



The
Official
Newsletter
of
California
Northstate
University,
College of
Pharmacy

The Pride



Spring
2019



Dear Classes,

The Class of 2019 Commencement is around the corner. Your senior classmates will be leaving us to build their career and future. They have accomplished their dream to become pharmacists and health care providers...To the Class of 2019, you are my Class as we started together, my best wishes to you!! Study hard, score high, and have a great career that every day is a vacation to you... For the P1, P2, and P3 students, best wishes to you on progressing to the next step towards your dream! You will make it!

The faculty, staff, and I are very proud of all your accomplishments and your daily efforts to move forward in achieving your dream. A few highlights...Our P3, Anhao Sam (now P4 soon to be) has been the 2019 recipient of the prestigious Excellence in US Public Health Award! This is the fourth time back to back for the CNU students (2016 -17-18 -19)...Sam joined Melissa Kimura, Emily Dang, and Ella Mokrushin in being the US Public Health Award recipient. Congratulations also to P3 Britney Satow who joined Vinna Nam (P3 winner in 2018) to be the 2019 Walmart Scholar!

Good effort is rewarding...I would like to share with you the fruit of your efforts and self-discipline in managing your study...The P1, P2 Milestones, and the P3 PCOA scores have improved significantly. The results comparing the class of 2019 mock NAPLEX examination, from a national vendor administered in 2018 and again recently in 2019 after the rotations, have shown 98% of the students improved. This validated that the Longitudinal Pharmacy Practice Examinations (LPPK) administered during the rotations to help students in keeping up with their knowledge, especially Law, Calculations, Biostatistics, and Pharmacokinetics... have worked. Your dedication to your studies and your professionalism in addressing issues makes us proud!

On behalf of all faculty and staff, I wish you continued success and achievements in the pursuit of your dream. Thank you for your services to the Community and the University, College of Pharmacy.

Have great rotations, have a great summer, and achieve good results with the Board examinations. Be safe, rest well, and see you back soon 😊

Dean Tran



"TO ADVANCE THE SCIENCE AND ART OF PHARMACY"

Faculty SPOTLIGHT

Dr. Priyanka Singh

I was born in Surat, India and my family moved to Virginia when I was eight years old. I grew up in Plainfield, IL (about 1 hour south of Chicago). I graduated with my PharmD degree from Drake University in Des Moines, IA, then I pursued a PGY 1 residency at Loma Linda University Medical Center. After I completed my residency at LLUMC, I was offered a position at Riverside County Regional Medical Center to develop a role for pharmacists in the emergency department. I have worked as pharmacist in the Emergency Department for close to ten years—I enjoy every moment of being a part of multidisciplinary team!

Why did you choose to become a professor?

As I reflect back to a time when I was at Drake University, there are several professors who have mentored me (still mentor me to this day) to become the pharmacist that I am today. I hope to mentor more future pharmacists and advocate for our profession.

What brought you to become a faculty member here at CNU?

My husband relocated to the Sacramento area for his career. I was recently an Assistant Professor at West Coast University College of Pharmacy. I enjoy bringing clinical experience to the classroom setting.

*“It is no small matter to know
that upon your skill and
knowledge a life may depend.”*
-Anonymous

What are you currently involved in on campus?

Currently, I am one of the board members for Sacramento Valley Pharmacists Association. I am currently organizing the Residency Symposium this year with CSHP-SV.

Do you have any hobbies outside of pharmacy?

My hobbies include scrapbooking, running, traveling, and classes at OrangeTheory :) My time outside of pharmacy is occupied with an energetic three year old daughter at home—I enjoy spending time with her at parks, the zoo, amusement parks, and seeing life through her eyes.

What is the most helpful advice you have received?

Always keep your options open—never turn down an opportunity that comes your way. Pharmacy is constantly changing and we should take the opportunity to explore the new roles of pharmacists. I believe this will help in advancing our profession in the future.

What are your goals for the future?

My long term goal is to develop a residency program at a clinical site with CNU and work directly with pharmacy residents and students to assist them in reaching their goals.



What is the best part about being a CNU faculty member?

The best part of being faculty here is working with the students. I enjoy interacting with students whether it is via playing a Kahoot game, one-on-one mentoring, or engaging students to go a step forward towards reaching their goals.

