

THE THERAPEUTIC WINDOW



UCSF School of Pharmacy

ASSP | Fall 2019

Falling into the Semester



ASSP Board 2019-2020

Top Row (left to right): Mehr Virk, Gabi Driller, Melvin Quindoy, Huy Ha, Roy Weng

Bottom Row (left to right): Fanny Ye, Sally Ip, Tran Truong

By: Sally Ip
ASSP President

With Fall Quarter came the welcome back to the P3s! Instead of us welcoming in the new class, it was more like them welcoming us back to campus. Excitement was all around, from seeing new faces to anticipating our last 2 quarters.

As changes are still underway this quarter with the new cur-

riculum, everyone is adapting and developing new ways to help with the transition. But, congrats to everyone in finishing one more quarter! I know we're all counting down the quarters, especially P2s and P3s as we get closer to finishing didactics! And another quarter done means another quarter of successful events hosted by our amazing RCOs! ASSP hosted another successful Skit Night, showcasing the talents of our students across all classes. We even had 2 vid-

eo performances of Old Town Road! Guess Old Town Road isn't one that's less travelled by!

Enjoy your holiday breaks! And come back strong for whatever comes our way Winter Quarter!

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Edited By Roy Weng

Student of the Quarter

By: Tran Truong

ASSP VP of Internal Affairs

On behalf of ASSP, I would like to award the following students the Fall SOTQ for their contributions to their respective classes.

Christopher Nowak Class of 2022

He has done a lot for our class this quarter. He has made a document with all of the trials and shared it with us. He is very caring and good friend to many.

Chris made an excel sheet of all the pharmacy trial findings, and posted it for everyone. He is also always so helpful and nice.

Christopher took the time out of his day to make a spreadsheet of all the trials and their findings and shared it with the entire class. It was very considerate and generous of him.

Chris is not only a friendly person, but he is also dedicated to his and his peers' academic success. From the start of the year, Chris has made some of the best efforts to really get to know everyone in the class. In lecture, he always asks great questions, and he posts helpful resources in our class page/group. For example, Chris posted a hand-made document with all of the relevant cardiovascular trials for the second exam!

Judy Viduya Class of 2021T

Judy has really taken a crucial role in CEPC this year. She is quick to respond to individuals and to address curricular issues, and proactively meets with the corresponding staff/faculty. I am a co-representative with Judy for CEPC and I am always in awe of how productive and efficacious she is.

Natalie Alsalek Class of 2021P

Natalie is our class cabinet person who sends out weekly agendas. She always reminds us on what we had to do every week and help keep us on top of our deadlines.

For being a wonderful P3 class cabinet secretary and keeping all of us on top of our assignments and schedules with her detailed weekly emails. Natalie is a kind classmate with a wonderful attitude and can crack a good joke in any situation. Her humor was always appreciated throughout this very challenging quarter and it's always fun to run into her around campus.

Natalie's class bolus is super organized and easy to read. It is very thorough and has all the information I need to be successful. She is literally the only reason I turn anything in, ever.

Class of 2021T: Fall Updates

By: Jasper Truong

Class of 2021T President

Fall quarter meant the beginning of the Neuro Block for the class of 2021T. In this block we were able to witness many patient interviews and learn about mental health conditions such as depression, anxiety, schizophrenia, and much more. This quarter also included the start of the discovery projects which gives our class to explore and do research in areas such as pharmacogenomics, drug discovery, and health policy. Besides the didactic portion, the class of 2021T held

the annual Patagonia weather to ensure that P1s, P2s, and P3s could stay warm in the cold SF weather. Members of our

night making music video called Old Town Pharmacy, a parody of Lil Nas X's Old Town Road. This video was created

by Thien Nguyen, Edgardo Mendoza, Michael Fashola, and involved other classmates dancing on Ocean Beach. To bring the fall quarter to a close, class cabinet organized a P2 holiday party with food from Halal Guys and a White Elephant gift exchange at the Mission Bay community room. Overall the fall quarter has been challenging but rewarding. Time is a commodity and as we begin the last quarter here at UCSF together, the Class of 2021T will have more to stories to tell.



