

UNIVERSITY OF WASHINGTON
ASCP Student Chapter



THE NEXT GENERATION

Meet the board members | Explore autumn quarter | ASCP annual conference



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about us

What is the next generation?

The Student Chapter of ASCP at the University of Washington started this newsletter to keep the National ASCP Board, the Washington State Chapter of ASCP, our chapter advisors, and our fellow ASCP student Chapter members up-to-date on our events throughout the year.

We are called "The Next Generation" because we hope to represent the next generation of future leaders in the field of consultant pharmacy!

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president's corner



**ASCP -UW President
DERRY MCDONALD**

Happy New Year, UWSOP!

I hope that all of you had a cheerful holiday season and that my fellow students enjoyed a restful winter break. For those who do not yet know me, my name is Derry McDonald and I am fortunate enough to call myself ASCP-UW President for this academic year. Autumn Quarter, my first as President, was a bit more of a rollercoaster than anticipated. Having served as a board member for two years – the first as First-Year Liaison and second as President-Elect – I entered my new role confident and ready to take ASCP-UW to new heights. However, as school and work got busier, my attitude quickly descended from “let’s do this” to “let’s not screw this up.” The start of the school year is all about laying the groundwork and you can bet that I had

more than one nightmare about failing to recruit any new members or showing up to some crucial event and realizing I had forgotten to wear pants (you know the kind, I’m sure). Now that all is said and done, I am happy to report that we did not, in fact, screw anything up and that the club hit all the right notes en route to a very successful quarter. As President, it is a great feeling to look back on the quarter with pride and I encourage everyone to read about the events that our board members put so collective effort into. I believe the events described in this newsletter are just a taste of what’s to come and that our club is poised to have a very productive and impactful 2018.

The autumn could not have been counted a success without the participation and support of our wonderful student body here at the UW School of Pharmacy. We had over 70 of you join our club during the membership drive in October, which gives us the financial power to bring our members great events... and maybe some free food as well. Additionally, our Holiday Gram fundraiser was a success due to your enthusiasm and holiday spirit. Most importantly, we had excellent student volunteers at our Korean Health Fair outreach event to help us provide information on osteoporosis and fall risk to the local Korean community.

My goal as president is to give back to the student body and to make sure that every member gets their money’s worth from our organization. Organizing outreach opportunities, educational

president's corner

continued

events, and hosting our Spring BBQ are always a component of ensuring value to our members, but I would like to see our club broaden its horizons this year and make more personal connections with our membership. We have ideas in the works, but if any member reading this has a suggestion for how we can best reach you, please send it our way!

After such a great quarter, there are always many behind-the-scenes contributors to recognize. First, I would like to extend a tremendous thank you to our former advisor, Dr. Annie Lam, who has been a great asset to our organization for as long as I have been a part of it. Dr. Lam recently moved to San Diego, thus ending her tenure as an official advisor to our club, but she has continued to offer her support with our endeavors even from afar. Dr. Lam was a catalyst for many of our research projects over the years and was an amazing advocate for ASCP at the local level as well as the national level, where she just ended a four-year term serving on the national ASCP Board of Directors. On behalf of ASCP-UW board members past and present, I would like to thank Dr. Lam for her contributions and invaluable guidance.

I would also like to thank our current advisors, Dr. Leigh Ann Mike and Dr. Joy Plein, for their continued support of our endeavors. We are very fortunate to have them on our team and the board relies heavily on their wisdom. Additionally, we received some crucial guidance from Dr. Don Downing on our outreach events and research this quarter, and I would like to thank him for making himself available to our club. Finally, I would like to thank Emily Tran, last year's President, for making time in her busy schedule for the steady stream of oddball questions I have thrown her way over the past several months.

As we put Autumn Quarter in the rearview and begin to look forward, I will close with a brief thought from winter break. As an intern, I have had the pleasure of working either Christmas Eve or Christmas Day each of the past three years at Seattle Children's Hospital. Seeing patients and families spend their holidays at the hospital not only puts the trials of student life into perspective, but also reminds me of why we must train so hard to provide them the best care possible. I hope my fellow students will share in my renewed enthusiasm and sense of purpose as we enter Winter Quarter.

Thank you for reading,
Derry McDonald

Meet the board members

ASCP-UW 2017-2018

Fun Fact: Derry, New Hampshire is the setting for the highest grossing horror movie of all time, Stephen King's 'It' (2017).

