

# THERAPEUTIC WINDOW

UCSF School of Pharmacy

ASSP | WINTER 2017

## Head in the Cloud

By: Jessica Lee  
ASSP President

In an age where one can text, email, Facebook, and tweet someone all at once, it is easy to get lost in the digital world. Just look around you in class. You will probably find faces staring into pixels with the focus of a hawk on its prey. Even the once-paper Therapeutic Window now resides in its humble abode in the cloud. It has been both empowering and challenging navigating through the technological world in a leadership position. As I scroll through my Facebook feed with levity, videos, events, pictures, and text fly past my eyes, and if that ASSP event doesn't catch my attention with some "snap, crackle, pop", well then, it sits somewhere in the internet abyss.

The social media and collaboration platform culture has completely changed not only the student experience, but the role, impact, and vision of student leaders. Stu-

dent leaders may create beautiful flyers to catch your attention for their upcoming events. They may create a Facebook event, Outlook event, Orgsync event, you name it. Then, they may try their best to make sure you spend about five seconds reading said flyer by sending you multiple emails, an ASSP Weekly Bolus, a class Weekly Bolus, and multiple group posts on Facebook. Unfortunately, it is a rarity for a student to spend a total of five seconds looking at your flyers through all these different modes combined. Extracurricular participation and interest has largely become contingent on the ability to draw the attention of student pharmacists on social media. In addition, many students are now able to coordinate with others remotely. For ASSP specifically, we can plan an event without meeting in person by communicating online and planning collaboratively on Google Drive. For some organizations, utilizing online resources helps facilitate community outreach and

other initiatives. The internet has truly widened the reach and potential of student organizations.

The ultra-competitive and fast paced culture of today's technological society has given me an appreciation for student leaders. Organizations have worked tirelessly this year to bring quality programming and opportunities for professional development to students. Thank you, student leaders, for continuing to enrich the student experience. Thank you for creating spaces where students may find a newfound interest in pharmacy or encounter thought-provoking questions or develop professional skills. Navigating through leadership positions in the digital world is not easy, but it has challenged me to use technology creatively to engage my peers. After all, in the cloud, the sky's the limit.

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The 2016-2017 ASSP Board celebrates at the ASSP Winter Banquet. Jessica Lee, Annie Park, Evelyn Coria, Danielle Fasani, Shirley Ng, Sam Andrews, Kate Misogas, Amy Liu, Annie Chang



Edited By Annie Chang & Evelyn Coria

# It's Like Riding a Bike

By: Kate Misogay  
ASSP President-Elect

I didn't learn how to ride a bicycle until my junior year of high school. I did have one when I was little, but it was the kind with the training wheels, and I refused to take them off. I was too afraid of falling and getting all scratched up. Similar feelings of apprehension, worry, or fear of the unknown can surround moments of change, but the possibility of bumps and bruises along the way shouldn't deter us from moving forward.

Winter quarter has been about removing the training wheels on different aspects of our lives in pharmacy and experiencing the growing pains of personal and professional development. P2s are tackling the therapeutics series, P3s are getting ready to leave for rotations, and P4s are prepping for life after school. P1s are venturing out of the academic sphere, taking on leadership positions, and settling into their extra-curricular niches.

The Co-Curriculum found its footing this quarter, and it continues to adjust in response to student feedback. Fraternity families grew as they inducted new brothers, and many RCOs (including ASSP) held their elections and welcomed new board members. As I observe all of these turnovers, I sense that now, more than ever, there is an aura of change around the school, its student body, and its ad-



Welcome to the new 2017-2018 ASSP Board! Bottom row from left: Rosalind Tom (President-Elect), Ashneel Krishna (Treasurer), Nikki Oragwam (TW Editor), Nisha Iyer (Secretary), Jessica Li (VP Student Affairs), Vicky Yi (VP Social Affairs), Justin Truong (Historian), Maki Usui (Webmaster).

ministration. We're all at different stages of learning how to ride a bike – some are just getting on, others are ready to push off, and some are still trying to find their center of gravity, so they don't fall over. But at some point, you will experience your own first moment of riding without the training wheels. It won't be the smoothest ride, and you may get banged up along the way, but how you fall is not what's important; it's more about finding the strength to stand back up and go again.

That being said, the process is not one to handle alone. I didn't learn how to ride a bicycle by myself. There were people around to lend a hand when I lost my balance or to give me a push forward when I needed it. This year, the ASSP Board has been a huge part in learning how to ride my "UCSF SOP bike." Thank you to the ladies of ASSP, for your unwavering support and irreplaceable sisterhood. To the newly elected ASSP Board, your energy is contagious, and I feel honored to work with you on what's going to be a great year!

# 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 who took the time to nominate!

**ANA CRUZ**

Class of 2018

Ana is both the student you want to be and the friend you want to have. She has a lot on her plate this quarter as a Pharm Sci student, employee, and wife, and yet she never complains and is always there to help out a friend and classmate. She has put in a lot of work for the RCO that she founded, which strives to bring a voice to undocumented students. She promoted various cultural events on campus and prioritized highlighting diversity. Given the current political environment, her role is more important now than it has ever been before. She is a selfless individual, and there is no one more deserving of Student of the Quarter.

