BiDil. We are excited to see where our VP of HEA will take us!

Lastly, we have been busy on our social media. This year we implemented Teaching Tuesdays in which we share helpful tips and knowledge that can be utilized on rotations or the NAPLEX. We also shared the completion of our APPE Roadmap Project.



SCCP's 2nd Annual APPE Roadmap Infographic Project

WHA: Advocating for Reproductive Health Care and Raising Awareness of Womxn's

By: Lizbeth Martinez
VP of Communications



PIs and P2s, as well as Dr. Sophia Yen in the top right

The Womxn's Health Alliance at UCSF has held several events to kick off the academic year to advocate for increasing access to reproductive healthcare and awareness of womxn's health issues. In August, we had the opportunity to learn more about emergency contraception, birth control, and abortion medication from Dr. Sophia Yen, co-founder and CEO of Pandia Health. Through this lunch talk, pharmacy students learned about various birth control options and resources, and were able to ask Dr. Yen questions about contraception post-Roe v Wade.

This session offered valuable perspectives that will help students become strong-minded healthcare professionals who are comfortable with advocating for themselves and the reproductive rights of others.

We also had the opportunity to participate in the 2022 Susan G. Komen 'More than Pink Walk' at the San Francisco Zoo during October's breast cancer awareness month. WHA at UCSF was able to raise \$451.80 in order to fund breast cancer research and vital patient support! We are so grateful to be a part of this opportunity and fully support the mission to end breast cancer forever. We hope this becomes a yearly event that our organization can support!



Lizbeth Martinez, Samantha Schmidt, Stephanie Ly, Aniqaz Azad, Kristi Wong, Brandon Li