2021 T Holiday Party at Mission Bay

class also participated in the ASSP skit

ASSP-SCCP: Fall-ing into Place

By: Kathy Mirza
ACCP-SCCP Secretary



Pictured is Dr. Janelle Long-Boyle presenting to a group of pharmacy students on her career as a researcher and clinical pharmacist. Students enjoyed Pineapple Buns from Pineapple King Bakery during this event.

This fall quarter was an exciting and busy time for UCSF-ACCP chapter. Our P1 committee was selected and we would like to

AMCP: Falling into P&T

By: Bailey Hyland, Stephanie Phung, Rafal Saeed, AMCP P1 Committee



Dr. Marilyn Stebbins and Dr. Iris Tam pass on their wisdom from years of success in the fields of managed care and industry, respectively, to several enthusiastic students. (Pictured: Dr. Iris Tam, Avo Manukyan, Rafal Saeed, Dr. Marilyn Stebbins, Jasper Truong)

Fall was an exciting time for AMCP at UCSF. We kicked off September by recruiting our P1 committee, Stephanie Phung, Bailey Hyland, and Rafal Saeed. They were able to not only

assist in the planning of the various events we had during this quarter, but hosted AMCP's Fall Social at Emporium SE, where members partook in friendly arcade competitions.

In addition, we hosted our annual Fall Roundtable, which is our largest meet-up between managed care and industry professionals and pharmacy students. This year, over 25 professionals and over 30 students bonded over chinese food, refreshments, and their interests in non-traditional pharmacy career paths. We would like to give a special thanks to our External Affairs chair, Shafat Selim, for executing the event seamlessly and our faculty advisor, Dr. Marilyn Stebbins, for her contagious energy and continued support for AMCP. We would also like to thank our keynote speakers and diplomats, Dr. Iris Tam and Dr. Avi Mamidi.

Lastly, this year's P&T competition was met with full force. A total of 96 participants split into 24 teams will be competing to create deliverables for the drug "Dupixent." This is one of the largest number of participants in UCSF's AMCP history and each team has

welcome Maureen Shin, Carrie Bi, Leanne Liu, and Venus Tong to our board! We held several events this quarter including two Journal Clubs, a Clinical Pharmacist Lunch Talk with Dr. Janelle Long-Boyle, several successful fundraisers, and the local round of our annual Clinical Research Challenge.

The first Journal Club was led by P1 student Maureen Shin and was facilitated by Dr. Crystal Zhou, PharmD on the topic of Bempedoic Acid in patients with hypercholesterolemia and statin intolerance. The final journal club of the quarter was led by P2 student Kathryn Mirza and was facilitated by Dr. Rupa Tuan, PhD on the topic of Zulresso, a novel postpartum medication. At these events the attendees enjoyed complimentary food and had the opportunity to ask the facilitators and presenters questions about the articles presented.

Dr. Janelle Long-Boyle, an associate professor of pharmacy and translational scientist, came and gave a lunch talk about her work including how she became a pharmacist researcher, what her days were like, and who she works with. ACCP-SCCP provided pineapple buns from Pineapple King to all who attended. We held our clinical research challenge local round competition and wish the winners of this round, Alex Huang (P2, Team Leader), Connie Do (P1), and Lianne Liu (P1), luck in the national competition going forward! We had an eventful fall quarter and are thankful to everyone who attended our events as well as the ACCP board for making it all happen.

been diligently working hard to meet the deadlines for the competition. P&T coordinators Ellen Berkley, Kirsten Miller, Niamh O'Grady, Shafat Selim, and Jasper Truong have been extremely helpful in ensuring each team's success.

We're looking forward to the new year and what's to come!



AMCP's P1 committee (Rafal Saeed, Stephanie Phung, and Bailey Hyland) at our Fall Social at Emporium.

APhA-ASP & CPhA: Hot Pharm Summer

By: Jackie El-Sokkary
APhA-CPhA-ASP Communications
Vice-President

It's been lovely welcoming the PIs to our inspirational campus and introducing them to all of the opportunities APhA-ASP-CPhA has to offer. We started off the year with the RCO Welcome Fair where members of CPhA visited campus to advocate for the great work they do. Then our Information Session was met with student pharmacists ready to learn about all the great things APhA-ASP-CPhA has in store for the year. We enjoyed Panda Express*, then sent our members on their way. Sum-

mer heat didn't stop our members from drafting policy at our Policy

learn about policy writing and enact change. Our members attended the CPhA House of Delegates to propose a policy regarding post-graduate opportunities serving in medically-underserved areas, which the house passed. We finished off the quarter with our annual Around the World Night, where student pharmacists were able to mingle and network with pharmacists, enjoying snacks and beverages from around the world, and learn more about the vast opportunities pharmacy holds.



