

CALIFORNIA NORTHSTATE  
UNIVERSITY



COLLEGE of  
PHARMACY

# THE EXPERIENTIAL EDUCATOR

Preceptor Newsletter

X

ISSUE 06

SUMMER 2019



**CONGRATULATIONS  
CLASS OF 2019 FOR  
YOUR  
ACCOMPLISHMENT!**

Featuring: Preceptor Training  
Conference, Preceptor Advisory  
Council, Regional Highlights,  
Resident Spotlight, Preceptor  
Spotlight, Student Spotlight,  
Student Events

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**Our Mission**

To advance the art and science of pharmacy.

**Vision**

To innovate active learning strategies in educating students and practitioners and advance the practice of pharmacy.

**About California Northstate University College of Pharmacy**

California Northstate University College of Pharmacy (CNUCOP) is a pharmacy college dedicated to educating, developing, and training individuals to provide competent, patient-centered care.

CNUCOP offers a progressive educational program that emphasizes active learning, direct patient care experiences, and the role of research in advancing the profession of pharmacy. The goal is to graduate highly skilled pharmacists and promote the expanding role of pharmacy through leadership and lifelong services in the health care system.





# MEET THE EXPERIENTIAL EDUCATION DEPARTMENT CHAIR



## **CHAIR OF EXPERIENTIAL EDUCATION DEPARTMENT**

JEFFREY NEHIRA, BS, PHARM.D, FCSHP

Dr. Jeffrey Nehira obtained his bachelor of sciences degree in Microbiology and Molecular Genetics at the University of California, Los Angeles, and his doctorate of pharmacy degree from University of the Pacific, Thomas J. Long School of Pharmacy. Post-graduation he initially participated in a startup independent pharmacy, Elephant Pharmacy, as well as Long's Drugs.

Deciding to pursue a career in acute care, Dr. Nehira began working as an inpatient pharmacist for Kaiser Permanente, Walnut Creek Medical Center in 2005. Throughout 2005-2007, he traveled throughout Northern California and Hawaii assisting in the implementation and improvement of the EPIC electronic medical record. From 2007-2013, he assisted with the opening of Kaiser Permanente, Antioch Medical Center as Inpatient Pharmacy Supervisor. Dr. Nehira also worked as an inpatient pharmacist at Sutter Health, and assisted with both Worx and EPIC electronic medical record implementations at several Sutter Health hospitals. He has a passion for all aspects of pharmacy, although he primarily focused on Sterile Compounding and Critical Care in ICU, OR, ED, and Oncology, as well as some PICU/NICU.

In 2013, Dr. Nehira moved to Sacramento, CA to be the Director of Pharmacy for Dignity Health, Mercy General Hospital where he had oversight of Inpatient, Outpatient, and Infusion Pharmacy services. During his time at Mercy General Hospital a transitions of care program, meds-to-beds service, pharmacist insulin dosing program, and an ICU satellite were developed in addition to a fully USP<797> and USP<800> compliant sterile compounding area.

Throughout his career, Dr. Nehira has been active in new pharmacist development and has served as a preceptor and mentor for various pharmacy schools and PGY-1 residents. An active member in CSHP, Dr. Nehira is a Past President of his local chapter (Sacramento Valley) and is currently serving as the Mentorship Chair. He was most recently honored by CSHP with fellowship recognition in the Fall 2018 for his commitment to the profession.

Currently, Dr. Nehira is serving as Chair of the Experiential Education Department and Assistant Professor at California Northstate University, College of Pharmacy. In this role, he plans to continue to nurture the pharmacy leaders of tomorrow and advocate for the pharmacy profession.

# A STUDENT'S PERSPECTIVE

*by. Dr. Bo Xuan Joshua Chu*

## FROM INTERN TO PHARMACIST

Pharmacy school is an experience unique to each class; no two years would experience the same trials or challenges. This is especially so due to the new guidelines and new laws that occur. At California Northstate University, what stood out to me the most was our hardworking faculty and the support they give to each class.

When I first entered pharmacy school, I was told that it would be difficult. While school was challenging, the faculty were instrumental in preparing my class to be pharmacists. This was because our faculty never saw themselves as lecturers. Instead, I believe my classmates would title them, Preceptors.



When I first heard the word preceptor, I was not sure what it had meant. Some had informed us it had meant teacher or mentor. It was not until we went on rotations that we fully understood what a preceptor was. It is not easy to explain in words what a good preceptor is to a student. However, if I would try, I would say driven and flexible with a strong focus on caring and developing students.