**ALLEN TRAN**

Class of 2019

Allen works extremely hard to create comprehensive, easy-to-understand study guides and then selflessly shares them in the Box without any fanfare or self-promotion. His hard work has helped me to stay afloat during difficult times this quarter. In addition, his energy and positive outlook is infectious and he is a great friend to all.

**JULIA LEE**

Class of 2020

Julia is such a great classmate and friend to have! She spends so much of her time making practice exams for each of our classes to help us all prepare without us even asking her to. She loves to get involved with events and will always try to go out to support her classmates and UCSF. She's kind, modest, and always down to help anyone out! As an added bonus, she also gives us bragging rights for knowing someone who won Jeopardy!

# Student of the Year

By: Annie Park

ASSP VP of Student Affairs

Student of the year were nominated and voted for by their classmates. On behalf of the ASSP cabinet, congratulations to David Richmond, and thanks to everyone who took the time to nominate!

“David is an individual who truly encompasses on what a leader should be. He is relentless in standing up for students and progressing the education here at UCSF. The amount of background work and issue tracking are a few of the many examples. He has the passion to stand up when something is wrong despite what others think - which has gained him admiration and an infamous image. Regardless, there is no one else more deserving.”

“David is a true leader in our class. He has been our voice in expressing the class’s frustrations with the curriculum. I don’t think many of us would have had the courage to speak up if he hadn’t first. He is not afraid to jeopardize his reputation and fight for what he believes is just and fair, which is admirable. Moreover, as class president, he made true efforts in representing our class and bringing us together.”

“When students began to worry about if they will be able to pass the CPJE and finally practice, David helped organized a profes-



SOTQ and SOTY recipients at the ASSP Winter Banquet

significant and I just had to tough it out, but David always made sure that the faculty were aware of the issues of the student body no matter how seemingly insignificant so that they can be addressed.

On the lighter side, the energy David brings to class during lectures is always stimulating and fun and he deserves SOTY simply for that.”

# Class of 2017: This is Just the Beginning

By: Gabe Wong

Class of 2017 President

In a somewhat bittersweet moment, this will be the last article written by the Class of 2017 for the Therapeutic Window. As the quarter rises to its climax, our class will be finishing with Law Review classes on Parnassus Campus, culminating with those final steps up the podium in Davies Symphony Hall. Never again will we sit as students in the bustling HSW rooms. Instead we may be standing on the other side as lecturers and teachers.

It would be a lie to say that this long journey was without its difficulties, but those challenges that we faced have tempered and matured us into the strong individuals that we are today. While it



Class of 2017 enjoying a break from rotations

ber those late night study hours for therapeutics or early morning rotations, I believe that we will look back and miss them in an odd sort of way in the future.

What we will remember during our time here at UCSF are the preceptors that trained us, the faculty that have supported us, and most importantly, the friends that have been with us every step of the way.

Although this long 4-year chapter of our lives is almost done and we will be going our separate ways, it is important to remember that this is not the end, but the beginning of a new career as health care professionals.

## Class of 2018: Administer Best Wishes for Rotation Prophylaxis

By: Stephanie Wong  
P3 Class President

Today marks less than 2 weeks before the Class of 2018 begins rotations on March 27th, 2017. While the remaining days will be spent packing and studying for our very last therapeutics final, we can take a step back and reminisce about all the “last” experiences this quarter. We had our very last “first day” of didactic classes, last IPPE mentor meeting, last PCOA exam, last MyDispense activity, and last IPPE/work shifts. As groups, we’ve successfully completed our drug monograph & presentation while brainstorming amazing ideas for Dr. Kirby’s pharmacy innovation project. It doesn’t cease to amaze me

the strength and support the P3s displayed when we won the ASSP Trivia night for the second year. The lively cheers and large attendance from our section at Mx. Pharmacy showed



P3s celebrate at P3 Send Off.

everyone the amount of class spirit and close bonds we continue to have. This quarter the P3 Cabinet

held the P3 Send-Off celebration at Sparks. Over 120 students came to wish the P3s farewell and spent the night enjoying each other’s company. There was great food, pictures, s’mores over an open fire, and a note-writing station with messages that will be opened during graduation banquet. The P3 cabinet thanks all our classmates for letting us represent your voice and it has been a great year. The next few days will be bittersweet as we say our farewells. It will be another year before most of us will walk the halls of UCSF or sit in HSW again for the clinical/law review. Until then, I wish everyone best wishes and good luck on rotations!

## Class of 2019: Blue Pill or Red Pill?

By: Natalie Varnay  
P2 Vice President

The class of 2019 is over halfway through the notoriously egregious second year of pharmacy school and I’d like to commend my classmates on their admirable gumption during the transformation from pharmacy students into PHARMACISTS! We have developed skills over the past two quarters that will make us exceptionally well-equipped to care for our future patients. I am astounded by my classmates’ abilities to learn massive quantities of material given insufficient time and clarity all while suffering the clumsy delirium of long-term sleep deprivation. My class consists of the most intelligent, funny, and unique people who not only rise marvelously to this impossibly tall order, but also do so with grace and humor. This is best exemplified by our recently crowned Mx Pharmacy champion, Danielle Fasani, who stole the show with her hilariously cynical video about community pharmacy internships.

