

# Therapeutic WINDOW

UCSF School of Pharmacy

ASSP-ASUC | Winter 2015

## A President's Farewell

By Leann McDowell, Past ASSP Pres.

At the ASSP Winter Banquet, I was surprised and touched when the other P3 students stood up and thanked me for being a leader and friend. While I listened to their tremendously kind words, I found myself getting emotional and not wanting P3 year to end. But, alas, the P3s are heading off to rotations in just a matter of days, and since I get to write whatever I want, I am dedicating my last Therapeutic Window article to the Class of 2016.

To the boys: You have spoiled us girls ever since P1 year! You all are such kind, thoughtful, and amazing people, as classmates and friends.

To the girls: I've gotten into a lot of she-nanigans with many of you ladies, and I've enjoyed every minute of it! I can honestly say I care about each and every one of you, no matter how small or large our friendship runs.

To my roomie: I am not leaving you. I am moving less than half a mile away. But thanks for taking care of me when I was sick, for making me smoothies in the morning, and for being a wonderful roommate!

To my Alpha: I heart you. Words cannot express how amazing you are. That is all.

To the Homies (aka The Council): I am going to miss hanging out with you guys when you move to Davis. But really, I'm going to miss your puppies. I guess I'll miss you guys too. Thanks for all of the fun times, and I'm looking forward to more fun times in the future!

To my President Support Group: I can honestly say I don't know where I would be



*The Class of 2016 gathered together for a picture at their halfway celebration last year.*

right now if it weren't for you ladies. P2 year (and even P3 year) was such a whirlwind experience, and I don't know if I would have managed stayed sane without your words of encouragement, support, and love. Thank you for being there for me and for each other. It has been an honor to work with you all!

To my Yosemite crew (yes, Yos-mite, thanks to Calvin): You were my first friends in San Francisco, and I couldn't have asked for a better group of people to spend 5 days in the wilderness with, with no showers and digging poop holes together. I am so grateful that we have been able to maintain our quarterly gatherings and annual Secret Santa get-togethers, and I am excited to dine with you one last time before rotations! Credit card roulette...right, Nick? Or is it Thien's turn to pay?

From our first of many potlucks to taking over Kiki's, from winning TWO Mr. Pharmacy competitions, from marriages to babies, and from fun times in Tahoe and all over the Bay area, I will cherish these times with the Class of 2016. You are amazing people and will always be my P-Fun pharmily!

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*Edited by Grace Joy Kim & Malini Madhusudhan*

# Shifting Trends & Tides

By Esther Yi, ASSP President

“Don’t cry because it’s over, smile because it happened.” - Dr. Seuss

Transition season arrived a little earlier this year. With the winter quarter coming to an end, we welcome a new eager, and qualified group of leaders and bid farewell to an outgoing group of board members who fearlessly led and served our school with passion and dedication.

By working alongside my fellow leaders, I was able to witness the sacrifice and altruism of my peers who worked around their busy schedules to provide the most informative and enriching events in order to optimize every pharmacy students’ educational and networking experience. Many times the efforts of the board members go unnoticed, so I would like to take the time to recognize and thank all of you. You all have proven that no job is too big and no task is too small and all of you have played a crucial role in elevating our school and our profession to new heights of leadership.

I would also like to send a warm, bittersweet farewell to our P3’s who are leaving us for rotations. I know I am not



*The P2 class commemorating a fun and successful win at Trivia Night!*

alone when I say that it has been an incredible privilege getting to know all of you. Each of you are bottomless reservoirs of knowledge and wisdom and your class is unlimited with talent and energy distinguishable from any class UCSF has ever seen. I know that all of you will soar wherever this next step in life takes you and you’ll take our profession up with you. Thank you and remember: “You do You”.

Furthermore, as past ASSP President-Elect, I want to take the time to thank this year’s ASSP cabinet for all their hard work. It was a privilege to be able to work and learn alongside such a fun and amazing group of leaders, who went above and beyond to make each of our events a success. Thank you and you will be missed!