While I am sure my description cannot fully encompass a preceptor. I know that each one of my classmates have felt the extraordinary care and effort from our faculty here. I can say with my utmost certainty and from my own experience, we students are honored to have been able to call ourselves an intern. A preceptor to a pharmacy student is so much more than "teacher". We will remember your words of wisdom and your teachings and what we will definitely never forget is the time and effort you have spent mentoring us.

# REGIONAL HIGHLIGHTS

## *Greater Sacramento Area*



**DR. TONY EID**

Greetings Sacramento and Greater Sacramento!

I wanted to share a few words highlighting our past year here in Experiential Education (EE) at California Northstate University College of Pharmacy. On May 11th 2019, we graduated our Class of 2019! It was filled with family, friends, and amazing speakers. The class valedictorian, Dr. Krystal Ishii, did an amazing job in bringing the room to emotional tears, highlighting some of the past memories she shared with her class.



We here at California Northstate University College of Pharmacy are honored and blessed to have preceptors whom taking time out your busy and hectic schedules to help and shape our graduates. This past year was amazing; you all have been pivotal in shaping and mentoring our graduates for the Class of 2019. I have said this before and will say it again, we can't do it without you and the people that support you. So, for that, a heartfelt thank you! With that, I would like to highlight some recent developments with the experiential department. We are honored to place our students with Mercy General Hospital. Dr(s) Tammie Nguyen, Elizabeth Pilorin, Justin Louie, Gloria Choi, Eric Fleischbein, and Yen Pham are a wonderful addition to our EE department, and we know that our students will be gaining a rewarding APPE experience. Thank you to Mercy General Hospital for your Support! Lastly, I leave you all with a quote from Steven Spielberg, "The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves." Thank you again,

Tony Joseph Eid, PharmD, REHS, BCACP, APH, CHC, AACC  
Director of Advanced Pharmacy Practice Experience

## *Bay Area*



**DR. WELLY MENTE**

Dear Bay Area Preceptors,

The Experiential Education Department appreciates the hours you spend helping prepare CNUCOP students for their future in pharmacy. We value your contributions to help our students achieve success. A BIG THANK YOU goes out to all of our new Bay Area preceptors who have dedicated their time and effort by signing up as a Preceptor of Record this past year. As we are invited to come together to appreciate and celebrate your role as preceptor on the evening of June 26, 2019, please enjoy the free C.E. and dinner on California Pharmacy Law Update – 2019 Edition.



As a preceptor, there is nothing more professionally satisfying than being recognized by their students for their efforts that have made a positive impact. We welcome you to stay connected with California Northstate University College of Pharmacy from the Bay Area as a preceptor. Please let us know how we can better serve the needs of your student programs.

Sincerely,

Welly Mente, PharmD, FCSHP  
Director of Introductory Pharmacy Practice Experience  
Residency Program Director



# REGIONAL HIGHLIGHTS

## *Southern California Area Regional Coordinator*



**DR. KRISTINE K. THOMAS**

### **New Site/Preceptor**

This year our Los Angeles region has gained a new hospital site- Southern California Hospital located in Culver City (SCH-CC). SCH-CC is a general acute care hospital that utilizes many of the latest medical treatments and technologies. The hospital offers a wide range of inpatient and outpatient acute care services, including an orthopedic center, cardiovascular services, acute rehabilitation, sub-acute care, psychiatric care and chemical dependency programs. In addition, it operates a 24 hour emergency services center, which serves as a paramedic receiving station and is staffed by board certified emergency physicians and nurse specialists. We are happy to introduce Dr. Jackie Vo, who is our esteemed preceptor at SCH-CC. Currently, Dr. Vo is the clinical pharmacy manager and holds important responsibilities such as managing medication safety, regulatory measures, USP 797/800 compliance, pharmacy clinical programs, staff competencies, pharmacy operation and drug budget. We are looking forward to working with you, Dr. Vo!



### **Adventist Health White Memorial Medical Center, Los Angeles- Pharmacy Practice Residency, Class of 2019**

Congratulations to the current pharmacy practice residents- Steven Tran, Chau Tran, Chen-Ching Wang, Tiffany Chu, and Jae Chung for successfully completing their residency at White Memorial Medical Center!! White Memorial Medical Center is a 353 bed, non-profit, faith based teaching hospital, providing a full range of inpatient, outpatient, emergency and diagnostic services to communities in and near downtown Los Angeles. During this rigorous year, the residents gained experience in cardiology, oncology, general surgery, pediatrics, infectious disease, intensive and general medical care. Let's wish the residents best of luck in all their future endeavors!



