

ASCP | Pacific

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Welcome Back!

By Cindy Tran

ASCP-Pacific hopes all the returning students and faculty had a wonderful summer break and are refreshed for a great year to come. We would also like to give a warm welcome to the incoming Class of 2020 Pharmacy Students as they embark on this new and exciting journey! It was so nice meeting all of you at the annual Student Leadership Showcase.



Steven Kakehashi and Megan Ong at our information booth at the annual Student Leadership Showcase

The previous Summer semester was jampacked with events held by both ASCP-Pacific and the committees under our organization, Bone Mineral Density committee (BMD) and Medication Use Safety Training committee (MUST). BMD held their annual Osteoporosis Awareness Month activities, educated children on bone health, invited a guest speaker to present to our pharmacy students on osteoporosis, and provided screenings at a health fair. MUST provided games and education to children about medication safety. ASCP held their annual Omnicare Tour and Membership Appreciation Dinner. These were all successful events detailed more in the following pages. Thank you to all Co-Chairs, Project Managers, and Executive Board Officers for your hard work. Let's get ready for another fantastic semester!

We have more events in the works for this Fall semester. Keep an eye out for our emails for more announcements or check out our regularly updated website for events! (ascppacific.weebly.com)

Osteoporosis Awareness Month

By Trisha Macaraeg

The month of May was Osteoporosis Awareness Month! This was a month filled with fun activities organized by the Bone Mineral Density (BMD) committee to raise awareness and teach about preventing osteoporosis. Activities included:

o **Social Media Contest**

- Using the hashtag #BreakFreeUOP, students set the Osteoporosis Awareness banner as their cover photo or posted pictures with Bone Mineral Density Snapchat props on Facebook. Participants were entered into a raffle to win a prize.



o **Milk Jug Contest**

- Whoever guessed the correct amount of fruit snacks in the milk jug won that milk jug in addition to a separate prize.

o **Question of the Week**

- From the 2nd to 4th week of May, questions related to bone health were posted on the [Bone Mineral Density Facebook](#) page and participants were entered into a raffle to win a prize.

o **Bone Mineral Density Snacks**

- Committee members passed out calcium-containing/healthy fruit snacks for students throughout the month



Shirley Lam (P2) and Sarah Lamson (P2)



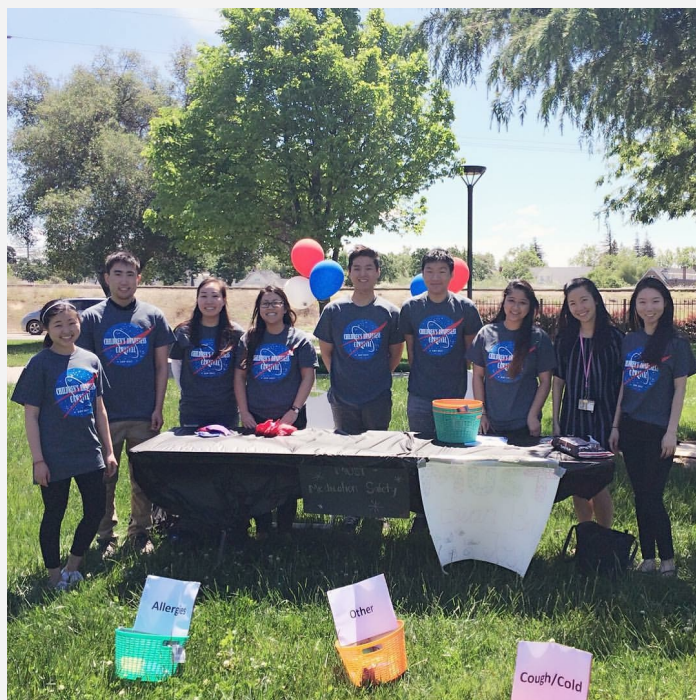
Michelle Chinn (P2) and Adam Oshiro (P2)

Thank you to everyone who participated!
 Congratulations to the prize winners: Erika Kim, Joseph Rosales, Mung Huynh!

Medication Safety for Children

By Jeff Igusa

The Medication Use Safety Training (MUST) committee provided education for local children at the annual Children's Awareness Committee Carnival (CAC). The committee entertained dozens of children with an exciting bean bag toss, and gave out prizes for answering medication safety questions, such as where to dispose medications and the best place to keep medication is. The children loved our booth, and many kept coming back for more!



MUST Committee at their booth at the annual CAC

Bone Health for Children

By Adam Oshiro

At the annual Children's Awareness Carnival, the Bone Mineral Density Committee provided an educational presentation about strong bones to elementary school students. We emphasized the importance of eating healthy and receiving the proper amount of calcium and vitamin D. After the presentation, we played Pin the Tail on the Cow with the kids and gave out healthy snacks as a prize. Our booth was a hit with the kids!



Pin the Tail on the Cow

Thank you, Dr. Joseph Serra!

By Trisha Macaraeg

On May 30, 2017, the Bone Mineral Density committee invited Dr. Joseph Serra, an orthopedic surgeon and retired faculty member from Pacific's Physical Therapy Department, to speak to first and second year pharmacy students. Dr. Serra provided a helpful and detailed presentation on the importance of bone health and ways to prevent osteoporosis. It was an honor to have Dr. Joseph Serra as our speaker!