Why I joined ASCP: Prior to pharmacy school I worked for a pharmacogenetics laboratory and drug interaction software that catered to polypharmacy patients. Similarly, elderly patients have complex medication regimens that require a great deal of care to manage. Adherence alone is a constant challenge, but duplicate therapy, drug interactions, and prescribing cascades also threaten quality of life for elderly patients. I think there is a huge opportunity for pharmacists to use our skills to make a difference in this population.

What I got out of ASCP: ASCP has been a great opportunity for me to step outside the classroom and get in touch with the needs of the community. I see something different at every outreach event and always leave feeling that I have made a difference, even if just by brightening someone's day. Our elderly community is so rewarding to work with because they are always grateful for our time and care.



DERRY MCDONALD
President - PY3



LENA CHAITESIPASEUT
President-Elect - PY2

Fun Fact: I have about 4 strong conversational topics: Food, electronic dance music, geriatrics, and pharmacy.

Why I joined ASCP: I joined ASCP because I wanted to focus in geriatric pharmacy – I worked in a nursing facility and CVS/pharmacy back in undergrad, and decided that geriatric pharmacy would combine both of my interests for health care. Working at the nursing facility truly changed my outlook on our human existence and how we can help the older population comfortably adjust into a happy and healthy state of life. Growing old is difficult, and the least we can do is help those who have raised us. I also grew up with my grandparents, and learning how to care for them has helped me to remember to treat the patient first, disease second. ASCP is the only organization that helps me focus on what we, as future health care professionals, can provide for the geriatric community.

Looking Forward: By continuing with ASCP, I hope to spread the passion and insight for why our geriatric population deserves so much attention – to grow strong into the world, only to possibly end up weaker in the end, is difficult mentally, physically, and emotionally. The least we can do as future pharmacists is provide the best care for the patient to help them be comfortable again.

Fun Fact: I survived for 2 days on an island just living off the beach!

Why I joined ASCP: I joined ASCP because I've really enjoyed my previous interactions with elders in the pharmacy and in a long term care home where I volunteered. I wanted to learn more about consultant pharmacy and what we as pharmacists can do to help the geriatric population.

Looking forward: Through participating in ASCP I hope to gain a better understanding of the role of consultant pharmacists in various settings, help make a difference in the local geriatric population, and to hear lots of fun stories that the elderly like to share!



INGA CHRISTENSEN
Secretary - PY2



MICHAEL FISHER
Treasurer - PY3

Fun fact: I have a small supernumerary nipple, which was once thought to be the mark of a witch, the third nipple with which she suckled Satan, imps, and demons. Which makes me a warlock, or maybe a sorcerer.

Why I joined ASCP: I joined ASCP primarily to force Mat to spend more time with me, and also because I have a serious problem with over commitment and club involvement. Realistically it's because my grandfather's health conditions when I was a child are what pushed me into science and medicine in the first place, and I want to care for patients like him in the way I couldn't help the man himself.

What I got out of ASCP: ASCP has given me several good networking opportunities and a great insight into what consulting, long term care, and geriatric pharmacy look like in practice, and have helped shape my career goals with a better understanding of the field. And they gave me candy!

Fun Fact: My graduating class in high school consisted of only 18 students!

Why I joined ASCP: I wanted to learn more about what consultant pharmacists do and the types of challenges elderly patients face in health care. ASCP seemed to offer just the right kind of learning experience I wanted.

What I got out of ASCP: Through the outreach events, I've become more comfortable representing myself as a student pharmacist when talking to patients. It was also exciting when I got to apply what I've learned in school in real life!



HEJIE CHOI
Director of Activities Management - PY 2



MAT JENKINSON
Director of Outreach - PY3

Fun Fact: I used to be a karate master back in my youngin' days of elementary school. Although I was only like 4' and barely pushing 70 lbs, they didn't call me Ninja Turtle for nothing.

Why I joined ASCP: The main reason I joined ASCP stems back to my grandparents who inspired me to pursue health care. I like to think they pushed me because of my baby face that got all the elderly people's attention, but in reality, I think they saw my enjoyment I felt going out of my way to take care of those who may not have the capacity to do so. ASCP helps me to not only give back to the population that helped get me to where I am today but also the ability to take care of a grandparent or two who may inspire their grandchildren to follow their dreams along the way.