**DR. HYERYEON NOH**

### **Coordinator of Central Valley Specialty Hospital and Emanuel Medical Center:**

Welcome our new preceptor, Dr. Tramy Nguyen, as she has opened opportunities at the Department of Health Services in Coalinga, CA!

We appreciate your commitment, and the commitment of all of our preceptors to develop our next generation of pharmacists!

As we enter the 2019-2020 academic year, Dr. Hyeryeon (Helen) Noh is now serving as our coordinator of all students rotating through both Central Valley Specialty Hospital and Emanuel Medical Center in Turlock, CA.



Please contact our expert faculty at CNU for coordination of all other students in the Central Valley, Nevada, and other practice sites throughout the world.

IPPE Director: Welly Mente (WMente@cnsu.edu) 916.686.7400 ext.263

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Department Chair of Experiential Education: Jeffrey Nehira (Jeffrey.nehira@cnsu.edu) 916.686.7951

# PRECEPTOR ADVISORY COUNCIL

MARCH 8th, 2019

"WHERE WE  
CAN HEAR  
YOUR VOICE"



We were happy to welcome our preceptors to our biannual Preceptor Advisory Council meeting. It was a pleasure to host them and to hear their voice regarding our program and students. The EE department discussed the recent updates to the program, such as the transition to CORE ELMS, updates to the APPE syllabi, and a review of the ACPE survey.





# PRECEPTOR TRAINING CONFERENCE

*Saturday, January 26th, 2019*

## PHARMACEUTICAL DRUG ABUSE

Chief of Enforcement, Thomas P. Lennox, presented at our CE conference the Pharmaceutical Drug Epidemic, Drug Abuse, and Pharmaceutical Drug Abuse in the Health Care Profession.

*Thomas P. Lennox,  
California State Board of Pharmacy*



## CANNABIS EDUCATION FOR HEALTHCARE PROVIDERS

Dr. Courtney discussed the clinical uses of cannabis in adults and children, pharmaceutical products currently on the market, and outlined California's marijuana regulations, and federal enforcement risks.

*Jennifer R. Courtney, PharmD.  
California Northstate University*





# PRECEPTOR SPOTLIGHT

**Can you tell me a little bit about your background as a pharmacist and how your career unfolded?**

After finishing pharmacy school, I had wanted to complete a pharmaceutical fellowship and thought a good career path for me would be working as a Medical Science Liaison. After I didn't receive an offer for a fellowship, I looked at residency options and ended up matching and completing a PGY1 residency at Desert Regional Medical Center (DRMC). I was always very interested in infectious diseases (ID) throughout school and many of my residency projects were ID/antimicrobial stewardship-related. I thought I would continue my education and complete a PGY2 in ID, but I didn't end up matching to an ID residency. Fortunately, the ID/antimicrobial stewardship program (ASP) pharmacist position opened up at DRMC and the administration team saw potential in me to be able to do some really great things in this position. Since then, I have obtained BCPS, two ASP certifications, and am currently working on obtaining BCIDP. I wanted to bring up my "failures" in this question because for any students that may be reading this, there may be a few turns or roadblocks that occur in our career paths before we get to where we want to be, and it's important to continue striving towards our goals.

**What is the most rewarding aspect of your career?**

The most rewarding aspect of my career so far would probably be winning this award. I truly enjoy helping students unravel the mysteries of infectious diseases and I am humbled and appreciative that they also enjoyed working with me.



Dr. Diandra Ruidera,  
Desert Regional Medical Center, Palm Springs, CA

**What are some of the ways that you are helping to prepare CNUCOP students for their careers as future pharmacists?**

Aside from gaining ID knowledge during my rotation, I try to help my students be better able to recognize and question therapies that are inappropriate, know where to look for the right answers, and be able to present these interventions to physicians in a meaningful way. I also hope that my rotation instills confidence in my students and lets them realize that their role in the healthcare spectrum matters. Our role as pharmacists is sometimes thankless. We're the background workers who are constantly trying to prevent medication errors from occurring to our patients. I want my students to never stop caring and always fight for what's right for the patient.

**What made you decide to go to pharmacy school?**

When I was sixteen years I got my first job as an intern at an independent pharmacy in Manhattan, New York. That internship played a significant impact in my decision to become a pharmacist. I was extremely interested in science and I knew that I wanted a career that could have a meaningful impact on others. After the year-long internship of interacting with patients and seeing the influence that the pharmacist was making in their lives I decided that a career in pharmacy was the right path for me.

