

# Therapeutic WINDOW

UCSF School of Pharmacy

ASSP-ASUC | Spring 2014

## Take time to remember why you're here

By Leann McDowell  
ASSP President

Back in April, I was asked to speak at the PHAMLI Spring Banquet about my journey to pharmacy school. At first, I had no clue what I was going to say. My journey to pharmacy school was not a traditional one, and I wasn't sure whether my story would relate to undergraduates thinking about pursuing pharmacy school. In the end, I told a story about one of my coworkers from when I worked as a technician in a grocery store chain pharmacy.

I didn't know Myra very well, but I knew she was always friendly and smiling while she was working as a cashier, and she and her family were regular customers to the pharmacy. Then one day, I was watching the local news and there Myra was on the television, smiling like always, with the headline underneath her stating, "Customer donates kidney to grocery store cashier." It turned out that Myra had been diagnosed with kidney failure and had been on dialysis for 18 months when one of her regular customers, Dan, found out that she was sick and needed a kidney transplant. Dan offered to donate one of his kidneys, no strings attached, to the single mom of two teenage children.

This gift of life, however, wasn't the main reason why I shared this story. When Myra came back to work after her kidney transplant, the first thing she said to me and the rest of the pharmacy staff was a repeated "thank you" for all of the work we did to make sure she had access to all of her post-transplant medications. She thanked us for always making sure there were no problems with her medications, even before her transplant, and for all of the effort we put forth when there were



PHOTO BY PHONG HO

PhAMLI mentors and mentees swapped stories, learned from each other, and enjoyed each other's company at the PhAMLI Spring Banquet.

problems. The work she was describing didn't faze me as a big deal since it was my job to fill prescriptions and to fix any problems with them, but to hear Myra's gratitude and appreciation for our work made me realize how much of an impact we can have on one person, even if we aren't aware of it at the time.

Myra's story is a remarkable one, and it serves as a reminder of why I wanted to become a pharmacist. We all have different reasons as to why we chose this career path; however, it's easy to forget about those reasons during the craziness throughout the quarter. When you're up late cramming studying for your next exam, don't lose sight of the reasons why you're here. Take a step back, and put down your lecture notes and coffee. Even though you may be stressed and burnt out, think back to what brought you here. And remember that, in the end, when you start working and making an impact on patients in your own way, it will all be worth it.

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PHOTO COURTESY OF IRIS CHEN

**Above:** the newly elected ASSP cabinet. **Left:** Iris Chen, Esther Yi, Kimberly Lau and Christine Ly at the Class of 2017 White Coat ceremony.

## P1 Flashback

By Kimberly Lau & Jenny Zhang  
ASSP Vice Presidents of Social Affairs

Three quarters have just passed us by. Can you believe that it is almost the end of our first year of pharmacy school? It seems just like yesterday we were experiencing our first MMI interviews, participating in orientation festivities, and getting ourselves coated with our new white coats! It has been quite the journey, and there have been so many memorable events along the way to add onto our first year experience, such as ASSP clubbing, Welcome Back Picnic and Leadership Fair, Trivia Night, and Formal. We think that these socials have really helped us foster better friendships and de-stress from the school. You can definitely look forward to the same events next year, plus some more creative additions we hope to plan for you guys! We're always open to any new ideas, so if you really want a particular event, we'll try our best to host it for you.

We will both be working hard over the summer and through the rest of next year to plan some fun-filled activities for the school year. Hopefully, they will be nice breaks to spend time with your fellow classmates outside of an academic setting and a great way to get to know the new incoming class. In the meantime, let's finish strong this year- we're nearly at the final stretch! Study hard, and don't forget to take time and enjoy your summer as well. See you all back in the fall!

## Synergy: a reflection

By Esther Yi  
ASSP President-Elect

I know that I am not alone when I say that this year has flown by. Orientation seems like yesterday, but here we are finishing up our last few weeks as P1s.

Personally, as the first year of pharmacy school comes to an end, I find myself feeling more anxious and unprepared than day one. With the breadth of new responsibilities, leadership roles and commitments of P2 year just around the corner, there is an increasing doubt as to whether I am ready to meet my own expectations as well as of those around me.

However, as I reflect on this past year, I realize that it was through the constant support and effort of my classmates, the upperclassmen as well as faculty that have brought me thus far and have made the transition into pharmacy school and the completion of this year so seamless.

Dr. Kishi once spoke of "synergy": the creation of a whole greater than the sum of its parts. I see this "synergy" in my own class as well as throughout UCSF and I am constantly encouraged that we have this support system reminding us that we are not in this alone. This upcoming year will be full of challenges as we take on new roles and changes. But, I believe that if

**"The achievements of an organization are the results of the combined effort of each individual."**

*-Vince Lombardi, Head Coach of America's Best Football Team*

we continue to remember to practice this "synergy" by continuing to support one another and by working together, we'll be able to produce something greater than anything we would've done alone.