UCSF will seem a bit empty during Spring quarter with only P1s and P2s on campus, and I wish the P3s the best of luck on rotations and have no doubts that you will thrive! Your feedback and advocacy during the curricular changes last year has made an enormous difference for future classes. Lastly, I want to thank my class for making the stress and despair of P2 year infinitely more bearable just by being your wonderful selves. As we stare down the barrel of one last intense quarter before summer break, keep in mind the inspiring words by Winston Churchill, “If you’re going through hell, keep going.”



Congratulations to 2017’s Mx. Pharmacy, Danielle Fasani!

# Class of 2020: Laughter is the Best Medicine


By: Taryn Go  
P1 Class President

It's easy to dwell on the lows of our lives and use them as defining moments that made us stronger. However, let's not forget about the highs that pull us out of our darkest times, or the little moments that allow us to breathe. A string of rhythmic, sometimes uncontrollable, breaths that are activated by the ventromedial prefrontal cortex is laughter. This simple response is what brings us all closer together as a class and a family. It is what protects us from harsh realities and share stories to bring joy. Laughter is an action, a gift to give each other, and the best medicine.

As future pharmacists, we are the experts on medication.

Therefore, let us make it our mission to provide the

best medicine for our patients and each other. When counseling patients, be sure to include how to laugh properly, side effects, and storage. Laughter can be dangerous if taken with food. Avoid laughing and masticating together to prevent choking. Common side effects include the giggles, improved mood, more friends, and shortness of breath. Finally, store laughter and all the memories associated with laughter in your heart.

<b>YOU</b>		Date: 03/15/2017 Dr. Funn Knee	CAUTION: Federal law prohibits the transfer of this Drug to any person other than the patient for whom it was prescribed. Rx Only.	EXPULSED AIR (Side 1: diaphragm) (Side 2: smile)	This diagnosis requires your ability to take, organize, maintain, and use the medication with care until you become familiar with benefits.	
<b>LAUGHTER (MFG limbic system)</b> Use as directed every day as needed for improved health and increased happiness		RX 0150311 - 11102 QTY 30				
UCSF Pharmacy		Refills PRN (415) 555-5555 <i>EJC</i>	USE BEFORE 06/2020			
500 Parnassus, San Francisco, CA 94143						

## ACCP: Walking in a Winter Research Wonderland

By Matthew Sugidono  
ACCP-SCCP President

ACCP-SCCP had quite the winter quarter, filled with a number of significantly meaningful events, exploration of new territory, and successful board member transitions. We started the quarter off with a unique lunch talk from a PGY-2 Ambulatory Care Pharmacy Resident, Dr. Cindy Banh who discussed her PGY-1 and PGY-2 research experiences and perspective on pursuing a residency program. Following the lunch talk we quickly prepared for our biggest event of the year.

For the second year in a row, we hosted the ACCP-SCCP Clinical Research Roundtable, which entailed a night of networking with a variety of pharmacists who have conducted clinical research as part of their



2nd Annual ACCP-SCCP Winter Research Roundtable 2016-2017 Board careers. The attendees' backgrounds included a clinical research fellow, clinical research scientist from industry, hospital pharmacists and residents, faculty PharmD/PhDs, and a special appearance by the one and only Dean B. Joseph Guglielmo, who provided his words of wisdom for our members. We could not have thanked these amazing pharmacists enough for sharing their thoughts on research as pharmacists. Students in attendance

were able to gain exposure into various fields of pharmacy research and practice professional networking skills to prepare for internship and career opportunities.

Finally, as we transition into the new incoming board, I would first like to share a huge thank you to my stellar board members this past year as we redefined the organization from the bottom up. This also included planning for exciting new events and services for our members in the upcoming spring quarter, so be sure to check those out! Now I would like to give a warm welcome to the incoming ACCP-SCCP board of 2017-2018. After a heated election season, I believe these leaders will make a huge impact growing our organization and sharing topics regarding research for student pharmacists!

# AMCP: A New Chapter

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

It has been a busy quarter for AMCP-UCSF. Our annual Winter Banquet symbolized a turning point for our chapter. We commended the hard work and dedication of our 2016-2017 board members, who were the driving power behind our chapter's events. Thank you 2016-2017 AMCP Board!

The Winter Banquet also marked the beginning of a new chapter for us as we proudly introduced our 2017-2018 AMCP Board members: Cindy Nguyen (President-Elect), Tae Jin Park and Karan Patel (Vice Presidents of Professional Affairs), Emily Hsu (Vice President of Membership and Public Relations), Sharon Zhong (Vice President of Health Policy & Collaboration), Michelle Bretschneider (Treasurer), Kathy Le (Secretary), Brandon Chhan (Historian). We are excited to have these individuals join the long list of AMCP-UCSF leaders.

Lastly, our 2017 P&T Competition attracted over 30 student pharmacists, making up eight teams. Each team put in a tremendous amount of time and effort into their monographs and presentations. These students have gained

an expanded understanding of one of the largest drug classes for inflammatory diseases. This year's competition was special. Student pharmacists had to quickly develop un-

derstanding of their state's Medicaid, a unique payor with significant relevance in the current political climate. AMCP is proud to continue to equip members with the skills and tools to tackle increasingly relevant managed care issues.