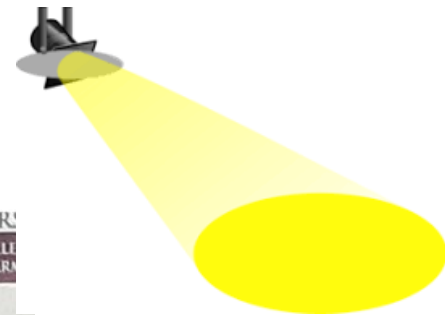
**What do you like most about being a student at CNU?**

At CNU I get to interact with various faculty and staff members who are exceptionally talented individuals some of whom have contributed to my successes thus far. Another unique feature about being a student at CNU is that it offers numerous leadership opportunities on campus that fosters growth and development. Through my leadership experiences I have gained invaluable lessons that I will utilize in my future career.

**What are your long-term goals or plans for your future career in pharmacy?**

My future career plan is to work in the pharmaceutical industry particularly in clinical development to become a clinical-scientist. Being a clinician-scientist will allow me to facilitate research studies to find discoveries that could potentially have a significant impact for the betterment of humanity. I am sincerely passionate about research because finding the answers to unsolved problems is mentally stimulating and challenging. Working in the pharmaceutical industry will offer countless opportunities to interact with various healthcare professionals and scientist alike to help find discoveries that could be worth wild. This career path encourages continual education which helps to foster personal growth and development. I am determined to succeed, and I describe myself as a motivated and driven individual and I believe that these qualities will help me in my chosen career path.

# STUDENT



Student: Shawna Evans

**What do you enjoy most about being on clinical rotations?**

During my rotation I have learned so much about the pharmaceutical industry and most importantly about the various career opportunities for pharmacists within the industry. I have worked on numerous projects that have meaningful impact and to see them come through fruition is extremely exciting and rewarding. At my current rotation I sincerely appreciate the work dynamic, as well as the staff, they are warm and welcoming. These characteristics motivate me to continue to strive to do my best.

**Is there a particular person in your life or in the field of pharmacy who inspires you?**

My mother is my true inspiration because her hard work, strength and determination is my genuine motivation to never give up on attaining my dreams. She has always been my role model and my stimulus to keep pushing forward. Every obstacle that she has overcome has been so inspirational to me and I admire her grit to always strive to succeed. Despite numerous setbacks she has risen above and surpassed all odds. My mother is my number one fan, best friend, cheerleader, prayer warrior and an overall good-hearted person, who I strive to embody.

**What are some of the hobbies that you enjoy when you have free time?**

I have a plethora of hobbies, during my limited free time I enjoy painting, sewing, jewelry making, gardening, hiking, playing softball among other things. Painting in particular is one of my most favorite things to do because it is fun yet therapeutic. Thus far I have accumulated about thirty paintings and I look forward to creating more pieces in the near future.

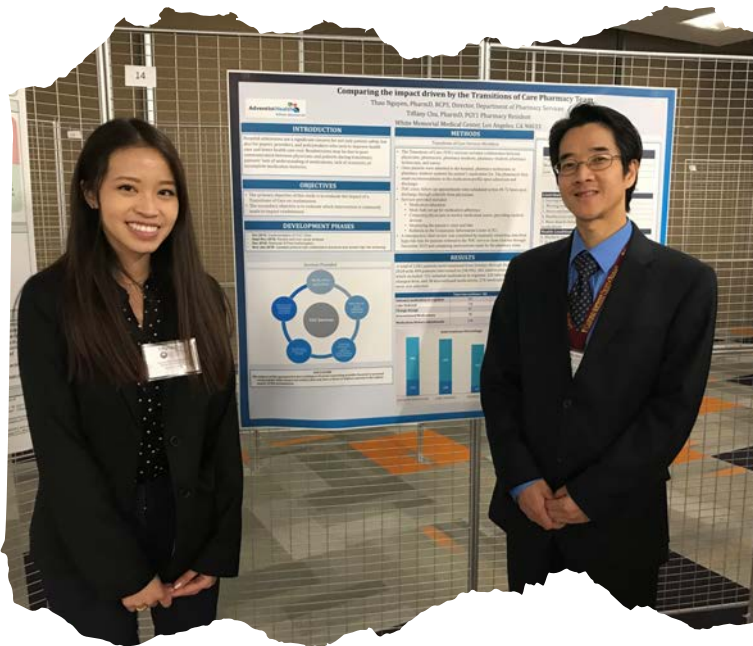


# RESIDENT SPOTLIGHT

Dr. Welly Mente is someone I think is a positive role model. As a resident with limited teaching background, Dr. Mente has mentored me throughout my teaching experience. I appreciate the teaching opportunities Dr. Mente has provided for me such as Team Based Learning (TBL), lectures, clinical oral cases, research day, CNU board review, and the residency symposium.