Connie Do and Carrie Bi with Dr. Crystal Zhou at APhA's annual Around the World Night

Writing event that will be presented at our Mid-Year Regional Meeting in Las Vegas. This was a fun way to

*APhA-ASP-CPhA is not sponsored by Panda Express.

COSA: Fall-ntearing Your Time

By: Kelven Tran, COSA Public Relations Director



Bryan Herrera and Amanda Bair providing cholesterol screenings to patients

This Fall has been a very busy and exciting time for COSA. With multiple events, there have been so many opportunities for our students to come out and provide health education and screening services for the community.

Back in October, COSA had the opportunity to participate in Talk with a Pharmacist Day, hosted by the Peninsula Pharmacists Association at the Hillsdale Shopping Center. This annual event occurs during National Pharmacists Month, and we were able to involve two of our screening projects as well as collaborate with CPNP to promote the profession of pharmacy to the public. We screened over 50 patients per project and ended up staying longer to make sure we provided services to all the patients who wanted it.



Diana Doan, Aileen Chhen, Sarah Chu, and Christine Vo providing information at the Project Pediatrics booth.

CPNP: Falling into New Events

By: Emily Yao (President) and Asher Jeoung (Secretary)



CPNP talked about ways to de-stress at the Talk With a Pharmacist Day Health Fair. Pictured (from left to right): Mariah Foley, Jasper Truong

CPNP had a very eventful Fall Quarter, starting with the addition of our P1 Committee, which consists of pharmacy students Kathryn Kellohen and Winter Roth. CPNP also had our first-time participation in the Talk With a Pharmacist Day Health Fair with the Peninsula Pharmacist Association. At this event, CPNP members talked about ways to destress and how to

help someone in emotional pain. We also hosted our annual Suicide Prevention Training lunch talk, led by the director of the San Francisco Suicide Prevention program, Van Hedwall. With his humor and sincerity, Mr. Hedwall taught students ways to identify someone at risk of suicide and how to de-escalate potentially dangerous situations. For our annual Psychiatric Pharmacist Panel, we had the pleasure of having Drs. Stephanie Hsia, Reisel Berger, Michelle Geier, and Mark Watanabe share their valuable experiences and insightful tips and advice for students interested in pursuing careers in the field of psychiatric pharmacy. At the end of the panel, students had the chance to speak with the pharmacists individually and ask specific questions.

In the upcoming Winter Quarter, students can look forward to the first ever CPNP student chapter

mental health conference hosted at USC School of Pharmacy, our annual Neurologic Pharmacist Panel hosted by our P1 Committee, a Mental Health Awareness Event with SNPhA, potential site visits at Langley Porter Psychiatric Hospital and Clinics or Zuckerberg San Francisco General Hospital, and the selection of our 2020-2021 CPNP Executive Board.



Vice President Cindy Trac and President Emily Yao led CPNP's annual Psychiatric Pharmacist Panel. Speakers pictured (from left to right): Dr. Stephanie Hsia, Dr. Reisel Berger, Dr. Michelle Geier, Dr. Mark Watanabe.

CSHP: Seminar 2019 - "An Incredible Journey!"

By: Kristen Shimoda
CSHP Secretary

with pharmacists at the residency showcase. Contest!

