

# Therapeutic WINDOW

UCSF School of Pharmacy

ASSP-ASUC | Winter 2014

## They're all pieces of a never-ending puzzle

By Mike Yang  
ASSP President

When my Therapeutic Window editors asked who should be on the front page of this issue, I told them without hesitation to find the best looking student. Apparently Daryush Tabatabai, Daniel Polchinski, Ruzly Mantara, and Jeff Moss did not have time to write an article, so we'll make do with mine instead.

As you already know, you are extremely accomplished in your own way. You are each unique and have unique story to tell; however, I get to write whatever I want, so you have no choice but to read mine.

When I graduated from UC Davis a few years ago, I worked for a while but I always wanted to go back to school. I didn't feel like my grades were competitive enough, so I went to UC Berkeley Extension to complete a Post-Baccalaureate program. One of my mentors, Dr. Patrick Brown, said to me pointblank, "This is your last chance. Don't screw it up." It was not easy working a full-time job during the day and going to school at night. It was not fun studying on a Friday night while my friends went out to watch the newest movie releases and ate at the cool restaurants around the Bay Area. Nevertheless, I figured the two and half years of working and studying at the same time would steer me towards my real goal, which was pharmacy. So, in 2010, I applied to only three schools, and I was fortunate enough to be interviewed by UCSF – only UCSF. The wait to find out my status was absolutely torturous and nerve-racking and, when I got the letter, I found out that I was on the waitlist. Number one on the waitlist. This was indeed my chance, and I didn't want



The 2013-2014 ASSP Cabinet poses at ASSP Trivia Night in January. Top: Mike DeGuia, Leann McDowell, Ashley Wong, Shannon McCabe, Nick Do, Kevin Le. Bottom: Mike Yang, Lauren Louie. Not pictured: Cindy Tse and Lien Truong.

to screw it up.

I tell you this story because I have a lot of little things to appreciate and for which to be thankful.

To Dr. Patrick Brown, who showed me that second chances exist – I thank you.

To my friends and family back at home who supported me during my application process – I thank you.

To my classmates who have been supportive and amazing mentors to me – I thank you.

To my amazing ASSP cabinet – Leann McDowell, Shannon McCabe, Ashley Wong, Kevin Le, Michael De Guia, Lien Truong, Cindy Tse, Lauren Louie and that guy who hangs around and takes pictures for us – I thank you.

I have learned that the little things I am thankful for are just pieces of a puzzle which, when put together, is called "My Life." As I step down from my presidency, I will be looking for more pieces out there and I am thankful that you, ALL OF YOU, have given me a few extra pieces for my never-ending puzzle.

Oh, I forgot to mention something: I'm still waiting to get off the waitlist.

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# Bittersweet thanks to end winter

By Leann McDowell  
ASSP President-Elect

The end of winter quarter is a bittersweet time as we say goodbye and good luck to the P3s as they leave for rotations. It also marks the time when the old board members begin to transition out of their roles and make way for new leaders.

This year, I couldn't have asked for a better board to work with, and I'd like to take this space to thank this year's ASSP Cabinet. All of you have made this year's events complete successes, and I am grateful that I have been able to work with such a dedicated board. From revamping the

ASSP website and Therapeutic Window to events like the Welcome Fair, Skit Night, Trivia Night, and Bagel Day, each one of you has stepped up and gone above and beyond to help out your fellow cabinet members. So, thank you!

Finally, to Mike Yang, our fearless leader: your reign (of terror) is finally over! Thank you for taking me under your wing and showing me the ASSP ropes. Your mentorship and guidance have meant a lot to me this past year, and I only hope that my tiny feet can fill the proverbial big shoes you are leaving behind. Thank you for such a great year, and good luck on rotations!



**These beautiful trophies were up for grabs at Trivia Night 2014.**

## Warm wishes from your VP Socials

By Kevin Le & Ashley Wong  
ASSP Vice Presidents of Social Affairs

Congratulations to the P3 class for winning Trivia Night 2014! ASSP welcomed the winter quarter by co-hosting Trivia Night along with the Pharmacy Alumni Association. With teams consisting of pharmacy students and residents, the School of Pharmacy battled it out for the annual Trivia Night trophy and, of course, ultimate bragging rights. It was a hilarious evening filled with jokes, dancing and questions from the 1990s. Our fabulous emcees Leann McDowell and Mike DeGuia kept us all on our toes! Needless to say, the event was a hit and we would like to give a special thanks to the Pharmacy Alumni Association for the food and drinks!