Welcome to the Family

Congratulations Winners

APhA's Patient Counseling Competition



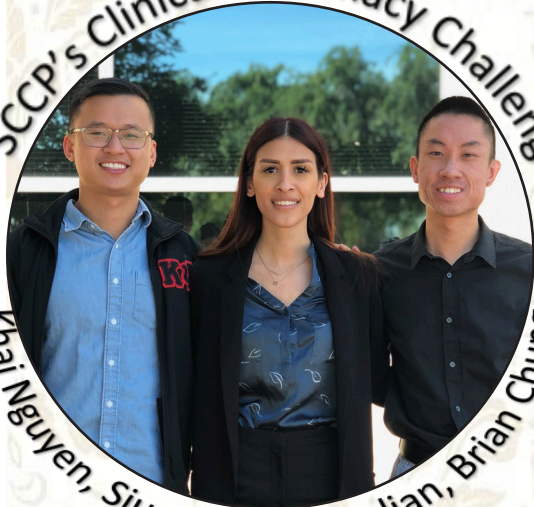
Sukhpreet Gill

SNPhA's Spelling Bee



Zenia Sogata

SCCP's Clinical Pharmacy Challenge



Khai Nguyen, Siuneh Iessaghlian, Brian Chung

SNPhA's Clinical



Lauren Haugh, Elizabeth Browning

Skills Competition



Mankush Kaur, Edit Muradyan

SCCP's Clinical Research Challenge



Arienne Dagdag, Tiffany McMurtry, Melinda Nguyen

AMCP's P & T Competition



Jeffrey Chen, Vivia Phu, Aya Elhage, Adarch Konda

Congratulations Winners

APhA/CPhA's



Lynn Le, Brian Chung

Quiz Bowl

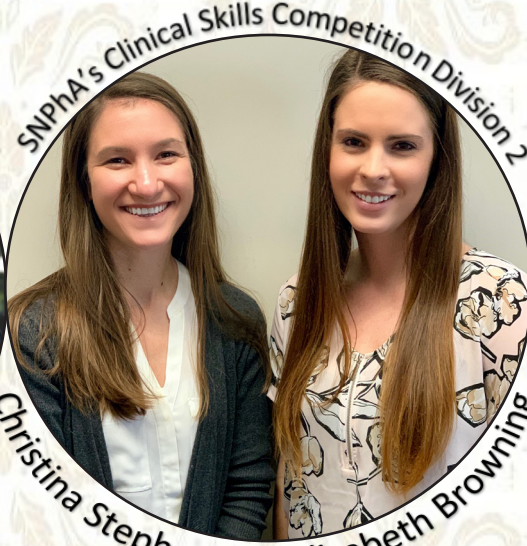


Tin Le, Kaman Wen, Andrew Huynh



SNPhA's Clinical Skills Competition Division 1

Justin Nguyen, Jeffrey Chen



SNPhA's Clinical Skills Competition Division 2

Christina Stephenson, Elizabeth Browning

SCCP's SOAP Note Competition P2's



Alaina Narvasa, Kim Moll Lee, Aleks Foksha, Stephan Le

SCCP's SOAP Note Competition P1's



Sang Phan, Maria Surti, Hang Nguyen, Junting Liu

SCCP's SOAP Note Competition P3's



Dorothy Ha, Michael Kent, Sarah Kim, Christina Stephenson

Alumni SPOTLIGHT

Sir Knight Dr. John Chris Adricula

Sir Knight Dr. John Chris Adricula at your service. Son of Dennis Adricula & Marilyn Tacal hailed from Alimodian, Iloilo, Philippines. Born in Downey, CA raised in Paramount & Bellflower, CA (SoCal cities). Graduated rank 4 from Bellflower High School in 2005, Bachelor of Science in Biochemistry from UCLA in 2010. Graduated from CNU in 2015. Joined the Knights of Columbus in 2017 and earned my Sir Knight title in 2018. Things I like to do in my free time are watching E-sports, playing video/PC games, volunteering at my local church through the Knights, and being an avid k-pop fan. You should checkout my social media:

[instagram.com/jcadigital](https://www.instagram.com/jcadigital)

What were you involved in during your time at CNU?

Phi Delta Chi, Student Ambassador Advisory Council, SSHP, and SNPhA.

What is your proudest achievement during pharmacy school?