# Students of the Quarter

Compiled by Elizabeth Staub  
ASSP Vice President of Student Affairs

*Students of the Quarter are nominated by their classmates. Quotes are taken from those who submitted nominations. On behalf of the entire ASSP Cabinet, congratulations to all of the students of the quarter for Spring 2014 and thanks to everyone who sent in nominations!*

## Yuliya Blyakherova Class of 2015

"Yuliya is a genuinely caring soul that loves to put smiles on peoples' faces. Whenever I would see her around campus after rotations, she would always stop and chat to see how I was doing, even if she was in a rush. Her sense of humor, outlook on life, and jokes makes life on rotations more enjoyable."

"The question really is, 'Why DOESN'T Yuliya deserve to be student of the quarter?' Not only is this girl brilliant, she's got great fashion sense and an amazing sense of humor to match. Need someone to help you do a project on time? Yuliya's great at time management and she's super organized - she will do whatever it takes to make that deadline! Need someone to make an amazing Russian salad for your potluck? Yuliya's there, and she's even brought her own utensils! She's also very kind and caring, and probably the most genuine person I've ever met."

"Yuliya is one of the most genuine people I have met while at pharmacy school. She honestly and truly makes an effort to get to know to know you. She is independent and confident and definitely someone who deserves recognition."

"Yuliya always makes me laugh with her jokes. She never missed a class EVER! She even comes when she is sick. If you missed a class, then you know who to go to to find out if you missed something. She always dresses with style. GO Yulia!"

"Yuliya is a person who is always true to herself! She is there for you when you need her and always fun to be around. She is easy to talk to, interesting and multi-talented. From her unique fashion to her

outgoing personality, Yuliya captures the true spirit of San Francisco and UCSF "

## Peter Truong Class of 2016

"Peter has always been dedicated to serving the class, especially with his work in managing our archives, spreading his study guides and lifting class morale. He has always looked after the needs of our class and provided countless support to many individuals. He also advocates teamwork and pay-it-forward mentalities."

"Peter endlessly updates our dropbox and is always there to lend the forever helpful study guide and, more importantly, a helping hand. His hard work has been overlooked in many instances, but I truly believe that he is one of the most deserving individuals of this recognition."

"Peter is one of the few people who still has the energy and enthusiasm of a new P1. He constantly makes, finds, and shares study guides with the whole class. Peter is also the rare type of person that would actually drop everything he's doing at the moment to lend you a helping hand. Whether you have questions about class or need help taking home a couch, Peter will be there to give you a hand if you ask."

"He should have gotten student of the quarter for a while now. He was the one who set up the dropbox account and takes the time and effort to manage it and upload files to it. He's always sharing notes, study guides, and practice exams with the rest of the class."

## Thanh Le Class of 2017

"Thanh goes out of her way to make sure students are emotionally and socially balanced. She shows sincerity when she'd ask her classmates how they are doing. When she sees a stranger approaching a door, she would extend a helping hand without hesitation. She has a great heart for her classmates and others."

"Thanh always has a smile and a caring word for her fellow classmates. Her positive attitude is contagious!

## CLASS Superlatives

Compiled by Kimberly Lau & Jenny Zhang  
ASSP Vice Presidents of Social Affairs

### Class of 2017

Most Likely to Be Seen at the Gym:

*Daryush Tabatabai*

Most Likely to Be Seen in the IRC/  
Library: *Jay Barcelon*

Most Likely to Win a Dance-Off:

*James Go*

Most Likely to Be Creeping on Facebook Right Now: *Louis Owen*

Most Likely to Be Eating Moffitt

Breakfast in Class: *Louis Owen*

#Selfie King: *Phong Ho*

#Selfie Queen: *Jenny Zhang*

Hardest Worker: *Gabe Wong*

Most Likely to Brighten Your Day:

*Omar Diarra*

Life of the Party: *Gabe Wong*

Best Personality: *Richard Duong & Thien Nguyen*

Most Likely to Make a Medical

Breakthrough: *Edna Cheung*

Most Likely to Become Good Friends

with Her Patients: *Kari Ehm*

Kindest Heart: *Sarah Pasetes*

Most Free-Spirited: *Will Mees*

Most Reliable: *Dang Tran & Gabe Wong*

### Class of 2016

Most Likely to Be Seen at the Gym:

*Peter Truong*

Most Likely to Be Seen in the IRC/  
Library: *Leann McDowell*

Most Likely to Win a Dance-Off:

*Kimanh Duong*

Most Likely to be Eating Moffitt

Breakfast in Class: *Tom Zhao*

#Selfie King: *Vince Cagonot*

Hardest Worker: *Phyllis Wang*

Most Likely to Brighten Your Day:

*Winnie Duong*

Life of the Party: *Joshua Smith*

Best Personality: *Rjay Delmonte*

Most UCSF Spirit: *Collin Yu*

Most Likely to Make a Medical

Breakthrough: *Phyllis Wang*

Most likely to Become Good Friends

with His Patients: *Joshua Smith*

Kindest Heart: *Nona Chamankhah*

Most Free-Spirited: *Polina Pulyanina*

Most Reliable: *Leann McDowell*

# Class UPDATES

## To the four corners of California and beyond!

By Benjamin Parcher & Shogo John Miyagi  
Class of 2015 Cabinet

In celebratory sprits, the Class of 2015 has embarked upon their year long mission to explore remarkable new worlds; to seek out new life and new professional colleagues; to boldly go where no P4 has gone before...well at least for this exciting 2014-2015 academic year! Indeed, it's an invigorating feeling to be out on the playing field that we've been training towards for eight didactic quarters. Words cannot adequately express the exciting metamorphosis that ensues as we transition into our lively roles on rotations. Nevertheless, we attempted to do so anyways by providing a Top 5 List of tips for successful team building with other members of the patient centered care team:

1. Create a calendar for where and when



rounds occur, as far out in the future as possible. Hopefully there is a regular routine for this, but in many locations, it may vary from day to day.