The end of winter quarter is upon us and that means the P3 class is soon leaving for rotations. With the class traveling near and far throughout California, it is both an exciting and bittersweet time. As we part ways for the time being, we will always be reminded by the guidance and passion you shared with us. You have all played an instrumental role in mentoring us underclassmen and we cannot thank you enough for all of your hard work and inspiration. Best of luck on rotations! We cannot wait to see you again at the Class of 2015 Graduation Ceremony!

**Top left: the ladies of the ASSP cabinet smile at Winter Banquet. Bottom left: the ASSP men look fancy with their beverages.**



# STUDENTS OF THE QUARTER

Compiled by Shannon McCabe  
ASSP Vice President of Student Affairs

## Nicha Tantipinichwong

*Class of 2014*

"Nicha has consistently brought sunshine to those around her. She is the most empathetic, kind and compassionate person I know. Whenever anyone is in need of support, she will be there for them in a heartbeat. In addition to amazing qualities, her laugh can light up anyone's day. The class of 2014 is lucky to have had her as our first President and as our beloved classmate. She is well deserving of this award."

## Ben Parcher

*Class of 2015*

"Ben is an amazing classmate, always positive and a strong advocate for what the

class wants as a whole. Since P1 year, Ben has organized many activities for us which has lead to some amazing memories here at UCSF. He's been a great friend (for every quarter) and is going to be a great upcoming P4 class president."

## Hien Lu

*Class of 2016*

"Hien has consistently shown great passion for all the organizations he has been involved with. This quarter he initiated and worked extremely hard on UCSF's inaugural Diversity Night. I have worked with Hien in VSA and SFHBC and cannot name anyone more passionate than he is in promoting professional ties within the SF community and school, serving the under-served, and establishing a strong foundation in these organizations to help them thrive for the years to come. He will

happily help out any of his classmates, whether it is helping solidify course concepts, offering rides, providing tasty goods, or just being a great companion. He embodies compassion, patience, professionalism, and dedication--all the qualities that a pharmacist should have."

## Dang Tran

*Class of 2017*

"Dang is a helpful and professional student. Not only does he lead by example, but he also tries to help others by being an individual that encompasses many component of the Oath of a Pharmacist. Every time I cross paths with him he always greets me with a kind hello and smile; it is always great to see him. He's been amazingly helpful with the most frustrating course, biostats."

### RHO CHI CABINET

<i>President</i>	Richard Kowalski
<i>Vice President</i>	Brittany McGalliard
<i>Secretary</i>	Nicole Lee
<i>Treasurer</i>	Timothy Mok
<i>Historian</i>	Bo Yen

### Class of 2015

Anh Doan	Nicole Lee	Alexandra Reynolds
Katherine Gruenberg	Brittany McGalliard	Alyssa Wong
Clarice Kam	Timothy Mok	Bo Yen
Richard Kowalski	Patricia Pepa	Simon Young

### Class of 2014

Connie Chu	Samantha Lee	Felice Wei
Tiffany Chung	Vanessa Shih	Wingchi Wong
Reid Imai	Diem Tran	Lana Young
Patricia Kuang	Kanizeh Visram	



Dr. Conan MacDougall initiates new Rho Chi members.

## Rho Chi celebrates another year of excellence

By Rich Kowalski & Brittany McGalliard  
Rho Chi President & Vice President

The Rho Chi Society is a national honor society in the field of pharmacy. The organization promotes scholastic achievement and recognizes students who have excelled academically. Each fall, the top ranking students in the P3 and P4 classes are invited to be initiated as new members

of the Rho Chi Alpha Lambda Chapter. Membership was offered to 11 students in the Class of 2014 and 12 students in the Class of 2015 at the annual Rho Chi Banquet, which was held on October 18, 2013 at Isa Restaurant in San Francisco. New members took a pledge to uphold the tradition of educational excellence and elected a new leadership cabinet, as listed in the table below. This year, the Rho

Chi Society is striving to lead their fellow pharmacy students towards academic success by hosting tutoring sessions for the P2 therapeutics course. Furthermore, current members have revived the Student Guide to Advanced Pharmacy Practice Experiences website in order to enable third and fourth year students to select and prepare for rigorous rotations at APPE sites throughout California.