Getting my name on the P.R.I.D.E. award plaque and getting a lot of graduation cords from all the organizations I was a part of.



Any words of wisdom for current pharmacy students?

Take advantage of being a student; it is the greatest time to explore and learn. Priorities will change once you graduate and it is nice to have that diverse experience to better prepare for whatever may come. Seek balance; once you start working it is kind of hard to take time off to enjoy other aspects of life, so go to that concert or music festival, travel, and go to conferences.

What is your fondest memory during your time at CNU?

My time with Phi Delta Chi. Whether it would be a professional or social event, it was always fun and enlightening to be surrounded by amazing people which I can call my second family, and my home away from home. To this day I am still involved with Phi Delta Chi by being a preceptor and giving them support whether in the form of scholarships or just showing up to events. Also, during my time as President of the Student Ambassador Advisory Council, it was fun working with Jason McDowell and getting students involved with potential candidates for the school.

Where has your career in pharmacy taken you since leaving CNU?

I am currently a Staff Pharmacist at Rite-Aid.

Student Achievements

Rho Chi Initiates

Class of 2021

Ayeh Barekat
Elizabeth Browning
Raymond Chau
Anna Chin
Christie Hall
Lauren Haugh
Siuneh Iessaghlian
Kamalpreet Jhutti
Sarah Joud
Khai-Quang Le
Jennifer Magness
Anh Nguyen
Bichvy Nguyen
Jacqueline Saechao
Jamieson Thom
Keith Thor
Nhu Vo
Gursimran Walia
Janice Wang
Janie Yu

Class of 2020

Gurpreet Bains
Mankushpreet Kaur
Kimberly Lam
Oanh Ma
Ruthy Tran

PRIDE Award Recipients

Class of 2019

Joshua Chu
Emily Deng
Ying Lam Ho
Que Huynh
Judy Wu

Class of 2020

Alexa Ang
Alan Do
Aya Elhage
Jonathan Gonzalez
Tiana Le
Valerie Lee
Ella Mokrushin
Carla Nicdao
Viet Nguyen
Chikere Nwokeji
Vivia Phu
Hsing Tu Sung

Phi Lambda Sigma Initiates

Class of 2020

Alexa Ang
Aya Elhage
Shawna Evans
Jonathan Gonzalez
Truc Le
Yochabel Loyola
Carla Nicdao
Britney Satow

Class of 2021

Helena Carmon
Jeffrety Chen
Arianne Dagdag
Kristine Kuzni
Tiffany McMurtry
Christina Nguyen
Melinda Nguyen
Jacqueline Sachaéo
Jamison Thom

Student Achievements

2019 Admissions Scholarships

Yu An Cho
Hang Nguyen
Sang Phan
Sapna Sahota
Daljot Singh
Ion Tudos

2019 Superstar Awards

Krystal Ishii
Jasleen Sidhu

2019 Rising Star Award

Khai Nguyen

2019 Walgreens Diversity Awards

Tin Le
Arooj Fatima
Tracy Huang

2019 Walgreens Multilingual Scholarships

Tracy Huang
Tin Le
Angie Ung

2019 US Public Health Service Excellence in Public Health Pharmacy Award

Anhao Sam

2019 Northern California Education Foundation Awards

2019 Academic Merit Scholarships

Ella Mokrushin
Anhao Sam
Ryan Sauer
Christina Stephenson

2019 Tuition Assistance Scholarships

Dina Alemi	Kayla McCann
Devan Amaral	Viet Nguyen
Ayeh Barekat	Trung Pham
Devon Hood	Anhao Sam
Tin Le	Ryan Sauer
Truc Le	Christina Stephenson