Dr. Joseph Serra speaking to pharmacy students about bone health

Fairfield Medicare Health Fair

By Trisha Macaraeg and Adam Oshiro

The Bone Mineral Density Committee served 10 patients at the very first Medicare Outreach Event held during the Summer semester at the Northbay Healthcare Center in Fairfield, CA. We provided free bone mineral density screenings and falls risk assessments to attendees. After a series of screening questions, we obtained patients' T-scores with the use of sonometer machines to assess their risk for osteoporosis/osteopenia. At the falls risk station, we timed how long it took for patients to walk a distance of 10 feet and back, also known as the timed "Get-Up-and-Go" test. We then provided one-on-one consultations regarding their T-score, FRAX score and falls risk time. We explained the significance of each value and provided recommendations to improve their overall bone health through their diet and exercise regimens. Patients were very happy to have the opportunity to receive these screenings and were very appreciative of our services.

Omnicare Tour

By Chan Kim

On June 13, 2017, ASCP-Pacific was invited to the Omnicare facility in Lodi, California for our annual Omnicare Tour. The purpose of this event was to give our students the chance to explore long term care as a potential career path as well as to get a glimpse of how medications were prepared for use in long term care facilities. The Omnicare pharmacists, Dr. Kaity Chan and Dr. Jason Lin, gave a PowerPoint presentation on Omnicare’s operations in Northern California, covering topics such as the day-to-day tasks of an Omnicare pharmacist, the required credentials of an Omnicare pharmacist, the clients of Omnicare, and the location of Omnicare distribution centers throughout California. The students were then allowed to tour the rest of facility.



Students were invited into a huge warehouse, which resembled a Costco but full of medications rather than groceries. Here, we observed the storing, packaging, and distributing of medications and learned about the role of Omnicare pharmacists in long term care treatment. After touring the warehouse, students returned to the presentation room for a Q & A session with the Omnicare pharmacists where students asked about how we could go about considering long term care as a potential career possibility. We asked about internship opportunities, certifications required in addition to a pharmacist license, and the differences between working in a retail or hospital setting and long-term care setting. It was a unique experience and we felt very fortunate to have the privilege of getting an inside-look of Omnicare. Thank you to all the students who attended! ASCP-Pacific would also like to thank Omnicare, especially Dr. Chan and Dr. Lin, for hosting us once again and looks forward to next year’s tour.



Pharmacy students and the amazing Omnicare pharmacists that led the tour and presentation

Membership Appreciation Dinner

By Amy Lee

On July 19th, 2017, ASCP-Pacific hosted its annual Membership Appreciation Dinner to show our members how much we value their being a part of this organization. The theme of the evening was a Hawaiian luau. Dinner consisted of chicken katsu and rice, macaroni salad, chopped cabbage, and a fruit platter of watermelon, cantaloupe, and pineapples. In addition, we had a photo booth along with fun props for our members to take pictures together. Throughout the night we played many fun team games and raffled off gift cards and gift baskets. To conclude the night, Trisha Macaraeg, our President, gave a speech thanking all the second years for their hard work with ASCP-Pacific and wishing them luck as they start their journey as third years with APPE rotations. Thank you to everyone that came out and made the event successful and special thanks to Dr. Rajul Patel for taking the time to attend. Lastly, thank you all for being a part of



ASCP!



Alice Koh (P3), Claire Chang (P3), Sandy Zuo (P2), and Troy Ota (P2) ready to play Tea Party



Song Han (P2), Sue Yeo (P2), Mark Ruiz (P2), and Trisha Macaraeg (P2) at our photo booth

About ASCP-Pacific

The American Society of Consultant Pharmacists at University of the Pacific was founded at the Thomas J. Long School of Pharmacy and Health Sciences in 2008. ASCP-Pacific is active involved in providing and improving senior care, and advocating the field of consultant pharmacy. Our membership currently consists of approximately 130 men and women at different levels of their pharmacy studies and career. ASCP-Pacific is dedicated to serving and improving the health of senior citizens as well as advocate the profession of consultant pharmacy.

In addition, ASCP-Pacific reaches out to the community through the Bone Mineral Density Committee and the Medication Use Safety Training (MUST™) Program.. The Bone Mineral Density Committee is a professional association that provides bone mineral density, anemia, fall risk, and memory decline screenings at community health fairs. It was created in 2012 and is the only committee that is under a national organization — the American Society of Consultant Pharmacists. The MUST™ program provides an educational and interactive experience in which participants have the opportunity to ask questions about their medications and receive individualized assistance. It promotes helps participants avoid medication misuse, recognize and manage common side effects, and improve medication use knowledge to avoid medication errors.

For more information, please visit our website or Facebook page!

Website:

ascppacific.weebly.com

Facebook:

facebook.com/ascppacific

Honor Cord Requirements

To receive an honor cord at graduation, ASCP-Pacific members must fulfill the following requirements:

1. Be an active member for all 3 years at Thomas J. Long School of Pharmacy (or an additional honor cord event to make up for any missing years of membership).
2. Attend at least 6 general meetings.
3. Accumulate 5 honor cord points by the end of the second year (offered by attending speaker events, Senior Prom, and other ASCP events).



Taken from www.pacific.edu

Contact Us!

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