# Class UPDATES

## Class of 2014: Time to finish strong

By Maggie La  
Class of 2014 President

The class of 2014 had an excellent start to this quarter. Jeffrey Moss ran for Mr. Pharmacy on January 16, 2014. Before this year, it had been a long time since a P4 participated in this event. Despite having a busy schedule of rotations and residency applications, Jeff proudly represented the class with his charm and sense of humor. We also launched our second fundraiser, the foldable White Coat Clipboard. Everyone is about to finish the residency and fellowship application process, and is ready to move forward to apply for board exams and licensure. March 21 will be the most suspenseful day for most of us when match results are revealed. With fewer than six weeks left, the class of 2014 is thrilled to reunite at the Law & Clinical Review and at the graduation



**The P4s showed their support at Mr. Pharmacy. Top: Ryan Beechinor, Jeff Chen, Greg Balani, Gary Lau, Raymond La, Michael Creason Middle: Lena Yoo, Maggie La, Noelle Lee Bottom: Jeff Moss**

ceremony. The graduation ceremony will be on May 15, 2014 at 7 pm at the Louise M. Davies Symphony Hall in San Francisco with Dr. Michael Lim, Therapy Area Director for Clinical Platforms & Sciences with GlaxoSmithKline, as the graduation speaker. At the ceremony, the student pharmacist who represents the ideals of a

pharmacist in action, thought and attitude will be awarded with the Bowl of Hygieia. As we cross the stage, we will value and cherish the past four years at UCSF School of Pharmacy and pursue our careers in improving patient care, just as we promised during the White Coat ceremony when we took the Oath of a Pharmacist.

## Class of 2015: Ready for rotations

By Nadya Hristeva  
Class of 2015 President

The Class of 2015 started off the year strong with our first ever win at ASSP Trivia Night! It was a close race against the other classes, especially the P2s, who definitely outnumbered us. We had a pretty good turn out and it was great to see the vast trivia knowledge our classmates have accumulated in addition to their pharmaceutical expertise, which we got to exercise again, but in a less joyful setting the following week during the PCOA (Pharmacy Curriculum Outcomes Assessment) exam.

Soon after, we had an even better turn out at Mr. Pharmacy to support our beloved classmate Ruzly Mantara. He did an outstanding job onstage and dedicated



**The P3 trivia team celebrates its first ever win at ASSP Trivia Night in January.**

a wonderful slideshow and a song to the class (in our hearts, he is the winner!).

As P3's, we are quickly adapting to new schedules and classes, ExamSoft (or ExamHard as some call it), group work and presentations. We continue to build on our knowledge of therapeutics and the

Epic system while solidifying ambulatory care skills by measuring Dr. Kirby Lee's blood pressure and blood glucose and assessing his inhaler technique in front of the entire class.

We are definitely getting ready to head to rotations. It is bittersweet to see half of our classmates leave for their sites, but we are ready to embark on a new journey and to apply what we have learned in the classroom. The P3 Send Off and the End of the Year party granted us one more chance to reconnect as a class before the white coat and clipboard become our closest companions.

To my classmates, thank you for being so wonderful and such a great inspiration! Good luck on rotations! You will do great - I just know it!

# Class of 2016: An ode to Ellie Vogt

By Maurice Horton  
Class of 2016 President

The class of 2016 has been honored to have Dr. Eleanor Vogt as our CP120 (Therapeutics I) course director. Since day one of pharmacy school, we have heard rumors of the dreaded Therapeutics series that is a critical part of the pharmacy Curriculum. Thankfully, Dr. Vogt has heard all of the same stories and has responded.

With a background in education, Dr. Vogt understands the importance of learning and applying information. She has structured the class in a way that encourages collaboration among students, which facilitates the learning process. At the same time, she is wonderfully receptive to our concerns and implements changes quickly. If the class has a problem, she will contact the right people, and deliver a solution within that very class session. She often gets a round of applause from the class



The P2 class cheers on its Mr. Pharmacy representative, Daniel Polchinski, at the annual pageant fundraiser, hosted by the P2 class.

and sometimes even a blurted “I love you!” from an appreciative student.

We are grateful for what Dr. Vogt has done for our class in terms of reducing stress. More importantly, we are thankful for her creating an environment in which

we are able to learn efficiently the material that will be important in our careers as pharmacists.

THANK YOU DR. VOGT!

# Class of 2017: Building up our pharm

By Leo Savage-Low  
Class of 2017 President

To be honest, our first quarter here at UCSF SOP felt like a breeze. There were parties, rush events, free food, and perhaps the occasional exam. I should have known better than to think that was what pharmacy school would be like. We're nearing the end of this quarter and it feels more like a windstorm and a famine. Exams keep on coming, many of us have internships and IP-PEs to balance, and I can't remember the last time I had free food. Still, it's okay, because thanks to Dang Tran's organizational skills, this quarter started with a bang! During our first week back, our class travelled to the snowiest part of the globe, Lake Tahoe, and enjoyed a good old-fashioned stay in a warm and cozy cabin. There was so much snow that I wasn't sure we'd be able to make it even in our lifted 4x4's equipped with snow tires and chains, but somehow we prevailed. I thoroughly enjoyed every aspect of the trip, from cooking together, to playing child-friendly board games, to snowboarding on a perfect slope of fresh powder under bright sunny skies.