Looking Forward: This year as an organization I hope to get out into the community as much as we can to serve a population who desperately needs our help. People are aging, resources are limited, patients are getting sicker. I can't think of a better way to donate our time to provide people with the knowledge we stay up all night learning about. "The meaning of life is to find your gift. The purpose of life is to give it away."

MEET THE BROAD MEMBERS



MICHELLE LAN

Director of Education - PY2

Fun fact: I've snorkeled in Bermuda Triangle.

Why I joined ASCP: I joined ASCP because it provides a platform for students to learn about consultant pharmacy, care for the geriatric population, and apply what we learned in school to real practice.

What I got out of ASCP: ASCP has given me some great networking opportunities via various outreach and professional events. I gained not only more knowledge about the field of consultant pharmacy but also friendship with many ASCP members. ASCP has continued to shape my career goal and I'm excited to bring some awesome educational events for our pharmacy school community as well as the geriatric patient population this year.

Fun Fact: I've lived in 3 different countries and in 12 different homes.

Why I joined ASCP: Similar to many of the other board members, my involvement with ASCP and interest in geriatric pharmacy was inspired by my own grandparents. Having grown up taking care of my grandmother, I wanted to participate in ASCP outreach events where I can work directly with geriatric patients. I also wanted to learn more about the impact of consultants pharmacists through ASCP.

What I got out of ASCP: I decided to join the ASCP board this year because ASCP presented an opportunity for me to pursue research. Having participated in many years of research as an undergraduate student, I had always wanted to do research in pharmacy school as well. Even though our curriculum does not involve research, ASCP gave me a unique chance to combine my interest in geriatric pharmacy and research this year.



JINA YUN

Director of Research- PY2



CRYSTAL LO

Director of Media and Publications - PY2

Fun Fact: I have a younger sister who looks so much like me, even my coworkers mistook her for me! We often get asked if we are twins.

Why I joined ASCP: I joined ASCP mainly because I want to learn more about consultant pharmacy and how we as pharmacists can help to improve their quality of life in geriatric patients.

Looking forward: Through joining ASCP, I hope to gain better insight into geriatric pharmacy, and network with pharmacists and students who are interested in this area of practice.



PHARMER'S MARKET

Mat Jenkinson

At the start of every year, the UW School of Pharmacy and UPPOW organizes an all-day event for the incoming class to learn about the different organizations they can be a part of in the world of pharmacy. This takes place during their orientation week, and allows them to roam the room and approach the various student groups that are available at the school. This event is called the “Pharmer’s Market.”

As a student organization, ASCP was there to help spread the word on our goal as a chapter, what we’ve done in the past, and