AMCP would like to congratulate, once again, the 2017 UCSF AMCP P&T Local Champions: Hunter Davis (P3), Nishta Patel (P3), Taryn Go (P1), James Matthews (P1).

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



Left to right: Taryn Go (P1), James Matthews (P1), Hunter Davis (P3), Nishta Patel (P3)

# APhA-ASP & CPhA: Putting the "Win" in WIN-ter Quarter

By: Trung Ky  
APhA-ASP & CPhA President

As we near the end of yet another quarter, let's look back at the triumphant moments in APhA-ASP & CPhA that fuel our passion to become winning pharmacists! Starting with the Patient Counseling Competition from last quarter, we are excited to send our Local Winner Denise Lee (P1) to the national competition this upcoming spring and hope that the 43 student contestants benefited from such a winning experience. Speaking of competitions, the APhA Executive Board competed in OSACA's 9th Floor Bulletin Board Decorating Contest hosted at the beginning of the quarter. Through collaborative efforts and creative ideas of the members, APhA took home the winning gold with a QR-code-enabled board that now displays the latest RCO

updates and a membership spotlight! Some event highlights from Winter Quarter include 'Bowling Night w/ Pharmacists', hosted by the Peninsula Pharmacists Association and the Pharmacists Society of San Francisco, and the 5th Annual Student vs. Faculty Basketball Game, where students were once again reminded to never underestimate our professors' abilities. Some more events that were not featured on the photo board were the Cover Letter Review & Panel event (hosted in collaboration with OCPD & PLS), where Dr. Ashley Thompson from the UCSF Medical Center provided quality and practical tips on a winning cover letter, CV/resume, and interview. We thank those who attended the CPhA Western Pharmacy Ex-



A winning SHOT of the students and faculty at the 5th Annual APhA-ASP Basketball Game change conference in Palm Springs and look forward to a winning presence at this year's APhA Annual conference in San Francisco! With that, APhA-ASP & CPhA would like to remind us that we are all winners at the end of the day, as long as we continue to better our communities by utilizing our skills as winning pharmacy students.

## COSA: Winter Excitement

By: COSA Board

Western Addition Senior Center

COSA hosted our first health fair of 2017 at the Western Addition Senior Center, with projects Geriatric Medication Awareness Program, Operation Diabetes, Project Brown Bag, Project Healthy Heart, and Project Asthma. This was a new collaboration for us, and our P1 volunteers did a great job providing health screenings and information to the underserved seniors at this event.

Heart of the City Farmers Market

In addition to holding a senior center health fair, COSA collaborated with the Heart of the City Farmers Market to reach out to more SF residents. Despite the unpredictable weather, the volunteers, preceptors, and project coordinators all continued their ambitious efforts to provide patient education and health screenings in the rain and hail. We thank them for their determination!

Additional Outreach Events

Project Brown Bag, Project Nutrition, Project Safe Medication Disposal, and Geriatric Medicine Awareness Project also collaborated to provide medication counseling, nutritional information, proper medication disposal techniques, and bone density



Winter Auction Committee setting up Dr. Komoto's famous wines for the silent auction.

screening to senior residents at the Mercy Terrace Senior Center. Operation Diabetes provided diabetes education and screening at St. Antony Medical Clinic's diabetes class, and Generation Rx gave a lecture on medication safety at a pharmacology class in SFSU. Additionally, Operation Immunization hosted a Walgreens Immunization Outreach to provide vaccine information and record cards, and Science Squad provided an exciting opportunity for students at Rosa Parks Elementary School to learn about the endothermic and exothermic reactions using cold packs and hand warmers.

Winter Auction

COSA hosted another successful Winter Auction, and funds were raised to support all our projects. None of it would have been possible without our generous donors and those who attended. Special thanks goes to our Winter Auction Committee for all their hard work in coordinating this event.

Interviews

Lastly, COSA is ending winter quarter with interviews for our COSA Board and Project Coordinator positions. We are excited to welcome a new group of community leaders who are ready to take more strides in patient care and outreach. Thank you for your help!

## CSHP: Tales from the Society

By: Brian Ma

CSHP-UCSF President

Winter 2017 was a time of professional growth and development for CSHP-UCSF. This winter, we held our CSHP/Alumni Association Mock Interviews, where students had the opportunity to practice their interviewing skills with currently practicing pharmacists. The event was organized by Vice President Amir Rakei, and was rated excellently by both students and faculty. We hope to continue this traditional event next year to prepare students to succeed in their job interviews. We also held our CSHP Mentorship Dinner Mixer, where students had the chance to meet with their CSHP mentors and other mentors in the program over dinner and drinks.

CSHP-UCSF also elected its future cabinet for the 2017-2018 year. CSHP-UCSF elections were held in conjunction with AMCP elections on 02/15/2017 this year, and as always, there was a great turnout and showing of students. Regrettably, the amount of passionate students seeking leadership experience with CSHP-UCSF far exceeded the availability of positions, but CSHP-UCSF would like to thank all students who participated in the elections process.

That being said, with the transitioning of new leaders into CSHP, we'd like to say farewell to the old cabinet of 2016-2017. The cabinet did a great job and exceeded expectations throughout the year. Please join us at the end of the year CSHP Banquet next quarter to celebrate the 2016-2017 year.