Then came our first exam...Anyway, moving on to Winter Formal. If you didn't get a chance to go, you definitely missed out! It was a great opportunity for everyone to unwind, dress up and experience a formal event in true UCSF style. My favorite part



PHONG HO/COURTESY PHOTO

**Members of the class of 2017 spent the first weekend of the quarter in Lake Tahoe. None of them could believe how fun the class trip was turning out to be!**

was the dessert bar.

All kidding aside, I'm feeling more and more like a pharmacist. I'm learning a lot about drugs, but also a lot about people and about what it means to attend the top pharmacy school in the world. With that said, I wish good luck to all of my colleagues as we approach our final exams. Don't worry, because you've got this.

By Cindy Tse and Lauren Louie  
Therapeutic Window Editors

*Most students know Dr. Marilyn Stebbins from Partners in D and the Pharmacy Leadership elective. The opinions expressed here are those of Dr. Stebbins, and do not necessarily reflect the views of the UCSF School of Pharmacy.*

**Can you tell us about your work before you came to UCSF full-time?**

I graduated from UCSF in 1988. I did my residency at UC Davis and wanted to be a critical care pharmacist. As you can see, that didn't really transpire. (laughs) Actually, there weren't any jobs available in Sacramento at the time, and I wanted to stay in Sacramento, and I had a colleague who was starting clinics at the VA in Martinez, and he asked me if I would be interested in starting VA clinics in Sacramento. I thought, "Me? I'm not really an ambulatory care person." He said, "Oh, you'll figure it out. And I'm starting to develop my program so I'll just help you." So I took the job, and [it was the] greatest job ever. I say that about every job. (laughs) I stayed there for seven and a half years and was able to start the clinical pharmacy programs at the outpatient clinic, which is now a full medical center with Mather Hospital. We did a medication refill clinic, anti-coagulation, lipid, smoking cessation, neurology. It's a wonderful program now that still is one of the main sites for ambulatory care at UC Davis for students. I really had no intention of leaving, but I had hired a pharmacist a year after I had started there, and she really was a true partner in helping develop things, and she had decided to leave. I had an inkling, "It's not going to be the same." The year prior to that, I had been contacted to consider a job at Mercy Medical Group in Sacramento. It involved teaching doctors how to prescribe cost-effectively and it just sounded awful to me, having been involved in full patient care, so I said no. Interestingly, when they couldn't find anybody, Mary Anne [Koda-Kimble] called me and said, "Look, we're starting this new pathway, and it's going to involve managed care, and we really need sites and faculty that are actually practicing in this area. Would you consider this? It's the wave of the future." She reminded me that when I went to the VA, I had no interest in ambulatory care. I decided to take the leap and went to Mercy Medical Group. For a couple of years, I did medication management programs to teach physicians how to prescribe cost-effectively. I wasn't exactly the little darling. I was sort of looked at as having five heads trying to tell doctors what to do and how

UCSF Faculty Spotlight:  
**DR. MARILYN STEBBINS**



with Dr. Helene Lipton. It started in 2004 with the Medicare Modernization Act, and we knew that there was going to be a new prescription drug benefit for seniors in 2006, which was the first time that Medicare had included a prescription drug benefit in their health benefit. Interestingly, in my practice at Mercy, I had a huge population of seniors that were Medicare, and they didn't have drug benefits, or if they did have a drug benefit because they went into an HMO plan, they didn't have enough coverage for their brand name drugs. We would put them into patient assistance programs, which are the free drug programs sponsored by pharmaceutical industry. PRICE Clinic actually was working to get about 2500 seniors free drugs, and not only seniors, uninsured patients as well. In 2004-2005, when the Medicare Modernization Act came out, we heard, "These programs are going away, because these patients now have the option for insurance and we can't do patient

assistance for people who have insurance or have the opportunity to have insurance." Tim Cutler and I were working together at that point, and we said, "We have got to become the Medicare Part D experts, because we've got to figure out how to transition all of these people into Part D." Well, at the same time - spring of 2005 - there was a group of first year pharmacy students. They came to us and said, "Medicare - all these people aren't going to understand it. This looks so complicated." We had started doing lectures on Part D, and they said, "This is not gonna work." So Tim and I agreed that we would train them - give them the lecture, get them working in the community. In the fall of 2005, they went into the community, and they actually started working with patients who were eligible for Medicare and didn't know how to get into it. At that point, there was no such thing as wifi everywhere, but they figured out a way to get Internet access in the community and sign people up. As we did this, Tim and I gained experience at Mercy Medical Group getting people into plans. We started developing lectures. Helene, a leader in health policy, started getting asked to give lectures on Medicare Part D, and she said, "Let's let the students give the lectures." So we started our peer-to-peer program, and our peer-to-peer educators started going out to the nursing students, medical students and to the medical residents and physicians and explaining Medicare Part D. Their evaluations were awesome. So Mary Anne asked me to give a presentation about what we were doing in Medicare for the Board of Advis-