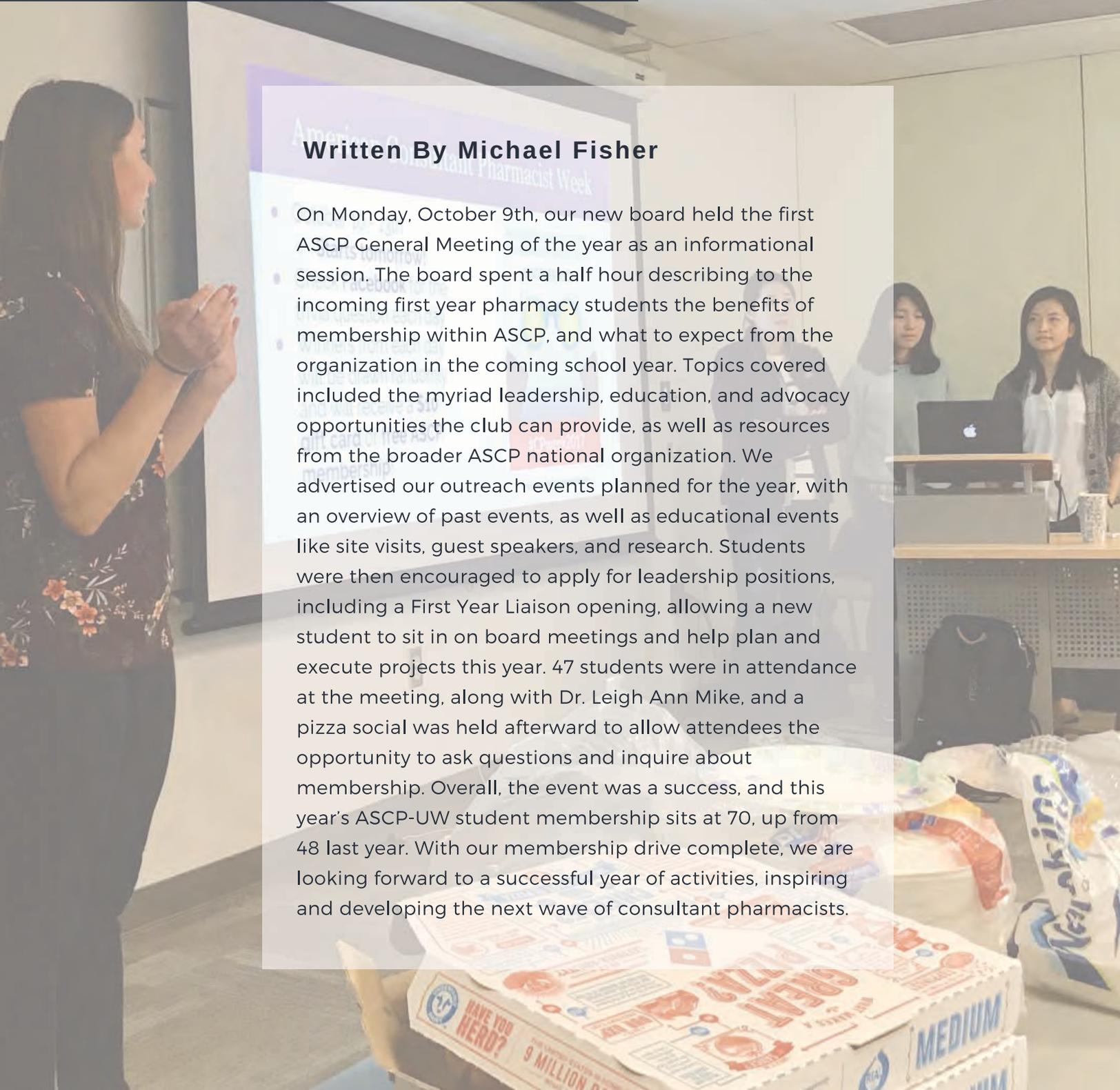
what we hope to accomplish for our students and community members in the upcoming school year. We were very pleased with the amount of student interest, having over 40 students approach our booth to learn more about our club. We handed out dram vials filled with candy and a small slip of paper outlining how to get involved and become a member of our organization.

We look forward to this event every year, and thank all of the board members and staff who help make this event possible!

FIRST GENERAL MEETING

Written By Michael Fisher

On Monday, October 9th, our new board held the first ASCP General Meeting of the year as an informational session. The board spent a half hour describing to the incoming first year pharmacy students the benefits of membership within ASCP, and what to expect from the organization in the coming school year. Topics covered included the myriad leadership, education, and advocacy opportunities the club can provide, as well as resources from the broader ASCP national organization. We advertised our outreach events planned for the year, with an overview of past events, as well as educational events like site visits, guest speakers, and research. Students were then encouraged to apply for leadership positions, including a First Year Liaison opening, allowing a new student to sit in on board meetings and help plan and execute projects this year. 47 students were in attendance at the meeting, along with Dr. Leigh Ann Mike, and a pizza social was held afterward to allow attendees the opportunity to ask questions and inquire about membership. Overall, the event was a success, and this year's ASCP-UW student membership sits at 70, up from 48 last year. With our membership drive complete, we are looking forward to a successful year of activities, inspiring and developing the next wave of consultant pharmacists.



FIRST GENERAL MEETING





PLEIN CERTIFICATE INFORMATION SESSION

Article By Michelle Lan

On October 27, we hosted our annual Plein Certificate and Plein Geriatric Scholarship Information Session. Dr. Leigh Ann Mike, a clinical assistant professor and coordinator for the Plein Certificate, led the talk and offered students information on how to apply for the geriatric certificate and scholarship. The goal of the session is to spread awareness of the certificate program and encourage more students to get involved.

The Plein Certificate in Geriatric Pharmacy is a certificate to be earned while students are in the PharmD program. It is designed to expose students to more geriatrics-based training. There is a growing need for the geriatric pharmacists due to an increasing aging population. In order to become more prepared to meet the needs of older adults in all

settings, including community, hospital, and long-term care settings, the Plein Certificate Program was established to give students more opportunities to learn about geriatrics-related topics.