Congratulations to the 2017-2018 CSHP-UCSF Board!

# FACULTY SPOTLIGHT | DR. LISA KROON

By Annie Chang and Evelyn Coria  
ASSP Therapeutic Window Editors

**Q: What was your journey to pharmacy school, and how did you end up at UCSF?**

A: I'll start out with my journey to pharmacy. I was born in Ottawa, Ontario, Canada, so I am Canadian. I am also a US citizen, and proud to be a dual citizen. I grew up in Ohio, and did my undergrad at the University of Michigan. My sophomore year at Michigan I thought medical school sounded interesting. Then I found out about pharmacy school. I had an uncle in Ontario, Canada who was a retired pharmacist, but I actually don't think he influenced me to become a pharmacist, more just made me familiar with pharmacy as a profession. I applied to pharmacy school, and at the time the University of Michigan had many of the core courses in the first year with medical students. I thought, if I don't like this, I can always apply to medical school. I joke now that I would have never gotten into pharmacy school if I had said that. You think that you're supposed to know what you want to do, but truthfully I didn't. However, I loved pharmacy school. Michigan's

curriculum, back in 1990, when I started pharmacy school was very much based on UCSF's. When I was finishing, I knew I wanted to do a residency.

When I was finishing pharmacy school, my parents were living in Frankfurt, Germany and my sister Stephanie was in law school at Ohio state --we're still best friends even though we just can't watch the Michigan/Ohio State football game together-- so I had no ties or limitations on where I could live, so I applied to programs that interested me. I was looking more at academic medical centers that were affiliated with a school of pharmacy

and had strong programs, so of course UCSF stood out. What brought me to UCSF was that I matched at UCSF for my pharmacy practice residency. I then decided to do an administrative residency so I completed the hospital pharmacy administration residency at UCSF as well. Many pharmacy leaders had done this prior to me. For instance, faculty in the school such as Kevin Rodondi, Cathi Dennehy (she was the administrative resident the year before I), and others have done it after me like Kethen So. In my administrative residency, which I did



1995-1996, Mary Anne Koda-Kimble was my main preceptor, which was amazing experience! I became faculty right after, so I have been at UCSF since my residency training and haven't left. I have only ever worked at UCSF as my career. I have worked with amazing people through my career and I love what I do. I work with spectacular people, including the students. UCSF has just been a great place to be. That is what brought me here and what has kept me here. Over the years my role as a faculty member has changed, the projects I work on, and I have moved into leadership positions. When Joe Guglielmo

became department chair, he appointed me his executive vice chair, and then I became chair about five years ago.

**Q: How did you get involved with the UCSF Diabetes Clinic and how did you become involved in writing the diabetes chapter in Applied Therapeutics?**

A: That's a great story. Going back to my administrative residency, it was a lot of committee work all day and a lot of support for medical center pharmacy committees. I had shared with Mary Anne Koda-Kimble

that I wanted to continue some clinical work, and that I really enjoyed the direct patient care component of what a pharmacist does. She said, 'alright, sounds good,' and walked me over to the diabetes clinic across the street and introduced me to the doctors there. She said, 'Here's Lisa Kroon, my resident. Here you go.'

**Q: Did you have a particular interest in diabetes at the time?**

A: I did have an interest in diabetes, but I didn't at that moment ever envision that my area of specialty would necessarily become diabetes.

Obviously as a pharmacist we touch patients with diabetes all the time. This was Mary Anne's specialty area, and it was the opportunity that I had. I developed relationships with the providers and established my practice there, which has continued since. That is how I got involved, and of course I thoroughly enjoy working with people with diabetes. They tend to be medically very complicated, on lots of medications, so a great opportunity for pharmacists to be part of the interprofessional team, which is what I did. That is how I got into diabetes, and then because Mary Anne wrote the original chapter in Applied



Therapeutics, she mentored me to be a co-author, and over the years I assumed the lead role on that chapter. As a true mentor does, she eventually stepped aside and let me take the lead. I am no longer the author as new editors have taken over the book, but it was--a labor of love. It was countless hours to keep that chapter current and fresh and relevant to current diabetes pharmacy practice. I took great pride in being that author and in having Mary Anne as a mentor, as well as Joe Guglielmo, who I consider him a mentor. He's my boss, but he's also my mentor, so we have an interesting dynamic in that sometimes I'll say, 'Joe, I'm coming to you as department chair;' or, 'I'm coming to you for mentoring advice.' We have that relationship where we can separate the two. So that is how I started with Applied Therapeutics, with many long nights and weekends and that's the life of faculty.