**Can you tell us about Partners in D?**

Partners in D is a program that stemmed from a grant that I was the co-principal investigator

ers for the School of Pharmacy. So I gave a spiel on Medicare Part D, what our students had done in the community, and how we had them working in the peer-to-peer program. After the talk, one of the advisors came to me. He was on the Amgen Foundation Board, the research arm, and they had just put out a call for grants for community-based projects for the underserved. He said, "I've seen the applications and nobody's got a pilot and has done any of this. Let me see if I can have them open the grant up again so that you guys can apply." So we worked all night that night. They said they'd give us a week to do a letter of intent. We put together a letter of intent that included the three pillars of our grant, the outreach elective to teach students, the peer-to-peer program, and then a third phase which was really trying to put PRICE Clinic into areas for the underserved. Interestingly, the way we wanted to do it was to follow the smoking cessation RX for Change model, which was a "train the trainer" model. We decided to include all the schools of pharmacy in our project. We created monies for a principal investigator from each school. We invited these people to San Francisco and did "train the trainer" programs. We developed the curriculum and we did programs for each of the three pillars of the program. They liked the letter of intent and gave us two months to write our grant. In September, we submitted our grant, and two weeks later they awarded us \$3.5 million for three years (which turned into 5 years). It was a huge grant, the largest we'd ever received in the department. The students were really the impetus for it, and it's just blossomed since. The grant is over, but we continue the Part D elective and Outreach and the peer-to-peer program, which has gone national, and so did many other schools of pharmacy.

pharmacy. And doing what was done in the 70's - changing the face of pharmacy again to where people really see a pharmacist. That's going to take a lot of effort. It's going to turn everything on its head.

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

It was a very different time in pharmacy school here. We did not have all of the RCOs that are on campus today but I always loved being involved. I was one of those people that wanted to be in charge. I was my first year class president, ASSP president third year, and ASUC president fourth year. I was the first ASUC president that was a pharmacy student. I loved working with the other schools. Everybody else on the board was a medical student or nursing student. It was really important for me to get the pulse of health care at that time and understand what the other schools were involved in. That taught me more than anything and how to work with the other schools, the big picture of what we should be working on. I was also really involved in my fraternity as that provided a balanced social life. I always look at students today and say, "You guys, where's the social life? Don't you have fun?" We really were a class that had a lot of fun together. I think that was really the key to pharmacy school for me. I really enjoyed being involved but also I enjoyed my time that wasn't pharmacy.

**What else did you do for fun?**

I've always been athletic and sports-minded. I played lots of intramurals. Floor hockey was the best! We finally beat the School of Medicine. I played softball, played indoor hockey, basketball, but I was also a runner. I always took my time to run. I still do that today. I also always had a job during pharmacy school. We had the opportunity to work more hours than you guys do, so I worked a lot. I usually worked 20 hours a week and then sometimes 30 hours a week. I had to pay for my own school, so I needed to make money and enjoyed the experience.

**You must have been very energetic!**

I always have been. I'm a bit ADHD. I've always been that way. That's my nature. I'm child 6 of 9 in a 9-child family, so I'm the lost middle child seeking out (laughs).

**What did you study in undergrad?**

In undergrad I was a biochem major but I was a French Lit minor (at UCSD). Science and math were what I was good at but French was my passion. I wanted that balance because I love to write, but I also really wanted to learn another language and took 4 years of French

**Continued on page 11, STEBBINS**

Campus

## ORGANIZATIONS

## A warm winter welcome for AMCP

By Benjamin Parcher  
AMCP President

Winter Quarter has always been one of our favorite times of the year here at ACMP-UCSF Headquarters. Here, we can take a step back and celebrate our Chapter Members, both new and old, with our Annual Membership Appreciation Potluck and Karaoke Night. In years past, some of those attending may have been mistaken for American Idol hopefuls, giving excellent vocal renditions of Rihanna, Jay-Z, and even Katy Perry. This year's celebration did not disappoint, as we were all treated with a great time to bond over Filipino barbecue skewers, red velvet cheesecake, and of course, joyous karaoke chords. PIs Oscar Merino and Lena Truong were tremendous masters of ceremony. We'd like to thank everyone who attended, and hope you can join us



JOSH SMITH/COURTESY PHOTO

PIs Gabe Wong, Lena Truong, and Niki Arab give their best rendition of "Dark Horse" at AMCP's Annual Membership Appreciation Potluck and Karaoke Night.

at an upcoming AMCP event. For our full event calendar, go to: <http://bit.ly/ZRXIzc>.