CSHP at UCSF has had a very exciting quarter as we attended CSHP Seminar 2019 and hosted two of our biggest events, Residency Roundtable and our Internship Night in collaboration with APhA-CPhA. CSHP Seminar 2019 took place from October 17-20 at the Disneyland Resort in Anaheim. UCSF had a large presence at Seminar with a record attendance of over 200 students! Overall, CSHP Seminar 2019 was a valuable and fun experience for students as they attended various clinical pharmacy practice sessions and networked



UCSF students at CSHP Seminar 2019

UCSF also saw some notable achievements at Seminar: Dr. Lisa Kroon was awarded the prestigious 2019 Pharmacist of the Year and CSHP at UCSF won the 2019 Music Video

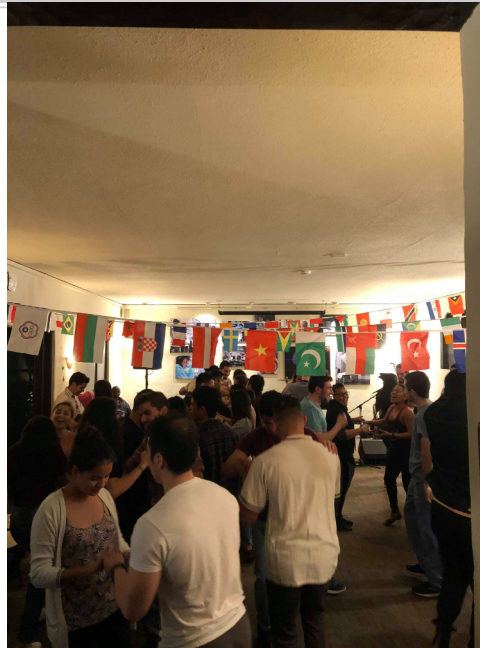
Back in San Francisco, our board members worked hard to put together our Residency Roundtable and Internship Night. At our Residency Roundtable, we had representatives from 12 different residency programs, and students had the opportunity to learn more about these programs directly from either residents or residency program directors. Our Internship Night consisted of a guided Q&A panel with representatives from Kaiser Permanente, Lucile Packard, and

Walgreens followed by breakout sessions where attendees got to speak with current student interns. This Internship Night was a great way for P1s to learn about tips and strategies to be successful when applying to upcoming internship opportunities.

LAPS: Bailimos! Celebrating LatinX Heritage

By: Christine Min

This quarter LAPS dedicated their focus around the celebration of LatinX Heritage Month in November. We collaborated with LMSA, SACNAS, CLCA, and Student Life to organize and present a night of Latinx Dancing, featuring a live band, salsa dancing lessons from an instructor, and a variety of delectable Latin food including empanadas, meatballs, and taquitos. Much of the UCSF community came down to the Faculty Alumni House ready to show off their salsa dancing skills. "Salsa night was fun! I have never done it before and it was a great way to learn the dance and interact with new people," says Lemuel Rivera, MS1.



UCSF Community learning how to dance the salsa

In continuation of celebrating LatinX Heritage month, we held our second interprofessional event with a special film screening

of "Construyendo El Sueño Americano" or "Building the American

Dream" which portrayed how the construction industry can exploit immigrant workers and how it effects their families. The film showed a moving, intertwined story of three different families in the United States. Ami Okazaki, P2, thought that "This screening left the audience with a powerful message. Change can be difficult, but progress can be made when we show up and support each other. As students, we need to listen and elevate the voices of our communities and learn how to be better advocates and allies together."

This quarter, we were able to bring the whole UCSF community together, build friendships, and learn something new all while in celebration of Latino American history, heritage, and culture.

NCPA: Entrepreneurship in Action

By: Kimberely Chow

Vice President of Communications



Dr. Peter Koshland gives P1s a tour of his compounding pharmacy.

This fall NCPA kicked off the school year with events aimed to give the students more insight into entrepreneurship and community pharmacy. We held an informational session on the annual Student Business Plan Competition, which is a national contest

that gives students the opportunity to develop entrepreneurial skills, collaborate with classmates, and address health-care problems in the community. NCPA also had a site visit of Koshland Pharm—a custom compounding pharmacy specializing in producing custom prescription medications. Dr. Peter Koshland gave a dozen P1s a private tour of his facilities that included showing students the negative pressure room used for sterile compounding and the unique stock materials used formulate customized capsule and tablet dosages.



"Chill Pill" keychains were 3D printed at the Makers Lab in the UCSF Library for a fundraiser.

Throughout the quarter, NCPA fundraised to help finance our upcoming events in 2020. Late October, we sold Halloween grams where students could send decorated bottles filled with a note and candy. In December, we held a fundraiser in which we sold custom "Chill Pill" keychains that were 3D printed at the Makers Lab in the UCSF Library.