**Left: Dr. Tiffany Chu Right: Dr. Christina An**



**Left: Dr. Tiffany Chu Right: Dr. Welly Mente**

Dr. Mente has also given me feedback and advice on various teaching styles. I learned how to conduct a lecture as well as how to manage a class. I also learned that it takes experience and time to adjust my teaching style and at times creative in the way I teach in order to engage students. With his guidance, this has allowed me to develop my teaching style and overall become a more confident teacher.

# RESIDENT SPOTLIGHT

## My PGY1 Pharmacy Residency Experience

By: Dr. Christina (So Young) An

As my PGY1 pharmacy residency year is coming to a close, I have found myself frequently reflecting back on my experience over this past year. Securing a PGY1 residency was one of my goals when I started pharmacy school. Although I knew that more opportunities would accompany completing a PGY1 residency, it was also important for me to gain valuable clinical experience. The clinical experience would embolden my confidence to function in a clinical setting. For me, it was the necessary bridge between my pharmacy school education and my long-term goals. I had many ideas of what I thought it would be like in a PGY1 residency. What I could not foresee, however, was how much I would enjoy nearly every aspect of it.



As the sole pharmacy resident piloting a new residency program, I had to endure through some tough and lonely days in the beginning. However, as the days turned into weeks, which later turned into months, I learned different levels of independence. I gained confidence in areas I only dreamt of as a pharmacy student and my peers soon became my friends. Being granted the opportunity to experience a joint pharmacy residency program- acute care and teaching- allowed me to view the various opportunities in the spectrum of the pharmacy world.

One of the largest areas of growth during my PGY1 year was developing more confidence in my abilities as a pharmacist. Unlike others, I did not have much clinical experience outside of my required Introductory Pharmacy Practice Experience (IPPE) and Advanced Pharmacy Practice Experience (APPE) rotations when entering residency. I'll be forever grateful for the opportunity to improve my clinical skills (i.e: as a drug information pharmacist and/or an author of drug monographs) while interacting with different health-care professionals at AHLM. Additionally, at CNUCOP, I gained insight on what it takes to create a lecture, facilitate various labs, and speak in public and formal classroom settings. With all the various exposures I gained at Adventist Health Lodi Memorial (AHLM) and California Northstate University College of Pharmacy (CNUCOP) this past year, I believe it has helped me become a more well-rounded, confident individual and a pharmacist. This was truly a once in a lifetime opportunity and a fulfilling year of growth that I wouldn't trade for anything in the world.



# SACRAMENTO RESIDENCY SYMPOSIUM



***"Providing registrants with educational CE and Residents the opportunity to showcase their year-long project."***

The Sacramento Residency Symposium held each year at the California Northstate University College of Pharmacy is a unique professional event which provides pharmacy residents an opportunity to share their year-long project with pharmacists, faculty and students. This past May was our tenth Annual Residency Symposium. The Agenda consisted of eighteen PGY1 pharmacy residents who presented on various topics ranging from "Impact Driven Transitions of Care" given by Dr. Tiffany Chu to "Correlations of Inpatient Hospital Falls" given by Dr. Christina An. This event provided registrants with education C.E.s and residents the opportunity to showcase their year-long project.



# STUDENTS & THE COMMUNITY



## PHARMACY INTERNSHIP FAIR 2019

Pharmacy Internship Fair provides students with the opportunity to network with different companies and learn about potential internship opportunities within the pharmacy field.

## DRUG PREVENTION EDUCATION

Students from APhA/CPhA-ASP had a table to educate students and their parents on prescription drug misuse and naloxone access. It was for a small festival before and after the race for the Christian Brothers High School 5k run on April 6th at 9am at William Land Park. This event was a fundraiser for their student clubs and organizations. They are non-profit.



## SSHP WELLNESS EXPO 2019

CNUCOP's Student Society of Health-System Pharmacists (SSHP) volunteered at the Sacramento MLK Wellness Expo at Grant High School. Students had the opportunity to educate the community about diabetes, different uses of medicine, and also provided glucose screenings.

## LEGISLATIVE DAY

The annual California Pharmacy Legislative Day is a collaboration between the California Society of Health-System Pharmacists (CSHP) and California Pharmacists Association (CPhA). This important grassroots effort will provide insights and information related to legislation affecting pharmacists who work in all practice settings.