Finally, I want to thank Leann McDowell, for... everything. I’ve said it before and I can’t say it enough, you are amazing. You’ve exemplified what it means to be a leader, student, and a good friend through your selfless mentorship and dedication to our school and the students. I know I can’t fill your shoes, just being honest. But, to even be given the opportunity to attempt to replicate your actions, service and leadership, is an incredible privilege and a challenge I am thrilled to take. Thank you for an amazing year and best of luck on rotations! #ASSP4life

*The 2014-2015 UCSF ASSP cabinet repping their beautiful smiles and nifty crewneck sweatshirts after a productive day of serving others.*





## Students Of The Quarter

By Elizabeth Staub  
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 the students of the quarter for Winter 2015 and thanks to everyone that took the time to nominate!

### Kimanh Duong Class of 2016

“Over the past quarter Kimanh has been a foundation to our class. Organizing and coordinating the multiple videos is just one example of bringing us together and making us more cohesive as a class, especially at this pivotal moment right before rotations. All throughout pharmacy school, Kimanh has been a passionate leader, a wonderful classmate, and a true friend. She is always willing to lend a helping hand and genuinely cares about each and every one of us! The class of 2016 is truly blessed to have her and we would not be where we are today without her.”

### Jason Kirkwood Class of 2017

“It’s been a rough quarter, but this dude’s always lifting spirits. Whether he’s offering rides home or just stopping and chatting for a few, he’s always got a smile on his face. He may not be quite as involved in school activities as others, but some people are able to leave their mark without having to be the president of every organization. He’s one of the hardest workers I know, and he’s a great representation of what a UCSF pharmacy student should be. I think that says a lot about a person’s character, and there is no one more deserving of this honor than Jason.”

### Pia Dizon Class of 2018

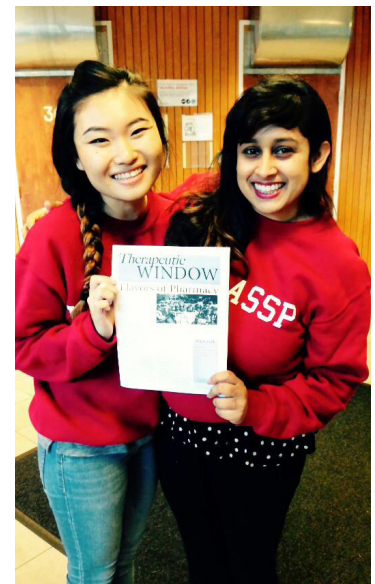
“Pia is always quick to offer help to her fellow students, particularly through midterms and finals. She makes study guides that are easier to read than 90+ slide PDFs. Pia is always on top of her school work and exemplifies what a good student should be! She helps and supports the class by constantly sharing her study guides--many will call her a ‘life-saver’ and just an all round generous student! She is very friendly and we are grateful that she is in our class of 2018!”

## A Reflection as an Editor

By Malini Madhusudhan  
ASSP Therapeutic Window Editor

One of my favorite parts of being an editor for the *Therapeutic Window* is being able to reflect on the past quarter’s events via the numerous student organizations in our school and also with showcasing our fabulous students of the quarter. With so much going on for all of us, it always amazes me how much we actually get done around here to represent our school of pharmacy. In addition to receiving articles from various organizations, we get to interview a faculty member to be represented in our “Faculty Spotlight” spread. The purpose of this segment of *Therapeutic Window* is to provide the story to how our faculty came to be and how they ended up at UCSF. It is always interesting and intriguing to hear about how our own faculty got inspired to teach and become educators. As editors this past year, Grace Kim and I have always tried to incorporate fun and somewhat random questions to shed light on the amazing personalities of our faculty.

With Winter quarter wrapping up, we have made the transition to our lovely new editors, Ashley Kim and Diana Tran! I am so excited to a future, printed representation of our school with just the flip of a page. The purpose of *Therapeutic Window* is to truly represent our school and to also provide the students and faculty on the events of each quarter. As Grace and I will be officially passing off the title to Ashley and Diana next quarter, we wish them luck and want to thank everyone who has contributed to making *Therapeutic Window* a school-wide success!



First edition of *Therapeutic Window* as editors!