2. Get to know all members of the patient's care team by name, and ask them their preferable method of contact. Pagers are common, but if chat messaging is acceptable, it can save enormous time and

frustration for daily communication.

3. Offer additional help to providers and nurses as appropriate from your preceptor. In many cases, they will take you up on the offer and the value of the pharmacist's input becomes quite evident.

4. Look for opportunities to interact with team members outside of rounds. Seminars, journal clubs, and even breakfast/lunch can be valuable opportunities to bond with your fellow MD/Nursing counterparts.

5. Understand the context of other team member's rotation cycles and call status. If it's their first day on service, it's an even more opportune time to offer help and form a working relationship bond.

And most importantly, enjoy the once in a lifetime learning experiences!

## Lots of changes, and more to come

By Maurice Horton  
Class of 2016 President

The P2 year at UCSF School of Pharmacy has a reputation for being the most difficult. Not only does the course work become a little bit more intense, but P2 students are also busy holding many of the school's leadership positions. I would like to take this time to congratulate each and every one of my classmates on making it through this extremely strenuous year. The class of 2016 has been subject to many curricular changes, and I will be the first to admit that it hasn't been easy. However, we have all stuck together and made it through.

Much of this quarter has been spent indulging ourselves in therapeutics, but amongst all the chaos, we received our

rotation site assignments for next March. This is a bittersweet time for us because, on one hand, we are almost done with the didactic curriculum (just two more quarters left!). On the other hand, our class will be split six different ways, and we will move away and be separated from classmates with whom we have become dear friends over the last two years.

In addition, this year we have six HSPR students and eight Pharm Sci students who will be staying in San Francisco and completing four required rotations. This newly instated rotation requirement differs from that of previous years, which had two required rotations and an elective rotation.

Good luck to everyone on final exams and enjoy your summer!



Some P2's enjoyed a mini-vacation to UC Davis (a possible rotation site) for the 100th Annual Picnic Day where these students milked a cow (pictured) but first, took a selfie.

# Looking toward summer on the Pharm

By Leo Savage-Low  
Class of 2017 President

I don't think I'm alone in saying "I feel old." With midterms over and finals approaching, P1 year is coming to a close. For me, this feeling of age and maturity arises not only just from another birthday, but also from completing a year of my graduate education and the reality that soon I'll be a P2. I know so much more now than I did that first day I plopped down into a seat on the third floor of HSW. I've learned a lot, forged new friendships, and painted great memories on the canvas of my existence. I hope I'm not alone in saying, "It's been a good year."

What can I say about highlights for the quarter? There have been many for my peers and I. Our class has united against the other schools in basketball and futsal leagues. We have mentored aspiring student pharmacists through the PhAMLI



The newly installed PhAMLI Coordinators, from left: Zack Pallack, Louis Owen, Anita Lee, Jade Vitug, and Phong Ho.

program. We have assumed new leadership roles in student government, RCO's, and elective courses. Things will definitely be epic next year!

I'll close by sending a shout out to the 2014-2015 Class of 2017 Cabinet: President Omar Diarra, Vice President Gloria

Perez, Treasurer Ami Patel, and Secretary Meghan Whalen. I am confident they will serve our class with enthusiasm and to the best of their abilities! With that, I say good luck on finals and that I am beyond excited for our next year. I have a feeling it's going to awesome!

## TW Crossword

- Down:  
 2 Recent on-campus festival  
 4 Need to print something?  
 6 Loop diuretic  
 7 UCSF Outdoor Programs  
 9 OSCE time  
 10 Top in box office  
 12 Paperless test taking  
 13 PCOL is the best b/c we love \_\_\_\_\_!

- ACROSS:  
 1 Mentor future pharmies!  
 3 Dr. Zlatan Coralic grew up here  
 5 Banh Mi  
 6 Lovable professor w/ the bow ties  
 8 Run this marathon in your costume  
 11 \_\_\_\_\_ Court  
 14 Keep Calm and \_\_\_\_\_  
 15 So ready for a \_\_\_\_\_  
 16 Current interim chancellor  
 17 Express your thoughts and feelings here

Answers: 1. PhAMLI 2. LivingGreen 3. Bosnia 4. IRC 5. WoodyFig 6. Fur-ExamSolt 13. Linsman 14. PhamOhn 15. Vacation 16. Hwangood 17. Evaluate