In addition to member bonding, we're very excited to announce that our AMCP Chapter has launched our first ever CLE page dedicated to Managed Care Pharmacy resources, education, and analysis.

The site is called the Health Utilization Base (HUB), located here: <https://courses.ucsf.edu/course/view.php?id=549>. If you aren't a member of AMCP but would like a trial access to the HUB, send an email to myself, [benjmain.parcher@ucsf.edu](mailto:benjmain.parcher@ucsf.edu), to get plugged in!

## APhA-ASP: Building bridges in pharmacy

By Anh Doan  
APhA-ASP President

APhA-ASP continues to build on our mission this year by strengthening our partnerships, developing new opportunities for students to grow professionally, and exposing students to the world of pharmacy. We started the quarter with our annual Exploring Hospital Internships night in partnership with CSHP which brought pharmacy directors and students together. We are excited to announce the rebirth of the Pharmacists' Society of San Francisco (PSSF), a CPhA local chapter based right in the city. Students had a chance to get to know pharmacists from PSSF and the San Mateo County Pharmacists Association at our happy hour mixer. APhA-ASP held our first Ambulatory Care Pharmacist Panel with speakers from Kaiser and the VA Medical Center. The Phar-



Students enjoyed "Around the World Wine and Cheese Night" with many faculty, including Dean Joe Guglielmo and Dr. Don Kishi.

macy Legislative Roundtable and Banquet was a groundbreaking collaborative event that brought some of the most illustrious leaders in pharmacy together. Finally, congratulations to the winner of the UCSF Patient Counseling Competition, Andrew DeLaunay (class of 2015), who will be representing UCSF at the national and state competitions! Next up is our Second

Annual Student-Faculty Basketball Day, a fun-filled way to bond with our professors. Opportunities to network and learn about at APhA Annual Meeting and Exposition, which is taking place in Orlando, FL this year over spring break. We hope you take advantage of these chances to build bridges in the pharmacy world!

# COSA: Building a foundation for health

By Roger Wu  
COSA Senior Director

COSA started the quarter by collaborating with PLS for the annual Training Extravaganza. P1s learned the importance of professionalism as well as the difference between health advice and health information. P1s are now able to participate and give back to the community at our health fairs and projects' external events!

This quarter, we not only wanted to educate the public about health advice, but also to help build a strong foundation. COSA brought four projects to E.R. Taylor Elementary School to teach 5th graders about nutrition, diabetes, hand washing, and how to carry out a scientific experiment. The students were very receptive to the lesson plans and were extremely engaged by the fun-filled activities prepared by the projects! We hope to have the same

feedback when we visit elementary schools in the future.

On March 9, we returned to the Heart of the City Farmer's Market for another COSA-sponsored health fair. Last quarter's event was a big success, and we hope to continue to serve San Francisco's underserved population through this venue.

None of these events would be possible without the generous support of our participants. We thank our dedicated project coordinators, advisors, and preceptors who devoted their time and efforts to make this quarter a successful one.

Next quarter, we will be holding the annual Spring Auction, our biggest fundraising event of the year. Please save the date: April 10 in Cole Hall and various S-rooms. Be on the lookout for updates regarding this event and we hope to see you there!



Science Squad coordinators teach students at E.R. Taylor Elementary.

# CSHP: Professional and personal development

By Stephanie Hsia  
CSHP President

It has been a packed quarter - full of fun professional events to keep students informed about health-systems pharmacy.

Our Exploring Pharmacy Internships Panel gave students an opportunity to meet pharmacy directors and student interns from 5 local hospitals. Our annual Mock Interviews provided many 1st and 2nd year students an opportunity to practice and hone their internship interview skills. To educate students about clinical pharmacy, our P1 reps, have continued their Clinical Lunch Talk series with talks on Infectious Disease and Emergency Medicine. We also hosted our Residency 101 talk with UCSF Residency Director Dr. Cathi Dennehy, who described the details of the UCSF residency program and the application process.

This year, we worked with the other RCOs to host the Legislative Banquet/Roundtable event, a brand new event that educated students about the implementation of SB493. To finish off the quarter,



P2s and P3s review how to take vital signs at CSHP's clinical skills workshop in preparation for P4 year.

we had Mentor Night, which provided students with the chance to meet pharmacists from a variety of practice settings over a delicious dinner. We thank OSACA, OCPD, and PAA for all of their help in organizing these great events!

With all these accomplishments, it's not surprising that our student chapter was

recently recognized as a Student Chapter of Distinction by both ASHP and CSHP. Thanks to all the cabinet members and volunteers who have devoted their time and energy to making each CSHP event a success. Also, thanks to the members for your attendance and feedback. We'll see you in spring!