# Updates from Your Lovely PLS Board



By David Yu, PLS President

Hello School of Pharmacy! This quarter has been very productive for our Beta Beta chapter of PLS. Our biggest event this past quarter was Leadership Bonanza Part 1, in collaboration with ASSP, which brought in 100+ students to learn about selecting their leadership roles for the upcoming year. We are excited to welcome the next generation of avid leaders and would like to remind them to think about what impact they would like to have as they move forward. Write this thought down because we will be asking you to reflect

back on it when we send out applications to be a part of our society!

We would like to welcome our new members and are excited to see what changes they bring in the future!

Benjamin Parcher  
Dang Tran  
Edna Cheung  
Esther Yi  
Gabriel Wong

Katherine Huynh  
Lucille Sun  
Meghan Whalen  
Oscar Merino  
Kari Ehm

Priya Jayachandran  
Sierra Young  
Trisha Halim

## Class of 2016: Bluer than Blue



The P3 class showing support for their Mr. Pharmacy, J-Smooth

had the time of our lives at formal, exchanged cheesy valentine surprises while simultaneously forming a P3 boy and girl band, and so much more! It has definitely been a busy year/quarter and as usual, we always pull through and continue to achieve so much as a class!

So, as a message to my fellow P3s, I would like to thank all of you for showing me what it truly means to work hard and play hard. We have come so far, Class of 2016! Let's continue to show the world what we can do and how corny we can be! I am definitely looking forward to what Spring quarter has in store for us.

By Charisma Urbiztondo  
Class of 2016 President

By the time you read this, we P3s are on our way to taking our last final – or should I say, last exam – EVER! This means that today marks the official completion of our pharmacy didactics, which is both terrifying and exciting at the same time.

School was not without its obstacles,

but struggling through them has certainly made us more cohesive as a class and personally, it has been an enjoyable learning experience with all of you by my side.

This year, in particular, has had its share of surprises. We received news about additional IPPE hours before rotations, managed to win Mr. Pharmacy, placed second in Trivia night,

## Class of 2017: More Than Just A Contest

By Cheick O Diarra  
Class of 2017 President

Over time it has become tradition to have the second year class organize a show for fundraising purposes. This show, which we know as Mr. Pharmacy, is intended to humor us based on the statistical fact that men are the minority in the School of Pharmacy. The show revolves around candidates from different classes displaying skills in the hopes of winning a final prize that would go to their respective class. Although it's a competition, no one truly loses at Mr. Pharmacy. Every candidate is a winner for having the courage to be instrumental in forging great memories. More importantly, Mr. Pharmacy isn't just about celebrating men in pharmacy, but also commemorating togetherness. It is not often that students from

all classes gather in the same room to share laughter, win raffle prizes, and solidify bonds that unite them. Unfortunately, such entertainment always comes at a cost. This cost used to be shouldered by a sponsor that is no longer available. Fortunately for us, Dean Joe Guglielmo reminded us of his undying support to

students by being of great assistance financially. In addition, our dear Shawn Houghtaling (Walgreens) proved to us that he is forever a part of the UCSF family by supplying gift cards. Many thanks from the class of 2017 to everybody who helped make this event possible.



The P2 class gathered around their worthy Mr. Pharmacy candidate, Luis Perez.

## Class of 2018: A whirlwind of adventures

By Steven Samuels  
Class of 2018 President

As I begin to write this article I am listening to speeches made by passionate P1s running for leadership positions that they will take on as a P2. As if there were any further need to remind us how quickly this whirlwind of pharmacy school is passing us by, the Class of 2019 will soon be selected and joining us.

We are in a quarter full of learning and hopefully retaining what will make us better pharmacists. With that, there are still many events to enjoy at UCSF. One such event was ASSP Trivia Night, where the P1s were proud to even place 3rd. Our team, the "LQSTS-MA SCHOLARS", looks forward to representing next year to take home a slightly larger trophy. Another event that took our class by storm was UCSF

Formal. Photo booths, selfies, and well-dressed ladies and gentlemen abounded during a night of festivities. Finally, our class rallied this quarter behind our aptly-named candidate Masih Qawam for the Mr. Pharmacy competition. No matter the outcome, he will always be Mr. Phar-Masih to us and to the greater profession. We will continue to cherish these memories as some of the best in our careers.