**Q: How did you first get involved with RxforChange, Clinician Assisted Tobacco Cessation?**

A: That has been another really fun project that I have been able to work on. In 1999 a colleague of mine, Karen Hudmon, approached Robin Corelli and me, and other faculty in schools throughout California to meet a gap in pharmacy school training, which was tobacco treatment training. Prior to Rx for Change students only got an hour here or there, not just pharmacy, but all health profession schools really lacked curriculum for tobacco treatment. It was

Karen's vision to develop something to fill that need. It was an interest for me because not only is tobacco one of the number one preventable cause of morbidity and mortality, but also I found the skills were the same for how I work with patients with diabetes and helping people quit smoking. It involves a lot of behavior change and applying motivational interviewing techniques. Developing skills for tobacco treatment helped me further develop my skills for caring for people with diabetes, so it overlapped really nicely. That is how I first got involved. We developed the Rx for change curriculum with the four schools in the state—back then there were only 4 schools in California! There were faculty from Western, USC, and UOP—it was a collaborative effort. Since then it has been the UCSF faculty (Robin and Karen, who is faculty at Purdue University but also has a volunteer faculty appointment with UCSF) that have kept it going) and updating it every year. The RxforChange program is not only used for pharmacy students training now, but other health profession schools use our curriculum, as do health professionals—people already practicing-- use the program.

I think this is applicable to a lot of students. I was getting involved in a new area and had to think of how to start. I had no experience in smoking cessation counseling. None. I felt that this was a skill that I wanted to develop, so I reached out to the Tobacco Treatment Center here at UCSF that was just getting started. I worked with and learned from the nurse counselor there, and went to trainings. I went to a Mayo Clinic training. When I met with my first patient I used the RxforChange Counseling Guide sheet (that you all have) and I said, 'you are the first patient that I am helping, so I am going to be following this guide here, please bear with me.' They said, 'oh sure, no problem.' So I used the guide sheet, and that was okay. Now the guide sheet is up here

in my head, but that was how I started-- you have to start somewhere. I have been counseling for about 15 years now.

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

A: I am trying to use my right brain more and more, the creative side. I love to travel, particularly internationally. Any opportunity where I can put it in my schedule, the first thing that I would do is look for an international trip. Last summer I got to go to London for work, due to our relationship with King's College, and then I spent a week in the Netherlands with my father. My father is from the Netherlands, so I tagged that on. A month later I had an Italian friend who was getting married, so I got to go back to Capri, Italy for a wedding. For me, I almost have to leave the country to feel like I'm getting away. I do also try to travel a lot to San Diego, where my parents now live. My sister Stephanie, who is two years older than I, also lives in San Diego--she has kids who are eight and ten. I love how they call me "Auntie Lisa," and of course I want to be their favorite auntie I also love to cook. I don't bake, but I cook. I find it very therapeutic. I love to have dinner parties and to have friends over and to try new recipes. I don't always follow the recipe, that's why I don't bake, I have certain cooking shows that I like, I like Giada, she's one of my favorites. I also like Barefoot Contessa. I usually find a new recipe and when I'm in the kitchen, I usually have my glass of wine nearby as I'm cooking. I also like to do Pilates outside of work. I have my standing Sunday morning Pilates and I don't miss it for anything. I do the reformer kind, so you have to pay attention to what you're doing, and the hour flies by. I can't be thinking about the Department budget (or other work issues), because I'm concentrating so much on following the instructor. Of course I also really like getting outside on the weekends, and going for walks or hikes around the city.

**Q: Do you have a favorite country that you've been to, or that you want to go to?**

A: I don't have a favorite, but



unfortunately, I am one of those that once I find something that I love I just go back. Kind of like if you're at a restaurant and you know the dish that you love, you don't change what you order. I have lots of countries on my list that I haven't been to and have priority, like Costa Rica and Machu Picchu. My brother-in-law is Australian, so I plan to tag along the next trip Stephanie and her family make to Sidney. We also have a former faculty over there, Tina Brock, so I can pay her a little visit. So of those, Australia will probably be my next trip. I love international travel because I love learning about different cultures and people. People do just fine outside of the United States. We tend to get US-centric, so I like to learn. For instance, they have different spiders in Australia, they have the funnel-web spider which can be deadly. Culturally, you would never put your foot in a shoe without looking inside of the shoe to make sure there are no spiders. That is just what you do, you look in your shoes, and then you put them on. It's those little things that are interesting to learn, and of course trying different foods.

**Q: Do you have a favorite recipe that you like to cook?**

A: I do. I tend to make what I know, and one of my favorite recipes now is a sauce called chimichurri. It is a recipe that my sister gave me. The sauce is heavy with flat leaf parsley and cilantro, so it's very green. I make it with salmon, but it is also really good with steak. That is my current recipe that I make a lot. My sister modified the recipe, and upped the cumin, which people don't really think to add to food here. I'm not sure who she got it from, but it's my favorite recipe. It is also very simple to make too, with only about eleven ingredients. That's what I like about Giada too, it's not too fancy, but it's very flavorful.

