

# The EXPERIENTIAL EDUCATOR

Winter 2023 Vol 12

## Highlights

**Preceptor Awards**  
**Community Service Events**  
**Upcoming CE Events**

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 California Northstate University College of Pharmacy

 @CNUCOP

Faculty Editor: Dr. Jennifer Courtney  
Staff Editor: Liz Suarez

# A Message from the Assistant Dean of Experiential Education

*By: Dr. Tony Eid*

I am truly delighted to welcome you to the latest edition of our Experiential Education newsletter. With great enthusiasm, I share with you some of the remarkable developments, accomplishments, and highlights within our dynamic academic community. One of the cornerstones of our success is our dedicated team, and I am honored to introduce you to the extraordinary individuals who work tirelessly behind the scenes. They are the driving force that makes our experiential education programs thrive, ensuring our students receive the best opportunities for growth and development.

This month's spotlight is on our esteemed alumni, who serve as shining examples of the potential that experiential education can unlock. Their journeys from our programs to remarkable careers are inspiring, and we take pride in their impact in their respective fields.

The experiences they gained here have been instrumental in shaping their success stories. We are also excited to announce the Preceptor Awards, a recognition of our preceptors' vital role in guiding and mentoring our students during their experiential placements. These awards honor those who provide invaluable experiences to our students, ensuring they receive top-tier training and mentorship.

Community outreach remains a core tenet of our mission, and we are proud of our students' engagement in various community service projects. These initiatives demonstrate the power of experiential education in creating a sense of responsibility and instilling a spirit of giving back. Their commitment to positively impacting our local and global communities is commendable. As part of our ongoing commitment to preceptor service, we continuously work to enhance the support and resources available to our preceptors. Their contributions are immeasurable, and we are dedicated to ensuring they have the tools and training needed to excel as mentors and educators.

A commitment to excellence in experiential education marks our journey forward. We will continue to strengthen our team, shine a light on our alumni's incredible achievements, recognize our preceptors' outstanding contributions, extend our hand in service to the community, and provide unwavering support to those who guide our students on their educational paths. Experiential education holds the promise of transformation, and together, we will empower our students with experiences that will serve as the foundation for a future filled with opportunity and achievement.

Thank you for your steadfast support, and I look forward to sharing more success stories, milestones, and inspiring moments in our upcoming newsletters.



Tony Joseph Eid, PharmD,  
REHS, BCACP, APH, CHC,  
AACC  
Assistant Dean of Experiential  
Education, College of  
Pharmacy

Jennifer Courtney, PharmD,  
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Director of Experiential  
Education - Introductory  
Pharmacy Practice Education  
(IPPE)

Elizabeth (Liz) Suarez, BSPH  
Experiential Education  
Coordinator



*Introducing  
The Office of Experiential Education*

# Q & A with Alumni

By: Dr. Jasmine C. Uchi



What initially inspired you to pursue a career in pharmacy?

My journey to pharmacy was initially unclear. I had planned to pursue nursing and even received acceptance letters to nursing programs. However, my perspective shifted during a pharmacy information day at UCSF while I was volunteering. I realized pharmacy offered a broader scope beyond retail and hospital settings. So I decided to return to community college for pharmacy prerequisites then got into CNU.



Can you describe a pivotal moment or experience during your pharmacy education that reinforced your decision to become a pharmacist?



One experience that profoundly impacted me was my AM Care rotation at 5 Minute Pharmacy in Hawaii. During this rotation, I rode along with the pharmacists and helped administer long-acting injectables to patients with schizophrenia across the island. Witnessing the gratitude of these patients was truly eye-opening and inspiring. As a passionate advocate for mental health, that rotation will always be a memory I'm most grateful for. The relationships I formed with both the patients and the pharmacy team during this time are something I'll always remember.

How do you contribute to patient care and safety in your current role as a pharmacist?



At VeganMed, where I'm known internally as the "Alpha-gal Pharmacist", we receive a substantial volume of inquiries each month from patients with Alpha-gal Syndrome (AGS), who are in urgent need of medications free from animal-derived ingredients. For AGS patients, this is not a preference; it's an absolute necessity, as any ingestion of mammalian-derived ingredients could trigger a life-threatening anaphylactic reaction. Our team's diligent work has resulted in finding animal-free alternatives for 70% of commonly prescribed medications as well as over 1200 animal-free over-the-counter products, significantly improving patient safety and care.

Are there any projects that you're currently involved in or excited about?