# LAPS: Hola a todos en el invierno

By Adrienne Mekoba  
LAPS Vice President

From holding quarterly Spanish lunch talks to making a difference in the underserved community, the Latino Association of Pharmacy Students has continued to uphold its mission through a variety of events this winter quarter.

Soon after the quarter started, our Spanish lunch talk coordinators, Amber Mora and Janelle Le, organized an engaging session to LAPS members and the general UCSF community. Attendees were able to enjoy a delicious Latin cuisine while learning basic vocabulary about medicine and pregnancy.

Also at the beginning of the quarter, LAPS participated in the interprofessional community outreach event, Adelante!, with our counterparts in the Schools of Medicine, Dentistry, and Nursing. As participants, we were able to serve as mentors



LAPS members Debbie Torres, Nathalie Appiah-Apenfeng, Jackline Githinji, Adrienne Mekoba, and Shauna Santiago volunteered at Adelante!

or volunteers to educate children and their families about making choices for a healthy life.

Toward the end of the quarter, LAPS was proud to participate with CHE at Diversity Night and to hold our 11th Annual Undergraduate Outreach Conference and our last lunch talk for the quarter.

As we move onward from the winter to spring quarter, we look forward to continuing our traditions and promoting the mission of LAPS.

!La familia de LAPS les deseo suerte en sus exámenes! !Que tengan una buena vacacion de primavera!

# NCPA: What do we stand for?

By Christopher Shaheen & I-Chen Fong  
NCPA President and President-Elect

Our local chapter has successfully educated students on independent pharmacy and entrepreneurship. We've accomplished that this quarter through our elective on Business Skills and Entrepreneurship, pharmacy site visit to Elmhurst Pharmacy, Entrepreneurship Speaker Series, Winter Roundtable, and helping the business plan team begin their work on the NCPA Business Plan Competition.

This year's team includes Jay Barcelon, Chris Foo, Mariko Yokokura, and Nancy Wong. This year is especially exciting because they will be working with an independent pharmacy to develop their ideas and plan. Please support the current team as they represent UCSF in the national competition.

Our Business Skills & Entrepreneurship elective is in full swing once again with faculty member Dr. Kevin Rodondi.



Students and pharmacists interact at NCPA's annual Winter Roundtable.

So far, we have had exciting sessions hosted by experts in different business related areas combined with the development of a life plan as a class project.

In addition, our annual NCPA Winter Roundtable was a resounding success with

many pharmacist entrepreneurs and students in attendance. Students remarked it was a valuable networking experience that may lead them to an internship.

Please keep an eye out for more speaker series announcements coming up soon!

# A busy winter quarter for SNPhA

By Amy Hassenberg  
SNPhA President

SNPhA hopes you are all enjoying winter quarter! I would first like to thank all who participated in our annual Holiday Canned Food Drive. A total of 166 pounds of food were donated, half to our local food bank and half to the SNPhA/PUSO/VSA Typhoon Relief Drive. We also held our first annual World AIDS Day event in which P1's got together to make the iconic red ribbons to raise awareness. The ribbons were dispersed to all the pharmacy classes and donations sent to the amfAR foundation for AIDS research, a colorful end to fall quarter.

Winter quarter is SNPhA's busiest quarter. We kicked off with a site visit to the Mission Neighborhood Health Center to tour a local clinic that provides comprehensive medical care from an inter-professional team that works with underserved populations towards the joint goal



Rob Patterson, Neda Noori-Nassr, Amy Hassenberg, Nancy Wong and Felicia Wong pose with the donation bins for the Holiday Canned Food Drive.

of health equity. We also participated in UCSF's I'm Going to College day, in which 4th graders come to UCSF to explore careers in health science. Finally, we had our annual health disparities week in which we invite speakers from various backgrounds to give lunch talks about their area of expertise. This year, we had speak-

ers from rural pharmacy and directors of the Program in Medical Education for the Urban Underserved and CARE, a wellness initiative. We've had many opportunities to learn more about the underserved, their needs, and what pharmacists can do to not only meet those needs but to go above and beyond. I hope to see you at future events!

## STEBBINS

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in high school as well as in college. It gave me the opportunity to go abroad. I spent 7 months in Europe in Belgium. I went and worked in Belgium as a cashier in a grocery store. That really helped me. I had studied French for so long but I still couldn't really speak it because I didn't have the opportunity. By going abroad I was forced to, and that, to me, was the best learning I ever had. It teaches you why experiential learning is so powerful. And that was life or death. I was handling people's money (laughs). They always knew I was American because I smiled a lot. Nobody there ever smiled. They would say, "Oh! She is an Americaine!" because she smiles, and I would say "That's because I'm so scared!" I was always overcharging people (laughs), but I made a lot of friends.