The Class of 2018 has much to look forward to as we finish our first year at UCSF next quarter. Half of our class will embark on their community IPPEs, taking over the blank space left behind by those of us finishing this quarter. What an exciting time to be a UCSF P1!



The P1 Class at ASSP Trivia Night as "LQSTSMA SCHOLARS": Leslie Lai, Laney Luong, Jessica Lee, Jackie Boudle, Aleena Malik, Steven Samuels, Ashley Nisley, Kevin Nguyen, & Kenneth Tham



By Malini Madhusudhan and Grace Joy Kim  
Therapeutic Window Editors

**Question 1: Most pharmacy students know you as their biochemistry professor. Are there any other things you are involved in at UCSF?**

My main job here at UCSF is to teach in the different professional departments. What's really fun about my job is that the curricula in each school is structured differently. I get to have the experience of teaching biochemistry in three different ways. In the school of pharmacy, the courses are still department, single-disciplinary based, which is lovely because I have more autonomy. In the school of dentistry, the courses are interdisciplinary, called "streams". There will be a course that I teach that starts in the spring and runs into the fall of their 2nd year. It is a pharmacology, physiology, biochemistry path, all rolled into one stream. It still has a basic science focus, but it's interdisciplinary. In the school of medicine, it's even more interdisciplinary. The students will be in a single course at one time learning everything about the system.

**Question 2: How did you get involved with teaching? Did you always know you wanted to be a teacher?**

I did! I remember getting together in study groups for our AP groups in high school and explaining concepts to my friends, wanting to teach them. This is where I began to get positive feedback on my teaching skills. I remember one time we brought someone new into the group, and one of my other friends said, "Now this is how it works. Tracy teaches us and we all just sit here and listen to her." It was this total light bulb moment when I thought, "Wow, I actually really enjoy teaching." I got into graduate school at UCSF in the department of biochemistry and I looked for opportunities to TA. There were limited positions available but I still had to teach. I ended up being assigned to a human metabolism course in the dental school. This was the course that I ended up running after I got this job. I had actually never

UCSF Faculty Spotlight:

Dr. Tracy Fulton



*Dr. Tracy Fulton is a UCSF Professor of Biochemistry and Biophysics and is known to the School of Pharmacy as the Course Director for BC 112.*

enjoyed molecular biology in college; in fact, I hated it. So when I was assigned to TA this course, I had some doubts at first. However, my predecessor Diane Colby was an incredible teacher and she totally brought this subject to life. I feel like I learned so much by teaching that course. I finally felt like I understood why molecular biology mattered. Halfway through graduate school I decided I wanted to get a job teaching somewhere. However, I assumed it was going to be difficult to get a job at a traditional academic university without a postdoc. The general expectation was to run a lab, and that was not really the direction I wanted to go.

But I learned that this teaching position was opening up from my PI and she encouraged me to apply for this job, although I didn't think I could get a faculty position at UCSF. But this was an unusual position, and I had the experience they were looking for, and ultimately got the job offer. And now, I can't imagine leaving. This is a job that I love. And I love the students here. I love my colleagues. I'm sure there are a lot of other schools that have amazing students, but I feel like this is my home. I've been here for so long now, it feels like I've grown roots here, and I just can't imagine leaving.

**Question 3: What are some challenges that you've come across in teaching?**

My first year of teaching was the hardest year of my life—I also had a baby too ::laughs:: I mean, I didn't know what I was doing. I had TA-ed before, but I was never in charge of running a course. But in terms of a day-to-day basis, I find it really stressful to give exams. I find myself not able to sleep the night before the exam—I even have nightmares of going to the wrong class! But truly, one of the things that's really hard about my job is seeing you guys under a tremendous amount of pressure. I remember what it was like to be at the stage that you're at, where you can sort of see the end of the tunnel, but it's a ways off. And you're questioning if this is even the right choice, but you have no time to think about it, because you're always studying. It's stressful to see you all go through that, because I remember that feeling myself.