I am excited about VeganMed being the default platform for patients and providers to find medications that are animal free. It's the way of the future! Some of our initiatives include 1) a petition to the FDA for transparent animal ingredients labeling and 2) working with pharmaceutical companies for such labeling.

In what ways do you plan to continue growing and evolving in your career as a pharmacist?



I'm committed to continuous growth and evolution as a pharmacist, aiming to diversify my skills while fostering a patient-friendly environment. My long-term vision involves advocating for patients and transparency, along with mentoring pharmacy students to shape the future of our profession. My career philosophy centers on adaptability, ongoing learning, and enhancing patient care.

# PRECEPTOR AND FACULTY PRECEPTOR AWARDS

APPE Outstanding  
Preceptor of The Year

*Dr. Frank Son*

Dr. Son is a good preceptor in the fact that he encourages questions and is also very willing to help students succeed. He is easy to approach for questions and also provides interesting insight into industry pharmacy as a whole.

-Anonymous



APPE Sacramento  
Preceptor of The Year

*Dr. Humara Anwar*

She has a lot of patience with me, is great at explaining things, is approachable, and gives great constructive feedback.

-Anonymous



# PRECEPTOR AND FACULTY PRECEPTOR AWARDS

## APPE Hospital Preceptor of The Year

*Dr. Vinay Kumar*

\*Preceptor not pictured

I believed Dr. Kumar is a good preceptor and I was grateful to be able to have him as my preceptor because he was very patient with me and would always provide guidance for me if I feel unsure about something.

-Anonymous

Dr. Kumar cares about students and provides opportunities to explore and grow in the field of pharmacy.

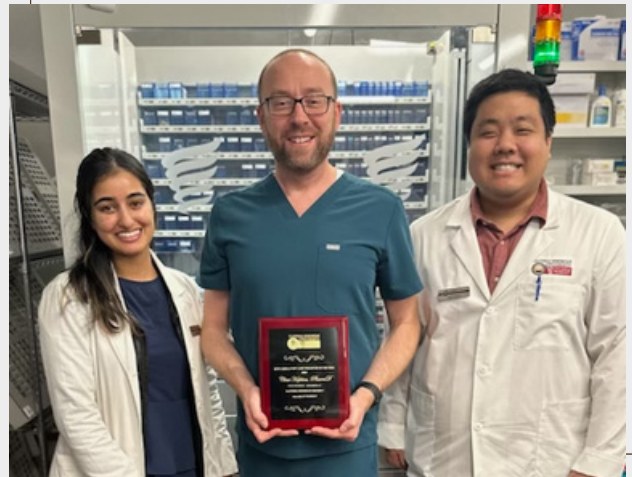
-Anonymous

## APPE Ambulatory Care Preceptor of The Year

*Dr. Clint Hopkins*

Excellent Preceptor! He asks me a lot of pharmacy questions in which I have to understand and learn. I appreciate that a lot because it encourages me to dig deeper in the pharmacy topic. He is very passionate and always is on the go! He is an excellent pharmacist as well as a great preceptor.

-Anonymous



# PRECEPTOR AND FACULTY PRECEPTOR AWARDS

APPE Alumni  
Preceptor of The Year  
*Dr. Jesse Arraiga*

My preceptor is an excellent pharmacist. He cares about everyone in the pharmacy and he encourages his students to achieve their best performances.

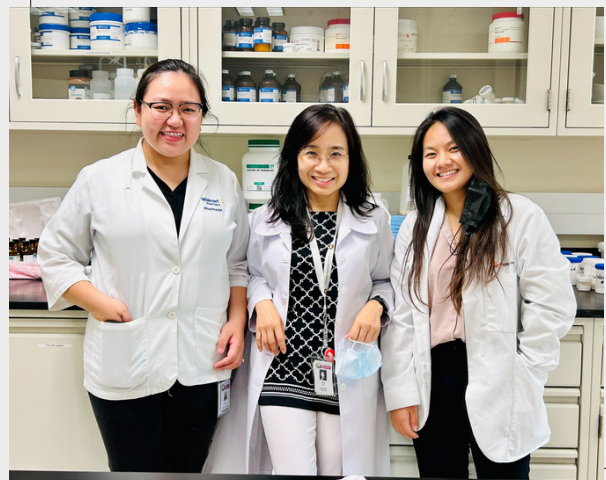
-Anonymous



APPE Faculty  
Preceptor of The Year  
*Dr. Uyen Le*

Dr. Le is very passionate about educating students and encouraging them to grow both professional and personally. She truly cares about whether students are not understanding any concepts and work towards ingraining them with knowledge.