**Have you had any crazy experiences in the clinical setting?**

Oh, I've had many crazy situations and

often they were with unstable patients. I've had a couple of very interesting situations that have taught me a lot about precepting. And how it's really important to teach students about what they may encounter and how mental health issues arise in all patient care settings. Often students are not prepared for these types of encounters. I've always enjoyed mental health care and I probably could have been happy as a therapist too because I love to analyze things. I put a lot more time into what some people might call crazy people, partially because I think so many people don't listen to them and they truly need healthcare professionals to care about their situations. Probably my most unique patient I ever had was a multiple personality disorder patient. I had a patient in the VA, I knew him over my 7 years there and over time I would know which personality he was. I got to know his personalities and when he would come in, we would start a conversation and it took me a little bit, but I would say, "Mm, I know who this is today" and then we'd deal with it in whatever manner necessary. I loved seeing this

patient. I used to tell my students, "Okay. You may not understand his multiple personalities disorder, and he may be very different each time you see him, he may be aggressive, he may be childlike, so if you feel like this isn't the way he was the last time you saw him, don't be afraid, just listen and care for him as a patient." We ended up having discussions on mental health issues because students would become really fascinated. I so appreciated him because I learned so much from him.

**If you weren't a pharmacist, what would your dream job be?**

I've always said I would have been a techie. I've never taken any computer classes, but I love technology. I love to solve problems. I love to figure things out, so if I have an IT problem, I waste so much time trying to figure it out instead of calling the help line. Had I been exposed, I think I might be really interested in that. However I would've really missed the people aspect of pharmacy, but I really enjoy all the techie stuff.

# Fraternity NEWS

## KY wraps up a memorable pledge process

By Lauren Louie  
Kappa Psi Corresponding Secretary

We've arrived at the end of winter quarter 2014, and just like that, another pledge season has come and gone. With numerous events this quarter including Gladiator Day, Scavenger Hunt, Big/Little Reveal, and Serenade, the journey from the pledge box in November to initiation last month might have felt at times like a long one. Nevertheless, I'm sure that the Brothers, cabinet members, and the fifty-nine pledges that we welcomed into our Kappa Psi family all found it to be worthwhile. From start to finish, the pledge process created unforgettable memories and built bonds through teamwork and fun for both pledges and Brothers alike. Initiation was not only the final step for pledges after collecting signatures, planning the Pledge Party, and learning about the history of

Kappa Psi, but also a night for all the active Brothers to reunite after midterms and to celebrate brotherhood together.

Kappa Psi also came out in full force for events other than those intended for pledges. In the annual Mr. Pharmacy competition, every competitor was a Kappa Psi Brother or pledge. Alumni Night soon followed, and we were delighted to have the chance to interact with members of the San Francisco Grad Chapter as well as with Brothers from University of the Pacific. We finished the quarter with the Red Cross Blood Drive and a trip to Tomales Bay for some delicious oysters. With elections for a new cabinet and the next Province meeting on the horizon, the current cabinet looks fondly upon our time serving the Beta Gamma chapter and can't wait to see what the future has in store for Kappa Psi at UCSF.



**Kappa Psi pledges pose with their Jenga tower during game night.**

## Phi Delta Chi: Alice in Wong-derland

By Mike De Guia  
Phi Delta Chi Worthy Vice Counselor

Once upon a time in HSW-302, Alice Chyan found herself bored in pharm chem. Tired of hearing about structure-activity relationships, she dreamt of a more exciting land. Down the rabbit hole she went, landing in Wong-derland – a magical place of pledging, brotherhood and social gatherings, created by Alicia and Stephanie Wong.

Alice's journey began in Lake Tahoe, among 55 PDC brothers and 3 cabins. She continued on and encountered the PDC Valentine grams – over 500 of them! Each and every chocolate rose spoke via heart-felt messages such as "Don't eat me – I cause GERD!" Afterwards, she found herself at Tri-tip Night – where Mad ASSP'er Mike Yang encouraged brothers to eat and be merry on the occasion of "unmid-term" – the rare evening without an exam



**Phi Delta Chi pledges build a snowman in Wong-derland.**

the next morning. Continuing on, Alice enjoyed pledge events such as Showcase Night and the Bake Sale, even managing to drink a Bootea Shaker beverage labeled "Drink Me."

Alice's odyssey came to a close as our pledge class successfully earned their way into the brotherhood. Initiation culmi-

nated in the donning of Greek letters and celebration at PDC banquet, but her time in Wong-derland would be short-lived. After speaking with the Dorie-knob, Alice learned it was all a dream, and she woke after sleeping through a lecture on cardiac glycosides. Well, at least she can podcast later on, right?