**Question 4: If you could be doing anything else other than teaching what would it be?**

I would be running. I run for fun. There's a funny story about this – the son of a family friend of mine was surprised to find out that I was actually a teacher, because he literally thought running marathons was my job! In all honesty, though, I can't *do* anything else. I like cooking, I like to run and hike and read...but you can't get paid to do that. However, I do think it would be fun to be a copy editor! I think it would be fun to read and edit people's grammar – I really love track-changes-mode.

*Dr. Fulton with her husband and their two lovely daughters spending quality time at home together.*

**Question 5: Do you have any advice for your students?**

It's useful to remember that when you're studying, it's certainly important to learn a lot of things, but it's also important to step back and remember that there is so much more about your health care professional career than grades. Your grades don't necessarily correlate with your clinical skills in helping patients. I wish there was a way to marry the two during school, but it's really difficult.

My daughter actually, she just started high school biology. So when I found that out, I was like, "This is where the magic happens! Let's talk about biology!" But she's much more interested in art, and doesn't gravitate to the sciences. And she really struggled on her first couple tests. She normally doesn't ask for my help, but she was like, "Hey mom, you know some stuff about biology, right?" and so I helped her study for her next test—and she got an F. She got an F on the exam I helped her study for. So at that point, I met with the teacher, to talk about this issue. But I think facilitating this meeting with her teacher really helped, because my

daughter's really shy, and it started a communication with her teacher about where she needs help. And it's been a lot better since then. And I have just stayed out of her way ::laughs:: So clearly, I'm not the greatest teacher for my own children.

[Well, we beg to differ, Dr. Fulton!]

**Question 6: You are a style icon in the School of Pharmacy. Where do you get your fashion sense from?**

Really? I'm surprised! Thank you! I guess I enjoy shopping, but I hardly ever do it. I shop online most of the time. I have been using Pinterest though, starting in January! I realized how great it is to match particular articles of clothing with outfits. And now that there's Google Shopping Express, I'll buy clothes from them, from Target and Kohl's, so I can have it on my door the next day. It's just so convenient, especially with my busy schedule!

*Disclaimer: These thoughts and opinions are personal views of the faculty and do not represent the official stances of UCSF School of Pharmacy.*





# AMCP: Looking Back, Moving Forward

By Lucille Sun

Outgoing AMCP President

As UCSF's local P&T Competition came to an end, nine students teams completed one of the most challenging but rewarding elective pharmacy pursuits. This year, students researched and gave recommendations on Yervoy (ipilimumab), a medication that treats metastatic melanoma. We were proud to see all of the teams demonstrate seamless teamwork, sharp intellect, and meticulous attention to detail. We would also like to congratulate our AMCP chapter first-place team, Erin St. Angelo (P3), Jennifer Tran (P3), Ashley Kim (P1), and Kevin Nguyen (P1).

The UCSF AMCP chapter has also continued to ride on the energy of our members, hosting a series of events ranging from practical career building to patient-centered care and ethics. Many of these events brought insight and opportunity to expand horizons – which would not have been possible without their dedication.



*The new 2015-2016 AMCP board gathered together after elections.*

It has truly been my pleasure to work with such a talented group of individuals. AMCP is lucky to have grown from their hard work, and will continue to shape student opportunities under the leadership of the 2015-2016 Executive Student Board. I am pleased to welcome a cast of new student leaders, and eagerly await the fresh ideas, visions, and energy they will bring. Congratulations!

## AMCP Executive Student Board

*President* – Oscar Merino

*President-elect* – David Szeto

*VP-Prof. Affairs* – Ashley K. & Kevin N.

*VP-Membership* – Cathy Wu

*VP-Legislative* – Brent Nguyen

*Treasurer* – Elmira Zamanpour

*Secretary* – Reeti Bandyopadhyay

*Historian* – Sophia Lai

*P&T Coords.* – Victor A., Tamara C., Katherine K., & Stephanie W.