-Anonymous



# PRECEPTOR AND FACULTY PRECEPTOR AWARDS

IPPE Hospital

Preceptor of The Year

*Dr. Michael Freudiger*

Dr. Freudiger is so nice, I never hesitate to ask any question because I knew he would always try his best to educate me, and not make me feel bad for not knowing something.

-Anonymous



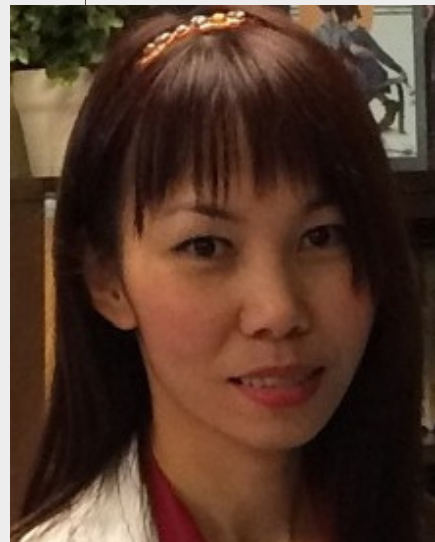
IPPE Community

Preceptor of The Year

*Dr. Karen Le*

This preceptor encourages students to keep expanding their horizons in order to be the best pharmacist that one can be. She prepares mini projects for students to better understand the counseling points for common prescriptions. The whole Safeway team provides a great learning environment!

-Anonymous



# PRECEPTOR AND FACULTY PRECEPTOR AWARDS

IPPE Specialty  
Preceptor of The Year  
*Dr. Sonya Frausto*

Dr. Frausto is very hard to find since she is so unique and passionate at her job. She was also very good at teaching, and I felt that I have learned the most from this rotation that I didn't even expect to learn.

-Anonymous



## Curriculum Committee

Preceptors play an important role in the experiential education experience as they help student pharmacists in applying didactic material and related concepts in a real-world setting of patient-centered care. With knowledge, skills, and experiences, preceptors contribute their valuable feedback to different aspects of our PharmD curriculum such as in evidence based guidance and in curriculum content that reflects current patient issues. Our preceptors strive to ensure optimal student learning through establishing competency expectations and through the achievement of learning outcomes.



I've been a preceptor for pharmacy students and residents for over 20 years. At Valley Children's we work with most of the California schools of pharmacy and our preceptors here have often discussed the differing curriculums and teachings from school to school. I wanted to be a part of this committee to understand a school's process in how they develop and update their curriculum. Hopefully in this process, I can also add to the discussion any points to enhance student education prior to APPE rotations.

Dr. Wenee Liu Lopez

# Pharmacists Appreciation Dinner

On October 19, 2023, we had the distinct pleasure of hosting a Pharmacy Appreciation Dinner, a heartfelt event dedicated to honoring and celebrating our exceptional pharmacists and preceptors. This evening was a testament to the unwavering dedication and hard work exhibited by these healthcare professionals who play a crucial role in our community's well-being. The event was made even more special by the generous contributions and attendance of our esteemed sponsors and preceptors, Pucci's Pharmacy and Ten Acres Pharmacy. Both Dr. Clint Hopkins of Pucci's Pharmacy and Dr. Sonya Frausto of Ten Acres Pharmacy play an active role in supporting student pharmacists. Pucci's Pharmacy allows students at CNUCOP to take part in vaccine clinics around the community and Dr. Frausto is currently a professor at the school. Their support, both in terms of donations and active participation, exemplifies their commitment to fostering a culture of appreciation within the pharmaceutical community. As we gathered to express our gratitude, it became evident that the collaborative efforts of pharmacists and preceptors significantly contribute to the advancement of healthcare, and this evening was a small token of our immense appreciation for their invaluable contributions.



# Engaging with the Community

## Giant Pumpkin & Celebrando Neustra Festival

In a vibrant display of community engagement, California Northstate University College (CNUCOP) took an active role in the recent Elk Grove Giant Pumpkin Festival and Celebrando Neustra Festival, bringing a unique blend of education and healthcare services to the heart of the festivities. Both events, held in the spirit of celebration and community, provided an ideal platform for CNUCOP to showcase its commitment to public health.