Lastly NCPA would like to welcome our new P1 committee members: Andrew Hean, Courtney Saeturn, Kelly Lam, and Melody Song! They will be assisting NCPA with event planning for our upcoming Winter Roundtable and Legislative Night in 2020.

PhAMLI: “Spring” Forward Into the Next Quarter

By: Patricia Khouderchah
PhAMLI Internal Affairs

PhAMLI opened the 2019/2020 school year with our highly anticipated mentorship kick-off day. Mentees from UC Davis, UC Berkeley, and San Jose State University came to UCSF to be matched with a current UCSF SOP student. Mentorship through PhAMLI is a valuable relationship where prospective pharmacy students can gain more information not only about the field of pharmacy, but how day to day life is for a current pharmacy student. In addition to mentor matching, PhAMLI set up a current student panel to give mentees more information on day to day pharmacy school life. We are so thankful for the mentors who dedicated their afternoons to meet their mentees, and be part of a valuable mentorship relationship.



Mentors and Mentees who attended PhAMLI's fall kick-off day

PLS: Fall-ing in Love with PLS

By: Alisha Vora (President), Connie Chen (VP of Communications), Emily Yao (VP of Finances), Sharon Xu (VP of Professional Affairs), Janelle Agustin (VP of Social Affairs), Emily Llang (VP of Membership)

PLS kicked off the quarter with our Annual Leadership Retreat for campus leaders at Golden Gate Park. The evening was filled with food, leadership conversations, and team-building activities.

We had a wonderful time meeting students interested in joining our organization at our Information Session and Meet and Greet events. Our Info Session included a presentation about PLS and the application process. Our Meet and Greet event allowed potential candidates to meet current members. It took place at Spark Social where people came out to make s'mores, grab a bite from the food trucks, and socialize!



Campus leaders get together for an evening of bonding and activities!

Amidst midterms/summatives, PLS and APhA members kindly volunteered their time to review P1 resumes after receiving training from OCPD.

on-one session with a trained member, and left with tips for their resume just in time for pharmacy internship applications.

To wrap up the quarter, PLS hosted our first event in the Be A Leader series with ASSP. During the event, we served dinner, showcased how to be a dedicated leader, and presented the various leadership opportunities available for P1s and the application process. A Leadership Booklet was emailed out for reference. After, there was a breakout session for students to speak directly to board members from each organization.

The PLS application is due on January 17th at 11:59PM. You can find the application on the UCSF Campus Group website or our Facebook page (Phi Lambda Sigma - UCSF). We can't wait to read your applications!

Each registered P1 was given a 30-minute, one-

PPAG: Fall Quarter 2019 Highlights

By: Jennie Hum
PPAG Secretary



PPAG's UCSF Benioff Tour and Panel was fortunate this year to have panelists Dr. Ally Thrall, Dr. Elizabeth Nguyen, Dr. Jason Joh, and Dr. Sarah Scarpace Lucas (left to right) share their invaluable experiences that inspired them to pursue a career in pediatric pharmacy.

opportunity for UCSF pharmacy students to immerse themselves in the children's hospital's giving and rejuvenating culture. Participants took part in the Halloween fun as they accompanied patients on Trick-or-Treating routes around the hospital and handed out good-

Thank you for joining Pediatric Pharmacy Advocacy Group (PPAG) UCSF in yet another fun and successful quarter! Fall quarter was filled with events highlighting our mission to promote medication safety and efficacy in the pediatric population. Our annual UCSF Benioff Halloween Trick-or-Treat event in October presented a unique

ies. In December, our UCSF Benioff Tour and Panel further allowed UCSF pharmacy students to explore the children's hospital, but this time through a clinical outlook. The tour and panel provided insight into the daily operations and inner workings of the hospital, as well as the opportunity to listen to and speak with pediatric pharmacists about their invaluable experiences that lead them to a career in pediatric pharmacy. We then concluded the quarter with our first-ever Pediatric Toy Drive! All proceeds will be going to UCSF Benioff's Children's Hospital San Francisco. We hope that UCSF pharmacy students enjoyed this quarter and found that our events contributed to their professional development. We look forward to seeing everyone next year!

Happy Holidays from PPAG
UCSF Board!