By Cindy Tse & Lauren Louie  
Therapeutic Window Editors

*Most students know Dr. Zlatan Coralic from his CP and Therapeutics lectures, and we thought it'd be interesting to learn more about his path to and work at UCSF. The opinions expressed here are those of Dr. Coralic, and do not necessarily reflect the views of the UCSF School of Pharmacy.*

**Can you tell us about your education and experience before coming here?**

I've been all over the place. I'm originally from Bosnia, a little country across Italy in Europe, most infamous for a civil war that happened between 1991-95, which I was there for, for a couple of years, so we had to move. I lived in Croatia, Italy, New York, and finally ended up in Las Vegas as a high school freshman. I didn't speak English at that time. I went to UNLV for undergrad and majored in biology with a minor in chemistry. I went to University of Southern Nevada School of Pharmacy (USN) for pharmacy school. During school I worked as an intern at Walgreens and at the University Medical Center of Southern Nevada (UMC). Very few people were doing residencies at that time, but it was something I was interested in early on due to the hospital experience I had at UMC. For my residency experience I wanted training at a center with strong faculty and research record – and that is why I applied (and was luckily accepted) at UCSF.

**Did you start it while in your residency?**

While I was working at UMC in Vegas, one of the places I got to rotate through was the emergency department. My initial thought on day one was, "wow, this place is insane. I will do well here." (laughs) The experience at UMC is the most memorable experience from when I was a student and it is the place where I learned the most. So when I started the residency at UCSF, I already had the interest of working in the emergency department in the back of my mind. There was no emergency medicine pharmacy program here at UCSF, so I started pitching the idea six months into the residency and researching all the details about starting a new clinical service. By the time I graduated, I had a semi-proposal for what I wanted to do. I was hired as a staff pharmacist, and fortunately all the details aligned and I was able to walk into the ED and start the pro-

# UCSF Faculty Spotlight: DR. ZLATAN CORALIC



gram in October 2009 (four months after the end of residency).

**What were you like as a student?**

Much of what I learned about the way that pharmacy is practiced, the pragmatic things about pharmacy, was actually while I was working. Working at the hospital, working in retail, you get to learn the pragmatic stuff. The stuff that I was really interested in, at least at my school, wasn't that well taught. For example, you go through all of pharmacy school and you never verify an order. And when you graduate, a large percentage of what you do is verify orders. It's the equivalent of, "You're going to be a pilot. We're going to teach you everything about being a pilot." And the first day after graduation, you're going to fly a plane from New York to San Francisco without ever having flown in a simulator or an actual plane where you could practice avoiding common errors. The things you learn in

pharmacy school are the foundation, and are very important, but putting your knowledge to practice is just as imperative. This is why I would recommend that everyone pursue a residency, regardless of which setting you end up working in.

So as a student I did not like going to school all that much. (laughs) I was pragmatic, and for every lecture asked myself, "what do I really need to know for out there?" Today when I teach, I try to answer the same question during a lecture.

**What advice would you give to current pharmacy students?**

I am still learning myself, so the wisdom of my advice is very limited. What has served me well so far is to be curious about things and go forth and ask. You're not going to get in trouble by asking for anything. The reason I learned about emergency medicine was because I asked one of the pharmacists, "Hey, can I hang out with you for a couple

of shifts?" and that's how I learned what I liked. There were probably a dozen things that I tried that I didn't like very much, so I would just encourage being as curious as possible. And then, be critical of everything, and invest a good deal of time learning how to be critical. You're going to be put in a position where you are the end user of information which you have to use to make a decision. Where does this information come from? Who has influence? If it's a manufacturer-sponsored thing, what are their interests? You are going to be among one of the people making the final decision about a treatment before it reaches the patient. This is easier said than done and I am still trying to do this, but learn to judge your sources of information and question your own cognition occasionally.

**Can you tell us more about your work in the Emergency Medicine program?**

Yeah! Generally, like many things in clinical pharmacy, the first descriptions happened in the 70s, even before emergency medicine was a medical specialty. So, ever since then, there have been reports coming out about the benefits of having a clinical pharmacist in the ED. The most important benefit is minimizing drug errors and adverse drug events. There's even cost-avoidance associated with a clinical pharmacist's presence in the ED, with some authors reporting millions of dollars saved. Emergency medicine is becoming busier and busier, just the way our healthcare system is set up. We take care of all patients, from primary care to the true life-threatening emergencies. As far as pharmacist involvement, we get to participate in pretty much everything, from helping physicians with medication decision-making, to helping nurses with medication information and preparation, counseling patients, teaching pharmacy and medical residents. As a new practitioner, there's always anxiety about stepping into a new environment, and that's normal. It takes 3-4 weeks before the ED team realizes your potential, especially if they've never worked with a pharmacist in the ED. One of the common things we get asked today is, "How did we function before you got here?" - and that's not unique to our center by any means. Many of my colleagues in other medical centers say the same thing. There's a need for clinical pharmacists in emergency medicine, and there is more and

more evidence to support this. The ability to make an error is huge, because decisions are based on very limited information in a very critical environment. Having a pharmacist's perspective, especially when it comes to high-risk medications, is something that's well-respected by the physicians and nurses.