Nestled amidst the sea of giant pumpkins and lively carnival attractions, CNUCOP healthcare services were led by SCCP, SNPhA, and PDC, with their booths standing out as a beacon of health and well-being. The university, known for its dedication to fostering community well-being, offered an array of essential healthcare services to festival-goers, such as blood pressure and glucose screenings. Gratitude also extends to faculty volunteers at the California Pharmacist Association booth including Dr. Justin Lenhard, Dr. Tarek Kassem, and Dr. Jennifer Courtney. Your dedication greatly contributed to the success of the Giant Pumpkin Festival healthcare initiative. Your commitment exemplifies the community spirit of California Northstate University College, and we appreciate your invaluable contributions.

One of the primary highlights of the CNUCOP booths was the provision of influenza vaccinations provided by APhA-ASP/CPhA at the Celebrando Neustra Festival. The main goal of the booth was not only to immunize the attendees but also to address the ongoing importance of flu immunizations in safeguarding public health. At the booth headed by ASCP, education about the pneumonia vaccine was provided. With trained healthcare professionals on-site, including CNUCOP student pharmacists and Dr. Jennifer Courtney, a CNUCOP alumnus, attendees had the opportunity to receive vaccinations for this upcoming flu season, contributing to the overall well-being of the community. About 70 flu immunizations were administered during this event.

But the healthcare offerings didn't stop there. CNUCOP went above and beyond at Celebrando by also providing blood pressure screening and monitoring services through SCCP, ensuring that attendees could keep track of this vital health metric. In addition, the university set up stations for blood glucose screening and monitoring, empowering individuals to stay informed about their metabolic health.

A special thank you goes out to each student organization that played a vital role in our event. They set up their dedicated booths, each focusing on a specific area of expertise. IPHO took the lead in educating attendees about Medicare Part-D, while SSHP provided valuable insights into poison control. The PDC students not only shared information but also demonstrated the proper use of an Epi-Pen. SNPhA made a significant contribution by raising awareness about chronic kidney disease, and Kappa Psi took charge of educating attendees on medication safety. AAPP dedicated its efforts to mental health education and resources, and AMCP was on-hand to offer blood pressure monitoring services as well. Each organization's commitment and service greatly enriched the overall experience for everyone in attendance.

The CNUCOP team at Celebrando, comprised of dedicated faculty that included Dr. Jennifer Courtney, Dr. Suzanne Clark, and Dr. Tarek Kassem and student volunteers from various healthcare disciplines, worked seamlessly to deliver these crucial services. Their presence not only added a valuable health component to the festivities but also exemplified the university's commitment to community service.

As festival-goers reveled in the joyous atmosphere, they also took advantage of the healthcare services offered by CNUCOP. The university's involvement in such community events not only strengthened its ties with the local residents but also reinforced its reputation as an institution dedicated to the holistic well-being of the community it serves.

CNUCOP's participation in local health fairs this semester left a lasting impression on the attendees, demonstrating that education and healthcare can come together to create a healthier, happier community.

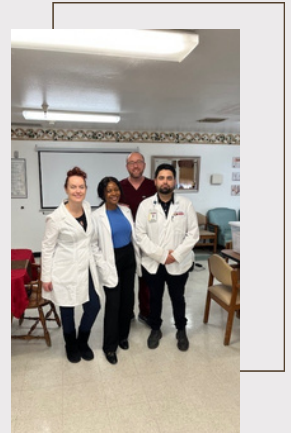


## Giant Pumpkin & Celebrando Neustra Festival



# Community Outreach with Preceptors

Immunization is one of the most effective modes of public health promotion and disease prevention. Pharmacists play an important role as immunization administrators since many find it more accessible and efficient to get their immunizations at their local pharmacies than anywhere else. At CNU-COP we believe in the advocacy of the profession of pharmacy and the promotion of leadership developing skills for the students who are the future of the profession. During this fall of 2023, the CPhA/APhA-ASP chapter at CNU-COP collaborated with both Sacramento State University and a local independent pharmacy, Pucci's Pharmacy to vaccinate some of our most vulnerable community members. The members of CPhA/APhA-ASP volunteered at 7 immunization events where students were able to utilize their immunization skills and administrator and educate the local Sacramento community on the importance of vaccines and disease prevention. Recently, the FDA approved a new RSV vaccine, and our student volunteers had the opportunity to reconstitute and administer these vaccines as well as the pneumonia, COVID-19 and the influenza vaccine. RSV is a public health issue affecting infants and older adults and being able to provide immunization and prevent its rewarding for our students and preceptors. As a result, 38 pneumonia vaccines, 238 influenza vaccines, 116 RSV, 93 COVID vaccines were administered. Allowing students to participate in these events gives them the opportunity to optimize their skills as healthcare providers and actively participate in educating the community on vaccines and the important role it plays in preventative medicine. The goal is for our community to benefit by getting easy access to immunization and healthcare without having to go to their primary care providers, and lastly but also important, to reduce disease spread, preventing complications and even deaths from vaccine preventable diseases.