**Q: You've done a lot to advance the field of pharmacy, how do you balance everything and maintain work-life balance?**

A: I recently read an article on the term work-life balance, and that the term "balance" implies that one wins over the

other, and you never truly have balance. For me it is just trying to make sure that I do get away from the office and do other things, like spend time with friends, family and loved ones. I make sure to schedule that in. No doubt, as department chair the volume of work is extraordinary, but I love what I'm doing. I guess it's more about being intentional to have things that I do outside of UCSF. That has helped me feel that everything is in sync. It does take intention though. That is why I plan my travel. I always try to have one weekend of the month that I am not doing work activities, functions, or conferences, but that's where scheduling comes in. Every Sunday morning at 11:30am I am at the JCCSF Pilates Studio. Nothing gets in the way of that, unless I have a conference. In that case I go on Monday. That is how my mindset is. I try to set that culture for faculty in the department, the dean has set that as well. I try not to email faculty during the weekend. I may be preparing the emails and sending them on Monday morning, but I do not want faculty feeling like they always need to be accessible. Sometimes it is ok to not look at your phone for a few hours. The key is to be intentional about time. I make it a point to take a little break and go for a little walk. I'll tell my staff that I'll be back in 15 minutes, and I'll just take a walk just to stretch and to get away from the computer. Then I come back refreshed and I can actually focus better and I can be more effective. Self-care, taking care of yourself so that you're more effective and more efficient is important.

**Q: What tips do you have for students on choosing career paths after graduation, and going off to rotations.**

A: I think my main tip is to keep an open mind. Going back to what I said about not getting into pharmacy school with my comment, I find that students, as you're prepping for residency think, oh I have to know what I want to specialize in. That is the whole point of the residency. It is okay to not know and to still be exploring fields. Networking and going to the state pharmacy meetings, like CPhA and CSHP, talking to pharmacists from

different practice sites, and really explore what might be of interest is very helpful. But also, not feeling too pressured that you have to know what you want to do when you get out. I've been working with a lot of our fourth year students who will be finishing up in march, in two weeks. They feel like they have to know that they're going to specialize, for example, in oncology, or where they will practice, such as in a hospital, ambulatory care, or in community practice. It's fine to have a sense, but don't feel such pressure that you have to be so certain. A residency helps you with that. Or maybe it's not a residency and you want to pursue a fellowship, or another advanced degree, or maybe you want or need to go to work right away, and that is okay. Each person is unique and need not feel pressure about what your fellow students are doing. This is your life, and your career, make the decision that is right for you. Maybe you make a decision and decide that's not what you want to do, you can change. You're not stuck in one field forever. Most faculty have made changes throughout their career. Dean Joe started out in the ICU doing critical care and then moved into infectious diseases. Don Kishi started out working on the neurosurgery service. We all change, and that is the fun thing about the pharmacy degree you will have, is that you have all these options to change or make a shift in what you do throughout your career.



# LAPS: Diversity and Outreach

By: Cesar Rodriguez  
LAPS President

This quarter the Latino Association of Pharmacy Students promoted diversity and outreach through our Spanish Lunch Talk and Journey into Healthcare Undergraduate Outreach Conference. In our interprofessional Spanish lunch talk, we discussed Spanish terms used for pain and associated medications. We were happy to welcome our colleagues from the schools of medicine and dentistry who were eager to learn with us and participate in our event. We had an amazing time as our P1 representatives, Marvin and Nikki, asked trivia questions to the audience to encourage learning and speaking Spanish. We hope to continue to make our Spanish Lunch Talks interprofessional and encourage collaboration and learning with our fellow future healthcare professionals.

The highlight of this quarter was definitely the Journey into Healthcare Undergraduate Conference, which was a difficult event to plan, but was made possible through the work of the current and incoming LAPS Board. Over 50 undergraduate students came from universities and colleges across Northern California (and even as

far as Bakersfield)! The purpose of the conference was to encourage undergraduate students to pursue their dreams and explore the various pathways of healthcare. We had an array of speakers, including keynote speakers, admissions panelists, and student panelists, who came to represent the UCSF schools of pharmacy, dentistry, medicine, physical therapy, and nursing. LAPS had an amazing and fruitful quarter! As we transition to the upcoming 2017-2018 LAPS Board, we are glad to have their support as members and can not wait to see what they have in store for next year!



LAPS members thank Igor for participating as the keynote speaker at the 13th Annual Journey into Healthcare Undergraduate Conference.

# PLS: Bring On the New Crew

By: Kari Ehm  
PLS President

Winter quarter is a time of change and excitement in PLS. As we induct new members, we also choose a new crew of fearless leaders to support and develop leaders at UCSF. This year, we were so lucky to be able to induct 22 new members, which is more than has been inducted in 20 years at our UCSF chapter! In looking at this solid group of mem-



bers, I am reminded that leadership comes in many different forms, and we are thrilled to induct members with a wide variety of characteristics and experiences.

We give out many titles at UCSF, and in many respects, these positions allow us to achieve goals in a shorter time through having

PLS celebrating the new members at our induction ceremony

a basic process already in place. Our new members show that the position does not make you a

leader, your passion and influence makes you a leader whether it is within a defined position or not.

One new member created her own intern position in an HIV clinic by volunteering and making her services vital to their workflow. Another of our new members manages a global volunteer program that sends volunteers to Morocco each year. Yet another new member works as the COO for a non-profit focused on using innovative solutions to fix national health-care issues, currently obesity.

These and all our incredible leaders inspire me to influence and improve as a leader. Let your colleagues inspire you this month!

# Rho Chi: Practice Makes Perfect

By William Martin  
Rho Chi Vice President

One of the goals of Rho Chi is to help students succeed academically by practicing skills that will translate outside of the classroom and into rotations. Since patient presentations are an integral part of a pharmacy student's skillset, we decided to provide Mock Presentations for the P2 class in their first therapeutics course.