Dr. Mike also gave an overview of the Plein Geriatric Scholarship and encouraged students to apply. It is a scholarship awarded to students who are interested in conducting geriatric research. There is tremendous support provided by the faculty member to mentor students on research subjects that they are interested in.

We had great attendance for this session. Dr. Mike was very enthusiastic and charismatic. She shared her own story as an ICU pharmacist, who transitioned more into more geriatrics focus practice. She also shared how her knowledge in geriatrics helped her take care

of patients in various settings. The insight that she offered to students helped answer many good questions raised during the information session. As the first educational event of the year held by ASCP-UW, the Plein Certificate and Scholarship Talk was a great success and we plan to continue this tradition every year.



Korean Health Fair

by Jina Yun

On October 28th, 2017, ASCP participated in the annual Korean Health Fair hosted by the International Community Health Services (ICHS) at St. Andrew Kim Church. This year was the first time we implemented the fall risk assessment health fair, and we were able to help more than 60 patients! Patients were first greeted by pharmacy students at the

intake table, where general health information was gathered. Then they were escorted to the next station where they were able to get their osteoporosis scores through the bone density machines. Based on the health information gathered, the patients were appropriately counselled by pharmacy students and pharmacist preceptors on their potential fall risk. In addition to the detailed consultations, we also provided patients with information sheets on fall risk management. A big thank you to all the students who participated (special thank you to those who helped translate) and supporting preceptors who made this event possible!





ASCP Annual Conference

BY LENA CHAITESIPASEUT

This year's conference was held in sunny Kissimmee, Florida from November 2nd - 5th!

It was comforting to land in the warm heat of Florida after a surprise snowfall in Seattle. The conference was held at a large resort center that made Derry and I feel like we were in a Las Vegas hotel! The interior was tropically decorated and equipped with waterfalls, ponds that housed baby alligators and turtles, and a larger pond showing the

different species of Florida fish. It even had a large boat INSIDE the building!

We met with Dr. Lam, one of our previous chapter advisors, at the conference. She was also the faculty member who helped us with our poster, which was titled "Development of a Medication-related Fall Risk Outreach Event in the Geriatric Community". It focused on the development and execution of an event equipped with a fall risk survey and

event evaluation forms for the participants to complete.

Derry and I also attended the Washington Chapter Meeting, where we discussed future events and new ideas for how to get our state members (and students!) more involved. It was a great opportunity to get to know key leaders in our region and have a voice within the organization.

A few of the sessions that I enjoyed included:

- Refining Your Sales Message: ASCP's Intensive Introduction to Current & Future SNF (Skilled Nursing Facility) Challenges
- Medications in End-of-Life Care: What is Important?
- Drug Interactions: Why It's a Bit Like Fishing
- Pharmacist as Part of the Palliative Care and Hospice Team
- GeriParty (*Jeopardy!* for current pharmacy students!)



Speaking of other pharmacy students, it was interesting to play *Jeopardy!* with students of different years and different schools - we came to realize that every school has their curriculum laid out differently. For example, at the UW we learn about vaccinations and complete our licensing requirements in the first year. Other schools have their students complete it in their third year! We also had the chance to hang out with our fellow ASCP friends from Washington State University and St. John's University in New York!

As a student who came to UW Pharmacy seeking out opportunities to further engage myself in geriatric pharmacy, attending the ASCP conference was a great supplement to my education. It was exciting to be in a centralized location with other students and professionals who shared the same interests!



I cannot wait to attend next year - the conference will be held in National Harbor, Maryland on November 1st - 4th. If you are a student who is interested in geriatric pharmacy, I would highly recommend attending this event! It is wise to plan ahead since it is right near the start of the Fall quarter.

"As always, feel free to contact me if you have any questions!"

- Lena Chaitesipasut
e-mail: ltc7@uw.edu

A woman with glasses and a backpack is smiling in front of a large, ornate fountain. The fountain has multiple tiers and statues, with water spraying from various points. In the background, there are multi-story buildings with balconies and windows. The scene is bright and sunny.

KATE NELSON

Meet our first-year liaison

Interview by Inga Christensen

We are excited to welcome this year's first year liaison, Kate Nelson, to our ASCP board! Kate is originally from Venice, Florida, where they claim to be the shark tooth capital of the world. She did her undergraduate studies at Emory University in Atlanta, Georgia where she majored in neurosciences and behavioral biology. When Kate isn't studying she enjoys reading, hiking with her dog, and putting together puzzles. A fun fact about Kate is that she swam with a swarm of jelly fish and a sea turtle in the Philippines!