We like to thank Dr. Clint Hopkins and Pucci's Pharmacy for including us in their vaccine efforts !

## Research Highlight



### Did You Know That Tick Bites Can Cause Meat Allergy?

#### Alpha-Gal Syndrome: Understanding Health Implications Summary of Study

This study looks at results from a market research survey by VeganMed Inc. The survey gathered information from people who have a condition called alpha-gal syndrome. This condition can cause allergies to certain medications and health products. The study tries to understand the challenges these people face when finding safe products that won't cause an allergic reaction. Due to the compelling initial findings, the study has two goals. We plan to publish the results with two main goals: 1) to see how often people with alpha-gal syndrome have problems with allergies to these products, and 2) to see how hard it is for them to find alternatives that are safe for them to use.

Jasmine Uchi, Tony Eid, Scott P. Commins, Jeffrey Wilson, Sharon Forsynth, Kimberly Maiton. Understanding Health Related Challenges in Patients with Alpha-Gal Syndrome. DIA Global annual meeting. 2023

#### How do we manage hyperlipidemia in patients with Schwartz-Jampel Syndrome without worsening CPK levels?

Farah Sedki, Mandeep Kaur Rajpal and Tony J Eid. Statin-Induced Myopathy in a Patient with Schwartz-Jampel Syndrome (SJS). California Northstate University Annual Research Symposium. 2023. – Accepted for publication.



# Upcoming Continuing Education (CE) Courses



## Upcoming CE Events AY2023-2024 (4 Items)

We hope you will join us for events listed below.

### Item 1

Capital Leadership Forum, December 12, 2023 – 6:30 to 7:00PM (Virtual)  
New Reimbursement Opportunities - Insights and Strategies shared by a panel of experts.  
Program Chair, Dr. Peter Tenerelli  
RSVP to receive an invitation: <https://tinyurl.com/v5vmxcnu>

### Item 2

2024 Preceptors Conference January 20, 2024 – 8:55AM to 12:00PM (Virtual)  
Dr. Tony Eid, Emcee  
Dr. Shahanara Ahsan - Patient Records Review and Patient Counseling Skills  
Dr. Peter Tenerelli – Professional Development and Cultural Competence\*  
Drs. Ruth Vinall and Suzanne Clark – Team-Based Learning

\*The CA Pharmacy Board adopted a new CE requirement, effective January 1, 2024, for pharmacists and pharmacy technicians to take one hour of CE training on cultural competency as part of their CE training required to renew their license. This course will fulfill that requirement. This CE renewal requirement applies to all pharmacy technicians, pharmacists and advance practice pharmacists whose expiration date is after December 31, 2023.  
[Read more here.](#)

RSVP to receive an invitation to the Preceptors Conference: <https://tinyurl.com/y9wd225d>

### Item 3

2024 Residency Symposium– May 8, 2024 – 5:300 to 8:30pm. (In-Person)  
RSVP to receive an invitation to the 2024 Residency Symposium: <https://tinyurl.com/57y2ckef>

### Item 4

Online Home Study CEs  
Check out our Course Catalog: <https://tinyurl.com/5drb69n8>

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## Highlights AY 2022-2023

Over the past academic year, COP has offered eight live events for CPE credit, and averaging 66 attendees per event. The topics included pharmacogenomics; connecting with patients physically, emotionally, and mentally; immunization updates; pharmacist standard of care; signs of pharmacist burn out; the annual residency symposium; and guidance to narrow gaps in student learning at experiential sites.

## Residency Symposium

Last spring, the 2023 Residency Symposium was held in-person on May 10, 2023, at a Sacramento venue with dinner - sponsored by Sutter Health. Over 60 people attended. We look forward to another successful in-person event this year.

# Thank you

We want to express our deepest gratitude to all of our CNU-COP preceptors who give their time, selflessly, to teach the next generation of pharmacists. Thank you all for being dedicated preceptors and mentors to our students and providing them with a safe and encouraging learning environment.

Thank you for sharing your clinical knowledge and skills with our student pharmacists. We know you all have very busy schedules, and you are still able to teach in action in your busy pharmacies. We want you to know that you all inspire the next generation to advance the art and science of pharmacy and to give great patient care. We appreciate you all!

Happy holidays and cheers to a Happy New Year !

The CNU -COP Office of Experiential Education

HAPPY  
holidays