**What's the craziest thing you've seen or experienced?**

There's a lot of stuff, from people with insane amounts of alcohol in their bodies on Friday and Saturday nights (laughs) to very bizarre incidents. There are also very sad cases. One of the more intense situations are pediatric resuscitations, especially if the child dies. When you have a pediatric death and the family's there, as much as you isolate yourself from the whole situation, it can have a profound effect on the team. Fortunately here, there aren't that many pediatric codes. I was fortunate enough to work with one of the physicians in an emergency department in Tanzania, and there pediatric deaths are not uncommon. Malnutrition, malaria, end-stage HIV - those things happen frequently.

A few years ago, we had a patient come in - he was young, in his 40s-50s - who had a heart attack in the field. We were trying to revive him for a good hour. One of the things that I ask the residents and even students to do is chest compressions on an actual person, because there are very few things that can save a life in such a situation, and chest compressions is one of them. The code went on for an hour and all of us in the room had taken turns doing chest compressions. Towards the end, I was the last one on the chest, and the patient's wife arrived. The attending physician explained the gravity of the situation to the wife and we decided to stop the resuscitation. Understandably, the wife was very distraught and did not believe what was happening. She burst out in tears and pulled me by the collar, saying, "Please don't stop!" and tried to imitate what I was doing by pressing on the chest. Medically it was a very routine resuscitation, but it was a very difficult situation.

**You have students jump in and do that?**

Yeah, I'll ask students how comfortable they are. But if I have a student on rotation and I drop dead, I want them to be able

to do chest compressions on me without hesitation! (laughs) I always tell them that medications have not been proven to be that effective in reviving people, but chest compressions have, so if there's a chance for them to do chest compressions, we'll make them do it. It also breaks the nerves. They're a little more comfortable with codes, subsequently. I forget if there's one or two students that just signed up for a shadowing shift and that happened. I always ask them if they're BLS certified, because if you are, then it's fair game!

**Can you tell us more about your work in Tanzania? What took you there?**

I work with Dr. Teri Reynolds, an attending physician in the UCSF's ED. After a couple of years working together, she asked me if I could help her with her work in an emergency department Tanzania. She was training the local physicians in emergency medicine in hopes to have an emergency medicine program there become self-sustaining. It was an amazing experience. I worked in the ED of the Muhimbili hospital in Dar es Salaam, the capital of Tanzania. It is a very limited resource environment. What I ended up doing was sitting down with Dr. Reynolds and we came up with about a dozen common presentations to the emergency department. For each presentation we designed ED treatment protocols based on medications that are most frequently available at Muhimbili. So, for example, when you learned about asthma in school, there's a certain protocol. We tried to take that protocol and adapt it to that setting. For asthma, many times they didn't have albuterol, so we'd have to do something else, like IM epinephrine, or alternative emergent treatments. If a patient comes in with a GI bleed, they can look up and see what they need to do and which treatments are available in their pharmacy rather than look to national guidelines from the United States and realizing that they don't have that stuff there. We also trained physicians and nurses in medication administration and mixing. The ED I worked in does not have a centralized pharmacy that dispenses medications like here, and physicians not only order the medication, but frequently have to mix the drips themselves. I tried to protocolize as many drips as I could to minimize mixing errors.

**Continued on page 11, CORALIC**

Campus

## ORGANIZATIONS

## AMCP: Soaring into the future

By Lucille Sun  
AMCP President

This past April, twenty students made the trip to sunny Tampa, FL to attend AMCP's 26th Annual Meeting & Expo. In addition to getting a pulse on managed care and networking with pharmacy leaders, we were able to cheer on our team at the national Pharmacy & Therapeutics Competition. Randal Du, Thomas Lee, Edna Cheung, and Isabel Fong astounded the judges with their phenomenal teamwork and finesse. They took home first place in the most competitive year of the competition to date, and has made UCSF proud!

Spring 2014 also marks the very first launch of our Managed Care Pharmacy elective at UCSF. Speakers invited include past presidents of AMCP, industry leaders from Gilead and Genentech, pharmacists



**UCSF AMCP members celebrate with our P&T team after their presentation AMCP's 26th Annual Meeting & Expo in Tampa, FL.**

at the forefront of the Exchange, and experts in outcomes research and health-care reform from our very own UCSF. Our students have been active and engaged in learning about topics from specialty medications to pharmacy benefit design.

These are just a few of the accomplishments that have been made possible by the hard work of our visionary Board.

This spring, we also welcome our next generation of leaders: Oscar Merino, Lena Truong, Katelyn Heim, Gabe Wong, Isabel Fong, Kari Ehm, Jacqueline Tam, Niki Arab, Christopher Chiu, Danning Ma, and Elena Chan. I look forward to an amazing year working with these individuals. Expect great things from us, 2014-2015!

