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LETTER FROM THE EDITOR

Experiential Education Vision: *Shaping future Pharmacist Practitioners to advance the art and science of pharmacy practice.*

Experiential Education Mission: *To facilitate the application of classroom knowledge to clinical settings as students assume the practice of patient-centered care, and learn to become competent Pharmacist Practitioners through collaboration with their peers, preceptors, and other health care professionals.*

Dear Preceptors,

On behalf of the California Northstate University College of Pharmacy (CNUCOP) Experiential Education Department, I am very pleased to launch the first issue of *The Experiential Educator*. The purpose of this publication is to effectively circulate information that is useful and of interest to you, our valued preceptors. In the content of this publication, you can expect to see general updates and reminders, consistent coverage of college events, interviews with preceptors and students— even basic E-value tips.

Whether you have just recently become affiliated with our university, or have been with us for some time, we recognize your individual contribution to the achievement of our students. It is through your continued collaboration with our department that we can achieve the highest level of success for all students. It is my hope that this newsletter will serve as a resource to facilitate networking by closely connecting you with the CNUCOP Experiential Education Department, as well as the preceptor community as a whole.

If you like the idea of consistent communication amongst preceptors and the Experiential Education Department, perhaps you may wish to serve as a member of our Preceptor Advisory Council (PAC). For more information about the PAC and how you can expand your role in our preceptor community, please see "PAC" at the bottom of page six, under our [Preceptor Resources Corner](#).

Additionally, if you would like to share any highlights of your work experience or any information that you feel is relevant for future inclusion, please feel free to contact me directly (contact info is available on page 8).

I sincerely hope that you enjoy reading *The Experiential Educator* and look forward to future issues. Thank you for your hard work and dedication to our students!

Sincerely,

Mallory Smith

Mallory M. Smith
Editor

mallory.smith@cnsu.edu

MESSAGE FROM THE DEAN

Dear Colleagues,

It is a great honor to present the first edition of *The Experiential Educator* newsletter to you. I have had the privilege of meeting some of you already during my visits to various sites, as well as during meetings and conferences. For those of you that I have not met yet, I would like to share the philosophy of CNUCOP with you; it is centered on forming a scholarly community among our College of Pharmacy and the professional pharmacy practice communities. With this in mind, I hope that you will use this newsletter as a foundation for communication amongst all of us. I would also like to invite you to serve on our Preceptor Advisory Council (PAC). I am looking forward to meeting all of you at our First Annual

Preceptor Conference on June 18th, as well as the Annual Preceptor Appreciation Banquet on July 13th. Thank you very much for working in conjunction with us to educate the upcoming generation of pharmacy practitioners.

Dare to Dream!



Sincerely,

Hieu T. Tran

Hieu T. Tran, PharmD
Dean & Professor
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CONGRATULATIONS TO



Cheers! President, Dr. Alvin Cheung, accepts his gift from the students, & raises a glass to the C/O 2016. "Thank you for helping us grow—from C/O 2016!"

Schweitzer [RADM, Assistant Surgeon General, CPO Pharmacy U.S. Public Health Service] and graduate, Dr. Jessica Scheffler, left everyone excitedly awaiting Sunday's ceremony.

The graduation ceremony was held on Sunday, May 15th, at the Memorial Auditorium in Downtown Sacramento. Dr. Farzaneh Sara Agahi led her fellow students into the auditorium, as Mrs. Gail Kubat, a member of the CNUCOP Admissions staff, sang a beautiful rendition of the national anthem. Both Dr. Alvin Cheung and Dean Tran gave heartfelt welcome speeches, followed by Co-Presidents of the Class, Dr. Shaghayegh "Nikki" Tareh's and Dr. Dhruv Bhakta's, address to the student body. A sentimental tone hung about the room as Dr. Tareh and Dr. Bhakta recalled highlights and memories of their former years.



Co-Presidents of the C/O '16, Dr. Nikki Tareh and Dr. Dhruv Bhakta, recall some of their warmest moments at CNUCOP during their student address.



Posing for the Paparazzi! C/O 2016 graduates take "selfies" at the Graduation Dinner Ceremony.

Following the students' address, guest speaker, Dr. Pamela Schweitzer [RADM], gave a commencement address. During her speech, she discussed how her own professional endeavors were shaped by her dream of flying, extending this as a metaphor to the journey of the Class of 2016, as they began their soar to success. At last, each graduate ascended the stage beaming with pride and honor, as they accepted their degrees and were hooded by CNUCOP faculty members.

After each student was hooded and all degrees were conferred, Dr. Jim Walsh, concluded the ceremony with the Oath of the Pharmacist. Although the end of this joyous ceremony marked the close of a significant chapter in each student's life, it also marked the beginning of each student's progression forward into the professional sphere. It is with great honor that the CNUCOP Experiential Education Department wishes our Class of 2016 graduates the best of luck in their future endeavors! ■



Dr. Pamela Schweitzer [RADM, Assistant Surgeon General, CPO Pharmacy U.S. Public Health Service], gives a thought-provoking commencement address



"I will apply my knowledge, experience, and skills to the best of my ability to assure optimal outcomes for my patients."

THE CLASS OF 2016!