What sparked Kate's interest in geriatric pharmacy was her grandfather. Her grandpa had Alzheimer's disease and she often overheard discussions about how often they were changing his medications. Kate wants to help elders who are in similar situations to help manage their medications and make a difference in their care. We are looking forward to Kate's contributions to ASCP and the geriatric community this coming year!

Member of the Quarter - Fall 2017

Julia Yunkyung Yi

Introduced by Hejie Choi

We would like to take this opportunity to recognize one of our member's exceptional involvement and contribution to our organization this quarter. Julia Yunkyung Yi is a second-year student who has been actively involved in our organization since her first year. She was nominated for playing a crucial role during the Korean Health Fair last October. She provided osteoporosis counseling in a culturally competent manner by showing respect, giving her fullest attention to the patients, and translating with her excellent Korean-speaking skills. It was something noteworthy and inspiring for students as we will eventually interact with limited English-speaking patients in our future practice. We truly appreciate and value your work in making a difference in our local community. Let's get to know more about who she is!



Q1: (Preferred) Name:

Julia Yunkyung Yi

Q2: What made you interested in becoming an ASCP member?

One of my biggest reasons for choosing to further my intellectual endeavors at UW School of Pharmacy was to study geriatric pharmacy care. Getting involved with ASCP has provided many opportunities for me to experience and learn different applications of consultant pharmacists' roles -- ranging from "hands-on" long-term care facility clinic to "behind the scene" epidemiology research in geriatrics.

Q3: Most memorable ASCP event you have been to and why?

The Korean Health Fair. As a first-generation immigrant, I have received so much help from so many people and organizations to settle in the US. Thus, I have always told myself that I am obliged to give back to the community with my best abilities. This annual event gives me the opportunity to not only continually realize why I pursue geriatric pharmacy care, but also fulfill one of my goals to contribute to the community.

Q4: Fun fact about you:

I lack one organ (appendix)

Q5: Hobbies:

I like doodling and canvas painting



Editor Contact Information

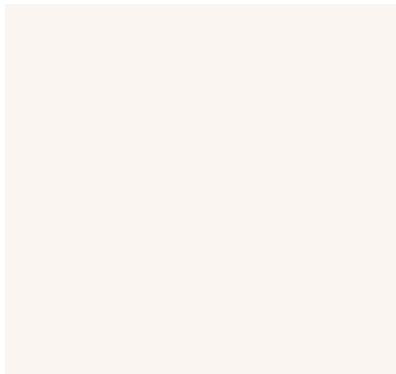
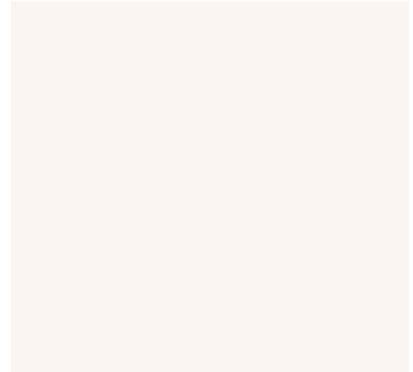
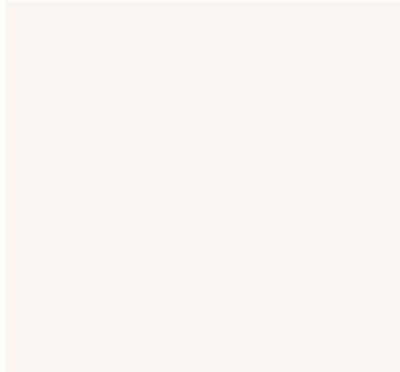
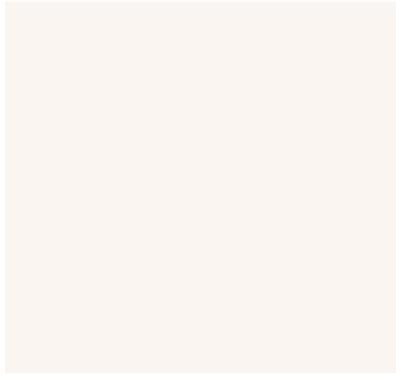
If you have any questions about the newsletter or would like to contribute, feel free to contact

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This newsletter was made possible by



Thank You!



A big THANK YOU to all members for your support and dedication to
ASCP!

ASCP-UW Board