The event took place on two separate days to give more P2s the opportunity to practice their patient presentation skills. We wanted to resemble the logistics of a therapeutics oral exam, so P2s were given a patient case to SOAP just prior to their patient presentation. Students then had the opportunity to work on-on-one with a P3 Rho Chi preceptor to present their patient, discuss their assessment and plan, and receive feedback or ask questions.

The members of Rho Chi want to thank you all for participating in our event. We hope that you feel more confident and comfortable in giving patient presentations! Thank you also for the great feedback and suggestions you provided so that we can make the event even better for future years. We look forward to helping you further along your path to academic success!



William Martin (P3) providing feedback for David Yee (P2) during mock patient presentations

# SNPhA: Joins Fight to End the Stigma of Mental Illness

By Michelle Cha  
SNPhA Secretary

Endless downpour and fighting for the addition of many a variety of issues objective that SN- was breaking the

Early in

“Do Send a Card” project started by the Mental Health Association of San Francisco. Students gathered to decorate “Get Well Soon” cards with words of encouragement for patients in the psychiatric unit of the Zuckerberg San Francisco General Hospital. Many friends and family of those recently diagnosed with a mental health condition are unsure whether to send cards or even how to react. This project was meant to eliminate disparities and to send this message across: just because a patient shows no signs of physical injury does not mean they should be treated any differently.

Another event was the “Mental Health Awareness Night.” During this two-part event, students listened to speakers from the National Alliance on Mental Health (NAMI), who shared personal stories of their journey with mental illness. After gaining insight on how to better approach these patients as future healthcare providers, students participated in the “Question, Persuade, and Refer (QPR) Suicide Prevention Training” led by Alexandra Thurston from UCSF Student Health. Just like CPR-training, QPR-training can help save a life. During this unique workshop, students learned to recognize warning signs and how to address these situations.



P1's Alison Chen, Qiqi Xiao, and Lara Barsoumian write words of hope for patients with mental illness

heavy winds did not stop SNPhA from underserved this winter quarter! With the new events, SNPhA was able to address surrounding its target population. One PhA particularly focused on this quarter stigma associated with mental illness. the quarter, SNPhA participated in the

# Kappa Psi: Spring Forward

By: Angela Lee

Kappa Psi Corresponding Secretary

Our chapter had the great honor of welcoming 47 new brothers into our pharmily! After an eventful pledge season, both brothers and pledges were involved in many lively events that reminded us of the support systems we have in pharmacy school, in our brotherhood, and in our mentorships. From the Tahoe Retreat to Kappa Psi Olympics, brothers and pledges finally found their perfect match during our Big-Little Reveal. We welcomed the pledges to their new pharmilies with a trip to the iconic Golden Gate Bridge and were able to bond with members from each family line and generation. We are

very excited to have welcomed a class of newly initiated brothers that are eager to become involved in our brotherhood and uphold all



Welcoming our 47 newly initiated brothers to Kappa Psi! PTBYB!

of our ideals, as well as engage in future leadership roles to further the progression of our fraternity.

Beta Gamma attended Spring Province hosted by Epsilon Iota in Hawaii, where our chapter

received a number of recognitions for our involvement. Throughout the quarter, Kappa Psi has continued to be involved in academic growth, professional development, and fostering strong alumni networks with our San Francisco Graduate Chapter. Distinguished alumni from many other Kappa Psi chapters, current brothers, and pledges were in high attendance during our annual winter quarter Alumni Night. Brothers were able to interact with alumni from other chapters and learn about how Kappa Psi impacted pharmacy school, and now their careers. At Spring Province, our chapter received the Fellowship and Brotherhood Award for our Alumni Night Event, as well as a number of other recognitions.

# Phi Delta Chi: Fly Me To Brotherhood

By: Kevin Tran

Phi Delta Chi Worthy Chief Counselor

As the third-year brothers prepare for a one-way ticket out of their comforting solar system of didactics and venture off into the final frontier of rotations, we reflect back on our time here in San Francisco. To start off, the addition of 57 pledges joining our PDC family this winter made our experiences so much richer and unforgettable. With the pledge coordinator team of Peter Nguyen and Annie Chang at the helm of our spaceship, our first destination in the Zeta Galaxy was Lake Tahoe! Here we bonded over road trip banter, epic snowball wars, and board games next to the fireplace. The unforgettable memories we made at Lake Tahoe served as our anchor for the upcoming pledging season.

As we traveled deeper into pledging season, our pledges formed committees, from academic to fundraising to volunteering, and headed events with the purpose of developing their spirits of brotherhood and leadership skills within the fraternity. The fundraising committee launched the debut of our hand-made cake pops with our annual PDC Valentine Grams. Flying higher, the talent show com-

mittee blew us all away with breath-taking performances that made us feel as if we were dropped right into the vacuum of space, and the community service committee organized our clothing drive for St. Anthony's to keep people warm against the ever-present San Francisco cold.

Moving forward into the edges of the galaxy, we come to a time of transition: pledges become fully-fledged brothers and current brothers share their duties with the next generation and venture off into new uncharted territories, never once forgetting that they will always have a home to come back to, our PDC house on 3rd avenue.



Pledges taking in the snowy scenery at Lake Tahoe.