## APhA: Policy and professional achievements

By Kathryn Salvadora  
APhA-ASP President

It has been a tremendous year for both APhA-ASP and CPhA, beginning with the passage of SB493 and culminating in a series of events acknowledging the advocacy efforts of student pharmacists and pharmacists alike. The APhA Annual Meeting, which took place in Orlando, FL, recognized our very own Dr. Tina Brock as a Fellow of the APhA-APRS for her exemplary professional achievements and service to the pharmacy profession. The Annual Meeting was also a great opportunity for APhA-ASP/CPhA members Christin Pan-sawira (Class of 2014), John Horner (Class of 2015), and Collin Yu (Class of 2016) to showcase their research projects at the student poster session. Andrew deLaunay (Class of 2015), winner of the local patient counseling competition, also represented UCSF proudly at the National Patient



**UCSF Faculty and Students pose at the CPhA Reception during APhA Annual Meeting in Orlando, FL at the beginning of spring quarter.**

Counseling Competition in Orlando, FL. Our achievements continued at CPhA's West Coast Exchange in Palm Springs, CA, where Dr. Lisa Kroon gave a memorable keynote address on where we stand with implementing SB493 and our California Pharmacy Student Leadership team, including Class of 2016 members Chiara Bui, Sunny Lu, Tiffany Nguyen, Mariko Yokokura, presented on the Affordable

Care Act and the role of pharmacists in transitional care. Finally, we celebrated our chapter's accomplishments at our Annual Spring Banquet. I would like to thank the outgoing APhA board and the entire faculty who continue to support our organization. Lastly, I would like to say welcome to the incoming board and that it is my honor to lead such a talented group of individuals.



# COSA: Thank you for a wonderful year!

Compiled by the COSA Board

COSA started off the spring quarter by welcoming the incoming Project Coordinators and Board Members for 2014-2015! We are excited as they transition and look forward to the innovative ideas they will bring to COSA next year.

COSA's Annual Spring Auction 2014 was a big success as we raised over \$12,000, all of which goes towards funding the fifteen community outreach projects under COSA! We want to say a special thank you to our Dean for hosting, as well as to the Spring Auction P1 Committee who worked incredibly hard to put this event together. Also, thank you to everyone who supported Spring Auction! We hope you all had a great time.

In partnership with UCSF CEP and UCSF Dental groups, SSPD and AAWD, COSA hosted a health fair at Martin Luther King Middle School during their Plan On College Event in late April. The health fair was successful and we served more than one hundred patients from many ethnic backgrounds. Our last health fair of the school year was at The Heart of the City Farmer's Market. This people's market is the familiar niche that our projects come back to every quarter. We hope that this tradition will continue through the years to strengthen our relationship



**Sarah Pasetes, Alysha Fahmi, Tamara Ly, Johnny Chin, Richard Duong from Project Healthy Heart work with Preceptors Dr. Bao Dao and Dr. Sylvia Stoffella.** with the community.

We want to thank all the Project Coordinators, Advisors, Preceptors, and Volunteers for your dedication and support this year! None of these community outreaches and health fairs would be possible without you. Thank you for a wonderful year!

# CSHP: Springing forward in spring quarter

By Uyen Duong  
CSHP President

The theme of Spring Quarter has been looking forward to careers after pharmacy school. Our first event was "Student Perspectives on Residencies," which we co-programmed with APhA. A panel of fourth years that matched with residencies at SFGH, UC Davis Medical Center, UNC Hospitals and Clinics, and University of Michigan Hospitals and Health Centers shared their experiences on how to apply and rank programs. Take home messages included utilizing your CV to highlight your career interests, budgeting for applications, being passionate, and finding a hobby to answer the hardest question: "what do you do in your free time?"

Acknowledging that others may not be interested in a PGY1, we held a fellowship lunch talk in partnership with AMCP. A UCSF alumnus and current Rutgers fellow presented on what a fellowship is and the unique team experiences it offers in the world of managed care. In addition, CSHP hosted a rotations panel focused on the



**CSHP's wonderful incoming and outgoing board members smile for the camera at elections in April.**

"do's and don'ts" of rotations and attended graduation to support our incredible graduates with flowers and leis from our annual CSHP Flower Sale. Last but not least, we had our End-of-the-Year Banquet to recognize the outgoing board for their achievements and install the incoming board to continue the CSHP tradition of

excellence. Thank you Stephanie Hsia, Dorie Wang, Shawn Sun, Ronika Kalpage, Arefeh Orouji, and Charisma Urbiztondo for a successful year and welcome to the new board, Stephanie Truong, Linda Pham, Katherine Tran, Rachel Kim, Amorette Jeng, and Iris Chen!



# Lunch talks, elections, and outreach, oh my!

By Allison Barnes  
LAPS Vice President

LAPS has been muy ocupado (very busy) wrapping up what has been a great 2013-2014 school year.

We started off this spring quarter by hosting a super delicious lunch talk. The topic of discussion was hipertensión (hypertension), and coordinators Amber Mora and Janelle Le armed students with an arsenal of Spanish vocabulary words to help them battle language barriers they might face while assisting patients (as well as a meal of tasty chicken to battle their hunger).

A good portion of the quarter has also been spent transitioning from one executive board to another. The 2013-2014 LAPS board members did an amazing job this quarter and they are leaving grande shoes for the new members to fill! Luis Perez, Allison Barnes, Eslie Gutierrez, Sier-

**Allison Barnes takes an Easter bunny's blood pressure as Eslie Gutierrez looks on at a LAPS outreach event this spring.**

ra Young, Jessica Shost, Joe Styers, and Lauren Law are all ecstatic to promote LAPS and its goals to teach UCSF estudiantes [students] about Spanish culture and to provide outreach to Latino communities in the Bay Area.