# APhA-CPhA: Patient Counseling, Policy & Professionalism

By Leanne Thai

APhA-ASP & CPhA President

It has been a tremendous winter quarter for APhA-ASP and CPhA starting with the final round of the National Patient Counseling Competition at UCSF. We are proud to announce that James Go (Class of 2017) will represent UCSF at the APhA Annual Conference and Exposition in San Diego, CA. Congratulations to all of our top 10 finalists!

Next, we held a new lunch talk with Dr. Nicole Nguyen, a UCSF clinical pharmacist and APhA New Practitioner Mentor, and Dr. Vivian Loo, a current UCSF PGY-1 resident. Nicole and Vivian offered their perspectives on crucial issues that occur on the path from student to pharmacist. We'd like to thank them for sharing their journeys and insights into how to navigate the job market post-residency.

In February, APhA-CPhA co-programmed the 2nd annual Legislative Night with AMCP, CSHP, NCPA, and SNPhA student chapters. The roundtable dinner sought to promote discussion on SB493 implementation and how to make provider status meaningful. Along with great speakers, the event had a letter writing station to support the campaign for H.R.592 and S.314, the Pharmacy and Medically Underserved Areas Enhancement Act. These acts will increase patient access to health care through pharmacists' patient care services.

Finally, as we transition, I would like to celebrate the outgoing APhA-CPhA board's accomplishments and express thanks to the faculty that continue to support our organization. It has been a great honor to work with such a talented group of colleagues!

*The newly elected 2015-2016 APhA-ASP and CPhA Board*





# COSA: Helping Hands of the Community

By Chrissy Vu, COSA External Director

With the intention of bringing pharmacy and health services closer to the underserved communities, COSA kicked off this quarter with two health fairs at Heart of the City Farmer's Market in the UN Plaza Civic Center. At our first health fair, we had two screening projects (Project Healthy Heart and Operation Diabetes) and four informational projects (Project Asthma, TAP, Men's Health, and Safe Medication Disposal) participate. They each gave free health screenings and valuable health information to the local community. At our second health fair, we collaborated with two other UCSF-affiliated organizations: Script Your Future & the American Association of Women Dentists. It was a great experience working alongside other healthcare professionals and seeing the difference they can make.



*Project Healthy Heart volunteers providing total cholesterol screening to the public.*

Just last week, COSA put on UCSF SOP's largest fundraiser, Winter Auction. Each year, COSA plans this event to raise money for the various community outreach events put on by our organization. We auctioned off a wide array of donations from students, faculty, and alumni. Last year, we were able to raise over \$13,000! We hope to achieve as much success this year!

All of these events, of course, would not be possible without the generous support of our participants. We would like to send our thanks to our Winter Auction Committee for their hard work, along with SNPhA and APhA for their collaborative efforts. We would also like to thank our dedicated project coordinators, advisors, and preceptors for their commitment to serving the community.

# CSHP: New Rewarding Distinctions

By Stephanie Truong  
CSHP President

This quarter has been filled with lots of fun professional and social events! The quarter started off with a Hospital Internship Panel, where P1s got the opportunity to learn about applying for internships and network with pharmacy managers, directors, and interns of various hospitals. After getting insight on what hospitals look for in a pharmacy intern, CSHP and OSACA held our annual Mock Interviews which allowed students to practice their interviewing skills.

Before midterms came around, we held our CSHP Member Social at Yancy's put together by our P1 representatives Ashley Nisley and Jeremy Bourbon! Special thanks to them for organizing such a fun event with delicious food and exciting raffles! They also continued to hold our quarterly Clinical Lunch Talks to provide personal talks on Geriatrics & Psychiatry.

Legislative Roundtable put on by all the other RCOs was a great success! Students were educated on updates on SB493 and other bills and how they have been impacting our pharmacy profession. Students were encouraged to push for the expansion of our roles in pharmacy and making a difference. We finished off with Mentor Night where students got to

meet pharmacists from various settings over a delicious meal hosted with Alumni Association. Having all these successful events made it no surprise that our student chapter became recognized as a Student Chapter of Distinction by both ASHP and CSHP. Shout out to all the members for your support and our wonderful cabinet for making all this possible!



P1s learning about internship opportunities at CSHP's Hospital Internship Panel.