2019 Students of the Year

P1
Julie Lam

P2
Luis Tolento Cortes

P3
Anhao Sam

2019 Mylan Pharmaceuticals Awards

Shirley Shuang
Yun Zhu

2019 Dean's Scholarships

Shawna Evans
Christina Stephenson

2019 President's Scholarships

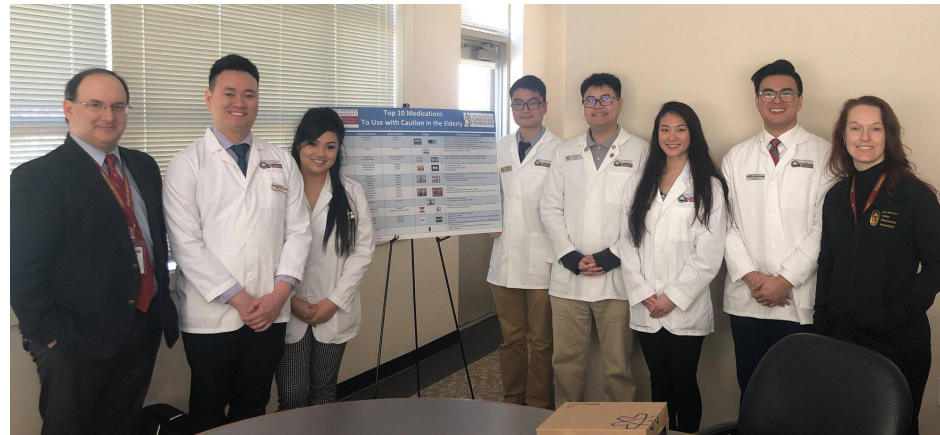
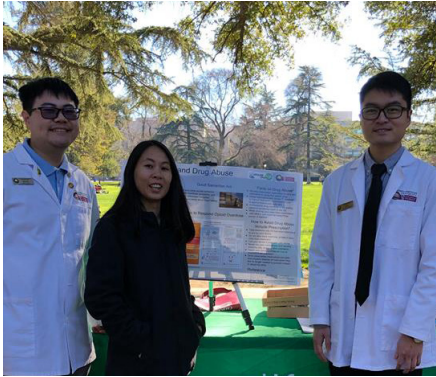
Rohit Bassi
Elizabeth Browning
Tin Le
Ella Mokrushin

Highlights of The Semester



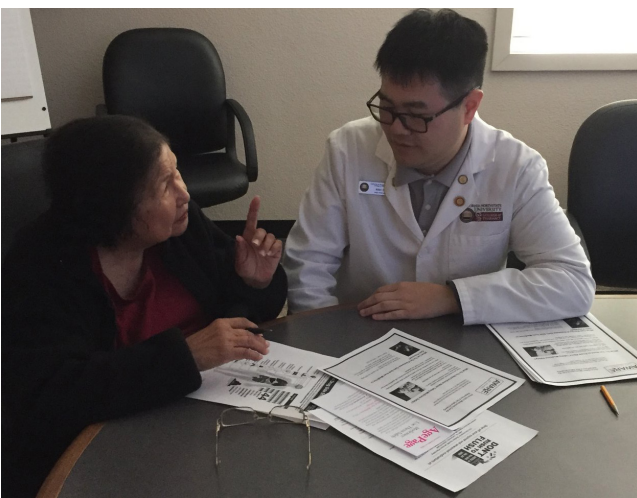
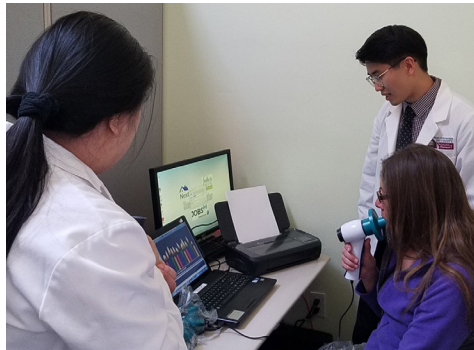
Students attended a Wellness Expo to teach the community about poison control and provide blood glucose screenings.

Students participated in Drug and Alcohol Facts Week to help shatter the myths about drugs. Students went to UC Davis to educate students on opioid misuse and abuse and naloxone education.



Students traveled to the ACC Senior Service Center in Sacramento to present information about medications to use cautiously in the elderly, medication safety, and medication adherence to the residents.

Spirometry screenings were performed by students at the Francis House in Sacramento.



COMMUNITY Health Fairs SERVICE

Student SPOTLIGHT Anhao Sam



Tell us about yourself.

I have lived all over, but most recently I am from San Diego. I received my BS in Pharmacology from UC Santa Barbara. Currently, I am part of the Doctor of Pharmacy/Master's in Pharmaceutical Sciences dual degree program at CNU as a Class of 2020 member.

What board member positions do you hold?

I am SBC President and Phi Lambda Sigma President.

What are you involved in at school?

Student government, Pharmacy Leadership Society, Kappa Psi, and research.