Speaking of outreach, stay tuned for community outreach announcements and health fair opportunities from LAPS as the quarter comes to a close!

¡Esperamos que tengan un montón de suerte en sus cursos por el resto del trimestre! (We hope you have a lot of luck in your courses for the rest of the trimester.)

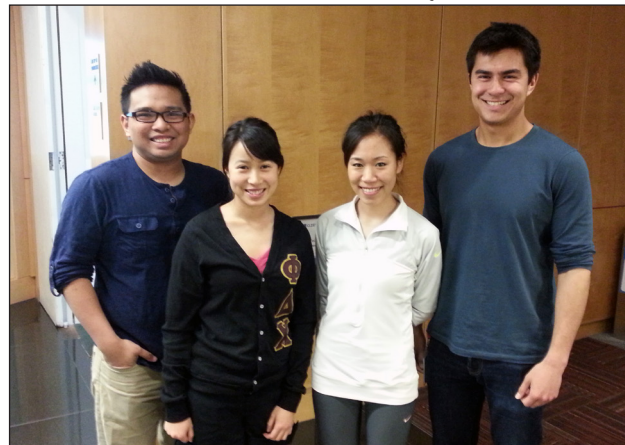


# A successful year with many more to come

By I-Chen Fong  
NCPA President

As the year winds down, NCPA is proud to say we had a successful year, both within and outside of UCSF. Community practice as a whole in California has changed with the passage of SB 493. With proper training, pharmacists will soon be providers and apply more clinical knowledge to the community setting.

The winter Business Skills and Entrepreneurship Elective was highly rated by students. Dr. Kevin Rodondi graciously offered many of his contacts to teach and made the class a true professional development course. Students learned to make themselves marketable by creating an elevator pitch and now understand how to manage conflicts in their own way in various situations. As the final project, students drafted a life plan that projected both their career and personal life in the next 25 years to further guide them



**The Good Neighbor Pharmacy NCPA Pruitt-Schutte Student Business Plan Competition team, from left: Jay Barcelon (P1), Nancy Wong (P2), Mariko Yokokura (P2), and Christopher Shahrooz-Foo (P1).**

toward their goals.

We are happy to announce the Good Neighbor Pharmacy NCPA Pruitt-Schutte Student Business Plan Competition team: Jay Barcelon (P1), Christopher Shahrooz-Foo (P1), Mariko Yokokura (P2), and Nancy Wong (P2). The team works closely with Dr. Kal Patel, owner of Elmhurst Pharmacy, and Dr. Brian Komoto, President and CEO of Komoto Healthcare. We

have high hopes and wish them the best.

Lastly, NCPA is fortunate to have Cheick Diarra (P1) onboard as our VP of Academic Affairs. As with all positions, Cheick will work closely with faculty mentors to provide more leadership and business skills training opportunities on campus. We always welcome more participation. Please contact me or Cheick if you are interested!

# SNPhA: Looking forward to the future

By Katherine P. Huynh  
SNPhA Secretary

SNPhA has had an amazing year, and we could not have done it without the collaboration of the 2013-2014 board: Amy Hassenberg, Kimanh Duong, Neda Noori Nassr, Felicia Wong, Tamara Ly, Hyojin Sung, and Nancy Wong. We would also like to thank our advisor, Dr. Sharon Youmans, for her support and mentorship.

Throughout this year, SNPhA planned a variety of events such as the Mental Health Awareness lunch talk, Mission Neighborhood Health Center site visit, and Health Disparities Week. We also gave students the opportunity to showcase their clinical knowledge in our annual Clinical Skills Competition (CSC).

The CSC is an opportunity for students to develop their written and oral communication skills while showcasing their counseling prowess. The competition took place on April 12 with a total of 16 teams



**First place winners of this year's Clinical Skills Competition, Katherine Gruenberg (P3) and Lexy Reynolds (P3), present their patient case to the judges.**

competing. Each team of two students received a case to SOAP, present, and counsel. This year's winning teams are: first place Katherine Gruenberg (P3) and Lexy Reynolds (P3), second place Timothy Mok (P3) and Raymond Ngo (P3), and third place Patrick Halmer (P2) and Tiffany Buckley (P1). These amazing student pharmacists demonstrated exceptional clinical counseling skills and the first and second place teams will represent USCF in

the National Clinical Skills Competition at this year's SNPhA Conference in Arlington, Virginia on July 18.

Finally, it is with great pleasure that I introduce the SNPhA 2014-2014 Board: Kimanh Duong, Edna Cheung, Xiaotian Qin, Robert Paterson, Trisha Halim, Katherine Huynh, Nozomi Giese, and Alysha Fahmi. We are proud of what SNPhA has accomplished and look forward to the upcoming year.