# LAPS: Getting Down To Business

By Allison Barnes, LAPS VP

¡Hola a todos! This quarter, the “P” in LAPS stood for Planning! The board has been super busy planning our annual Undergraduate Outreach Conference where we reach out to college students in the Bay area to come learn about pharmacy. This year the conference will be held on April 18th

and we’re eager to introduce some pre-P0’s to several pharmacists, as well as their potential future colleagues, us!

In addition to conference planning, we held a riveting lunch talk discussing flu terms in English and Spanish (while munching on TORTALLY delicious tortas). A few members also collaborated with SNPhA this quarter

during their “Health Disparities Night: Breaking Language Barriers” to help students learn Spanish health terminology! We worked to make sure the language handbook had the right translations for useful terms when interacting with patients.

And last but not least, the LAPS executive board is very excited to welcome the incoming board for the ’15-’16 school year; we held our elections on March 3rd and we’re so blown away at how fast time has flown. We’re excited to teach the new board the ropes and can’t wait to see what ideas they have. Stay tuned for more [Spring Quarter LAPS updates!](#)

*Luis Perez, Stephanie Roman, and Lizeth Rivera lead the Spanish sessions for fellow classmates in SNPhA’s Health Disparities Night.*



# NCPA: A Glimpse into Quality Over Quantity

By Dalga Surofchy  
NCPA President-Elect

It is an honor to write to you as the president-elect representative for the National Community Pharmacist’s Association (NCPA). We started off this quarter with our annual winter roundtable, which had a great turnout and encompassed lively discussions. We had the following distinguished pharmacists attend our dinner: Peter Koshland, Koshland Pharm: Custom Compounding Pharmacy, Jeffrey Wong, Independent Specialty Pharmacist, Robert Duey, The Hayward Pharmacy, and Ed Sherman, Pharmacy Consultant and Professor of Entrepreneurship at UOP. For our quarterly site visit, we teamed up with APhA to visit Koshland Compounding Pharmacy. We are looking forward to a fun event as we learn about the ins and outs of compounding pharmacy.



Another great event we had going on this quarter was our annual elective headed by Dr. Rodondi and Dr. Kamei. This one unit elective provided a great introduction of entrepreneurship to pharmacy students and gave students a hands-on opportunity to learn about what it is like to be innovative and to think with that type of mindset. I highly recommend this course next year for those of you who did not have a chance to sign up this quarter.

Now for some exciting events! Upcoming in the spring, we will have our annual spring banquet where students will have an opportunity to network and celebrate our year with NCPA and our members. Also in the spring, we will be having another site visit, so stay tuned on the location for that!

*NCPA treasurer, Natalie Aquino (left) and NCPA President, I-Chen Fong (right) pose together at the NCPA Winter Roundtable.*



# Rho Chi: Welcomes 24 new members

By Daniel Polchinski  
Rho Chi President

Rho Chi is a national pharmacy honors society that was founded in 1922. Members are offered admission based on academic performance. This past fall, the Alpha Lambda chapter of Rho Chi at UCSF inducted to its membership 12 students from the class of 2015 and 12 students from the class of 2016. The new members were inducted at the annual Rho Chi banquet, held this year at Osha Thai Restaurant. At the initiation, new members took a pledge to uphold a tradition of educational excellence, and then elected a new leadership cabinet in what was probably the most organized and civil election in history.

Part of the mission of Rho Chi is to foster collaboration and contribute to the development of intellectual leaders.

Following along with this mission, this past quarter Rho Chi held a CP 120 review to help prepare the P2 students for their first Therapeutics oral and written midterm exams. The event, which involved going over patient cases and a sample patient presentation, was described by one P2 as “life-changing” in the way that it made her rethink

her approach to Therapeutics.

Another project of Rho Chi’s is to maintain an online website that provides P3 and P4 students with material to help prepare them for rotations. The website offers a unique student perspective on the various APPE rotation sites and how to perform well while on rotations.