What awards/scholarships did you receive this year?

2019 US Public Health Service Excellence in Public Health Pharmacy Award

Class of 2020 Student of the Year

CNUCOP Academic Merit Scholarship

CNU MPS Research Award

UC Davis 24th Annual Cancer Research Symposium, 2nd place poster presentation

CNU 3rd Annual Translational Research Symposium, 1st place poster presentation

NCEF 3rd Annual International Healthcare Symposium, 1st place poster competition

Tell us about your research.

I have been doing research with Dr. Vinall on her prostate cancer project for the past two and a half years. Her research aims to decipher the molecular mechanisms underlying the disparity in prostate cancer outcomes between Caucasians and African-Americans.

How has research helped better your career in pharmacy?

In the field of pharmacy, few have research experience. So I believe this to be a significant differentiator.

What has been your greatest challenge in pharmacy school?

Time management. Being involved in so many activities, along with family, requires using your time efficiently.

Any advice to students who want to become involved in research?

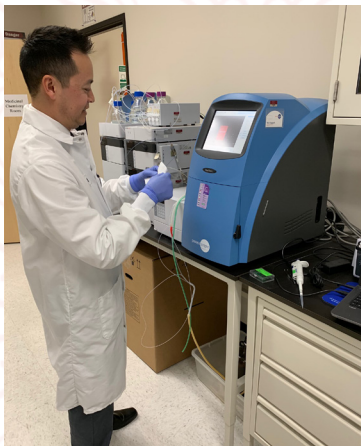
There are plenty of opportunities for research. Take the time to explore what is available at CNU – go talk to faculty!

What APPE rotation are you most excited about?

I am most excited about my rotation at Bristol-Myers Squibb in New Jersey. I'm looking forward to learning more about this biopharma company and the industry!

What would people be surprised to know about you?

I really miss riding. I used to ride a sport bike (Ninja ZX6R) to work; it was the best part of my day!

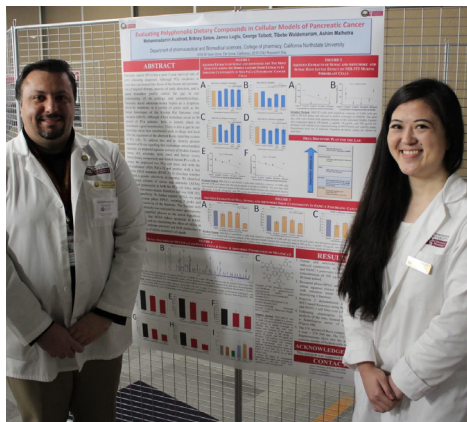


Highlights of The Semester

Our students had the opportunity to visit Gilead, an American biotechnology company. Students learned about career opportunities available within the pharmaceutical industry.



Exploring the World of Pharmacy



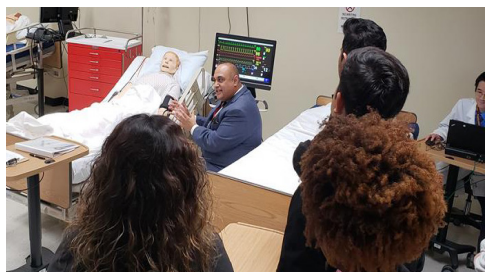
This year's Annual Translational Research Symposium was full of posters and presentations from students and faculty.



The Pharmacy Internship Fair provided students the opportunity to learn about potential internship opportunities in the pharmacy field.



COP's Winter Open House gave potential applicants the chance to learn more about the program and enjoy hands-on activities.



Dr. Alkhoury gave a presentation on the importance of medication adherence.



Congratulations Class of 2019

Some members of CNU are graduating, and moving on to their careers, while others are traveling to their APPE rotations. During this time, it is important to remember that we are family. California Northstate will continue to unite us beyond its four walls. The students leaving allow us the joy of welcoming new students next year. Remember this as you wish them good luck in their future endeavors. To the graduating class of 2019, we wish you all the best in the years to come; your future is bright!

Upcoming Events

**Sacramento
Residency
Symposium**

May 8th

**Class of
2019
Commencement
Ceremony**

May 11

**CPhA's
Leadership
Development
Weekend
July 20-21st**

**SNPhA's
National
Convention**

July 26- 29th

**Have a
Great
Summer!**