## CORALIC

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**Would you consider that your greatest accomplishment?**

The greatest achievement professionally is, I think, starting the emergency medicine program here. It has been very rewarding. The physicians, the emergency medicine and pharmacy residents appreciate it, and we have four pharmacists. We started initially with two. One of the things we were really adamant about was that we're not going to be 9-5 because things do not happen 9-5 in the ED. Our initial hours were 4 to midnight. Over the years, the nurses and the physicians were very vocal with their support saying, "Yes, this makes sense. This is good for the patients. Please provide more funding." We ended up expanding to 12 hours, then to 16, so from 9 in the morning until 1 in the morning there's an ED pharmacist there. I didn't expect such a great response from the ED staff when I first started. I truly enjoy the work that I do.

**Do any students rotate there?**

We do not have an official student rotation

at this time; however, we frequently have students shadowing us. We do precept PGY1 pharmacy residents. We also precept PGY2 pharmacy residents in critical care and pediatrics. I think we're either the first or second ED in the nation that actually has a rotation for physicians - fourth year emergency medicine residents - and they have a rotation with our ED pharmacists as preceptors. There's an emergency medicine elective that I encourage students to take if they're really interested in it.

**Other than going to Tanzania, what do you like to do during your free time?**

I read a lot. I'm also big on snow. Any chance I get to go up and do a little snowboarding, that's what I do. If there is no snow, I like to swim - and I am attempting to learn how to surf - but I am gonna give up on that one pretty soon.

**What would you be doing if you weren't a pharmacist?**

I was always interested in piloting. It started off when I was a kid looking at fighter planes and slowly evolved into just having a profound curiosity about flying. Probably

if I wasn't in pharmacy, I'd be in some way connected to aviation in one way or another, whether as a pilot or something else. And I always compare what pharmacists do and what pilots do. It tends to be similar, being diligent, very safety-oriented with a checklist approach.

**What do you hope to accomplish in the future during your career?**

That's a big question (laughs). Emergency medicine is a true passion of mine. I would really like to see pharmacists become more known in that area. We're working on some projects with ASHP to try and achieve that through policy and research. Emergency medicine is an area where there can be novel research with medication use. Currently I am investing time and resources in learning how to do research as I see that as a big component of my career.

**Is there anything the students would be surprised to know about you?**

In college I used to be an avid gamer and I used to play Counter-Strike for hours (laughs). I don't have time for that any more, unfortunately.



# Fraternity NEWS

## 'Kappa Psi Ohana' means 'Kappa Psi Family'

By Joseph Styers  
Kappa Psi Corresponding Secretary

Spring quarter: even though it's not the end of the year yet, it's a time for goodbyes. P4s are graduating, P3s are on rotations, and P2s pass on their leadership positions to the eager P1s. Kappa Psi recently completed officer transitions and welcomed a new cabinet with a San Francisco-style luau, which means cloudy and chilly. We passed on the pig cooked in the ground and instead enjoyed delicious teriyaki pineapple burgers flipped by the new Regent of our chapter, Scott Hampton. The biggest treat of the night, however, was the rather impressive hula performance by the new cabinet!

There is one cabinet member who isn't seeing her Kappi Psi leadership come to an end. On the contrary, her responsibility is expanding. Erin St. Angelo,

our now-Immediate Past Regent, will be serving as the new Chaplain of the Pacific West Province Board. We're extremely proud that one of our own is ascending the ranks of Kappi Psi and we're sure we will be seeing more of her at Kappa Psi's regional and national levels. Having one of our own on the regional board is even more exciting for this upcoming year because our Beta Gamma chapter will be hosting our regional meeting in spring 2015!

To our graduating brothers: you will be missed. We wish you all the best in your upcoming journeys. Remember membership is for life, so stop by frequently!

**Erin St. Angelo met the first KY female Regent, Beta Gamma's own Dr. Louise Parent-Stevens, at Mid-America Province Conclave in Chicago.**



## Phi Delta Chi: The sound of your soul

By Mike De Guia  
Phi Delta Chi Worthy Vice Counselor

So true – it's funny how it seems the past year went by in a New York minute; it seems like yesterday that PDC was focused on Birthday Bash, #teamdorie, and Alice in Wong-derland. Metaphorically speaking, spring is when PDC's brothers blossom, much like the delicate pink sakura during the spring months. The P4s blossom into full-fledged pharmacists, and the P3s venture off into the world of rotations. The P2s learn that "terrorapeutics" is surprisingly accurate, while the P1s take on new leadership positions and prepare to be one-fourth Pharm.D.

During spring, our events reminded everyone of the sound of our chapter's soul: brotherhood. At graduation, we presented our P4 brothers with gifts and leis to remind them that they are brothers for life. Our wine-tasting adventures in



**Brothers of Phi Delta Chi meet in Saunders Court for their annual Chapter photo.**

PHOTO BY JOHNNY CHIN

Napa quenched our thirst (for a break from the stresses of pharmacy school), and our spring reflection event at Santa Cruz allowed us to reflect on how far we've come and reminded us to have some fun along the way.

Anytime you go through a period of evolution, growing pains are expected.

You might find it hard to write the next line of your SOAP note, or the optimal medication recommendation might seem to always slip from your hands. These years in school are a ticket to the world of endless possibilities, but through it all, stay true, and look into the sound of your soul.