*The new Rho Chi inductees pose with faculty advisor Dr. Conan MacDougall.*

# SNPhA: Collaborating to Make Wellness Work

By Alysha Fahmi  
SNPhA Historian

This past quarter, SNPhA expanded our mission of serving the under-served to direct patient care. After months of planning and hard work from our Community Liaison, Trisha Halim, SNPhA participated in a community health fair at SFGH on

February 10th. SNPhA worked in collaboration with Project Healthy Heart to provide blood pressure screenings and basic biometric readings, such as waist circumference and body weight.

Patients screened were part of an 8 week SFGH Community Wellness Program—“Wellness Works!” These

patients have or are at risk of developing diabetes and/or high blood pressure.

Blue Walcer, an incredibly passionate and inspiring woman, heads these weekly small group meetings where she encourages participants to take control of their health by making small changes in their daily lives. All the patients shared stories of their backgrounds, which highlighted the true diversity of the San Francisco Bay Area. It was inspiring to see how these patients could come together in a united front to work towards improving their health, despite whatever varying hardships they may have been through in the past. Although a small-scale health-fair, participation in this collaboration was an incredibly rewarding experience.

SNPhA would like to sincerely thank our preceptors Dr. Glenn Yokoyama and Dr. Victoria Dudas as well as our volunteers. This event would not have been possible without their time and dedication to serving the under-served. We are definitely looking forward to future collaborations!



patients have or are at risk of developing diabetes and/or high blood pressure. Blue Walcer, an incredibly passionate and inspiring woman, heads these weekly small group meetings where she encourages participants to take control of their health by

*P2 volunteers with SNPhA Preceptor, Dr. Glenn Yokoyama.*

# Kappa Psi: Ongoing Brotherhood

By Joe Styers

KY Corresponding Secretary

The sun is out and the temperature is in the 70s... Looks like it's the middle of winter in San Francisco. What a great time to welcome our new 71 pledges into our brotherhood. Initiation is done and now they are official!

Big and little Reveal proved to be a fun night for all the brothers. Two giant busses shuttled us around San Francisco. Sometimes we forget we live in a picturesque vacation destination until events like this. We first visited Pier 39, a tourist attraction that is much more enjoyable when UCSF students are taking it over. Sipping on hot chocolate while listening to sea lions barking as the fog sets in is a uniquely San Francisco experience. The next stop was



*Two P1 brothers volunteering their time to make meals for those in need.*

the Golden Gate Bridge to take our traditional family line pictures with the iconic bridge in the background.

Our chapter's momentum did not die down after initiation, however. Province was this past weekend and we hosted for the first time in most brothers' memory. We were excited to be welcoming so many brothers from all over the west coast to San Francisco and share our brotherhood in that special way that is only possible at province meetings.

To all of our P3 brothers leaving for rotations, good luck on your journeys and you will be sorely missed. We cannot thank your class enough for the mentorship and guidance in advancing KY in the spirit of its ideals.

# Phi Delta Chi: Time After Time

By Mike De Guia

PDC Worthy Chief Counselor

As I write my last PDC article for the Therapeutic Window, I look back on my time at UCSF. It can be easy to get lost among the rigors of pharmacy school, but I was always able to look and find PDC... time after time. Whenever I fell, PDC was there to catch me and was waiting... time after time. This ability to embody Cyndi Lauper's timeless classic is just one of the many reasons I am excited for the 23 pledges who were initiated into PDC this winter.

Pledge-mom Nozomi Giese and pledge-dad Luis Perez were the (not-so) invisible hand that kept turning the cogs of pledge season. Over the course of winter quarter, our pledges gave back to the community with a clothing drive and by mentoring pre-pharmacy students at UC Berkeley. They bonded over board games and karaoke, and they wowed our chapter at our showcase talent show.

Finally, their bake fundraiser filled up our stomachs while raising funds for St. Jude's Children Research Hospital.

As the quarter comes to a close, transition follows. Pledges become fully-fledged brothers, and the current officers (excitedly) pass their duties off

to their successors. The P3's go onto rotations, and the P4's become pharmacists. While change can be scary, we should embrace it rather than fear it; solace can be found in the fact that if you fall, your brothers will be there to catch you... time after time.



*Zeta Chapter after showcasing their talents in Cole Hall.*