--- Jennie Hum, PPAG Secretary



SNPhA: SNPhAllin' in Love with Service

By: Collette Truong
Director of Correspondence



HIV/AIDS Outreach at SF Walgreens (Left to Right: Daria Holston, Connie Chen, Angela Choi)

Though seasons have changed, SNPhA's commitment to service has remained the same. This fall quarter was filled with service events including our vital signs/OTC medications workshop for high school students in the

ENVISION internship program, meal preparation at GLIDE, and clothing organization at St. Anthony's. Thank you to all of our volunteers who took time to come out and positively impact our surrounding communities! December also brought World AIDS day, which SNPhA honored in several ways. We first kicked off the month with an educational infographic that was shared through our social media networks and reached over 2,000 people. We then organized an HIV/AIDS educational outreach at a local Walgreens, during which we provided important information about PrEP access. Lastly, our initiative chairs hosted their very first event – a World AIDS Day Lunch Talk with UCSF School of Pharmacy's very own Dean, Dr. Guglielmo! Students from all three classes gathered to learn about his experience fighting the HIV epidemic and to dis-

cuss potential future steps.

SNPhA is grateful to have such wonderful members who are devoted to serving the underserved and is excited for what's to come in 2020. Wishing our SNPhamily a wonderful holiday season and restful break, see you all next year!



World AIDS Day Lunch Talk with the Dean (Left to Right: Dr. Joe Guglielmo, Elaine Chow, Angela Choi, Drew Dickinson, Connie Chen)

Kappa Psi: Pledge and Province

By: Leena Dolle
Kappa Psi Secretary



KY Brothers attending Province

The brothers of Kappa Psi have been quite busy this Fall as we welcome our pledges to our Fraternity. To kick off Pledge Season, brothers organized Hangouts where pledges were able to sign up for classic San Francisco activities and bond with their future brothers. Hangouts locations included Dolores Park, Spark Social, Angel Island, and many more!

Pledges got the opportunity to know with their upper-class brothers at Family Dinner, where they were treated to dinner and great conversation with active brothers and their family lines. We most recently enjoyed our Big-Little Reveal, preceded by the anticipation of Spoils Week. After the reveal, the brothers and their new littles made their way to a viewpoint of the Golden Gate Bridge for photos then we celebrated together at Pier 39.

While Pledge Season is a favorite in the hearts of many brothers, the Beta Gamma chapter had the special honor of hosting this year's Pacific West Province! We enjoyed the opportunity to network with our brothers and show them around our beautiful city. Thank you to everyone who attended Province from all over the West Coast and congratulations to Manuel Seraydarian (Pacific West Liaison), Jimmah Nguyen (Immediate Past Pacific West Liaison), Rachel Mong (Regent), Michael Blyumin (Immediate Past Regent), and Thien Nguyen (Vice-Regent Social) for their involvement in organizing this successful event.

Looking forward, the brothers and pledges of Beta Gamma are excited for our new brothers to cross over in January, which will be followed by our annual trip to Lake Tahoe.

Phi Delta Chi: Welcoming our Candidates!

By: Kristen Shimoda and Lisa Kasper
Phi Delta Chi Worthy Chief Counselor

This quarter, the members of PDC have been kept busy with candidacy season. We enjoyed teaching the candidates more about our fraternity and having opportunities for brothers to get to know candidates. Our candidates were divided into multiple committees, and these committees hosted a variety of fun events such as a rollerskating social, a painting session in the park, and a board game night. Our brothers also hosted fun socials called "Zeta Days"

to meet candidates. Some of these included a dumpling-making night, ice

Since this event was near Halloween, we celebrated by dressing up in costumes and having a haunted house decorating contest. In November, we also had our annual Thanksgiving Dinner where candidates, brothers, and alumni all gathered for a nice night of eating and mingling. Finally, we wrapped the quarter up with our annual Big-Little Reveal! Candidates were spoiled and given hints all week leading up to the event, and they finally learned who their Bigs were at the reveal.



The Phi Delta Chi Zeta Chapter 2019-2020 Candidate Class at our annual Thanksgiving Dinner

skating, and hot pot karaoke.

This quarter, we also had our annual Birthday Bash to celebrate the founding of the Phi Delta Chi fraternity.