COLLEGE & UNIVERSITY AWARD RECIPIENTS



Walgreens Diversity Scholarship Award:
Shaghayegh Tareh



Natural Medicines 2016 Recognition Award:
Jessica Sheffler



Super Star Award: Henry Yu



TEVA Pharmaceutical Outstanding Student Award: Kimberly Han



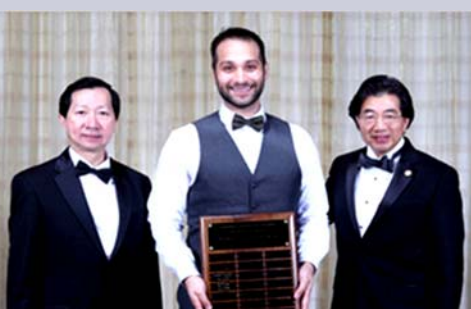
CNU Award for Excellence in Leadership:
Jessica Sheffler



CNU Award for Academic Excellence:
Henry Yu



CNU Vice Presidents' Leadership Award:
Alice Kwok



CNU Award for Excellence in Community Service Award: Saul Lerma



The Mylan Institute of Pharmacy 2016 Excellence in Pharmacy Award: Myron Phillip Todd



Lilly Achievement Award:
John Promlap



CNU Award for Excellence in Research: Seumsack Sontakoune

"I will utilize my knowledge, skills, experiences, and values to prepare the next generation of pharmacists."

Preceptor Spotlight

Dr. Sean Allman



What is a typical day like for you as an HIV Pharmacist?

Since I received my credentials in November of 2015, I have typically worked with patients who are eligible for the MIRIXA platform—a clinical documentation tool used to monitor HIV patients, direct pharmacy intervention and Comprehensive Medication Review (CMR) calls. The essential goal of utilizing this platform is to evaluate and maximize safety and efficacy of medications, while simultaneously capitalizing on medication and healthcare cost effectiveness. I use the MIRIXA platform to prevent physician and ER visits, monitor drug interactions of serious HIV and anti-viral medications, and offer alternative medications at a lower cost to patients. It can take hours to complete the physician summary letters, medication summaries, and interventions needed, as it involves paying careful attention to many clinical details. These steps are not a part of a typical five minute patient counsel.

Can you tell me a bit more about your other credentials?

Recently, I became certified to administer intragluteal and deltoid injections of Schizophrenia medications, including Aristada®, Abilify® and Inbega®. I can now accept patients and complete the injections on site in our vaccination center – the whole process takes about 30 minutes to complete patient forms, patient counseling, and preparation for injections. Specialty injection drugs are highly complex and can be dangerous, so they require close monitoring, special handling, and administrative processes. Specialty Pharmacy is centered on products that treat Crohn's Disease, Cancer, Hepatitis C, HIV/AIDS, Schizophrenia, Rheumatoid Arthritis, Infertility, etc. Injections are a fast segment of the drug market sector, but rather than being intimidated by the process, I seized the opportunity to become involved in Specialty Pharmacy. Also, I recently took an exam to receive my hormonal contraceptive certification so I can now prescribe birth control to patients in the pharmacy without physician approval. This process involves being heavily familiarized with therapeutics and which form(s) of medication will work best for each specific patient.

What is the most rewarding aspect of your career?

Being able to play a significant role in the healthcare field and knowing that I can make a positive impact on the healthcare system with my training and skills. The role of the pharmacist is changing; pharmacists in the retail setting are commonly act-

ing as clinical decision makers regarding medication and the optimization of patient care. We work with the healthcare team of nurses, therapists, dentists, physicians, and their assistants to provide patient-centered care. It is extremely rewarding to play such a pivotal role in caring for patients. It makes me feel accomplished when people tell me that I helped improve the quality of their lives.

What do you find most challenging about your role in the pharmaceutical sphere?

At Safeway, my greatest challenge is completing all of my administrative tasks as the Pharmacy Manager, in addition to meeting all of my responsibilities as a clinician. I balance precepting students, scheduling, completing evaluations, inventory management, healthcare returns management, communication, and working to increase our clientele base with the rest of the responsibilities that I mentioned before.

Currently, what are your professional goals?

In the short term, I would like to continue my work with the Preceptor Advisory Council at CNUCOP because I think that some of my ideas may help students succeed. Also, I am working towards completing an HIV Continuing Education presentation this summer based on current guidelines involving pregnancy in HIV patients. My long term goal is to develop a specialty injection protocol at my location for drawing more patients and administering more injections.

What kinds of electives are you offering at your site and how do they help prepare future pharmacists for their careers?

To give you an idea of what I'm doing with my current students; all of the students are given passwords and usernames to platforms, such as Outcomes and MIRIXA. Using these platforms, they work independently to monitor drug therapy outcomes and document the care they provide for patients. Students monitor patient education activities, oversee specialty injections, obtain lists of patient medications, evaluate dosages, and assist with Medication Therapy Management (MTM). Additionally, they research and monitor adherence to the Department of Health Services and CDC guidelines in assessing the most appropriate way to deal with a patient. Students also use reference guides including Medline®, Micromedex®, Lexicomp®, The Orange Book, scholarly articles, and other updated literature to educate themselves on site. Students re-

ally get a feel for the technical processes of how we operate in the pharmacy- for example, how to use the healthcare returns management system. Essentially, they have the opportunity to apply a vast number of differentiated aspects of the knowledge they acquire in school to the real-world setting.

What are some of the ways in which you incorporate aspects of the holistic care approach to pharmacy in your practice?

I am a major supporter of the holistic approach and encouraging lifestyle changes in order to increase overall health. In our training programs and counseling, we incorporate lifestyle modifications involving diet and exercise. I recently gave a diabetes lecture in which I discussed the importance of integrating these aspects into diabetes care. I also ran a clinic in San Francisco to educate patients on healthy eating habits, during which we had a registered dietician on duty. Students on rotations at Safeway participate in diabetes care and are present during consultations. Students are also involved in a Pharmacist and Patient-Centered Diabetes Care Program through APhA, in which they become familiarized with the importance of weight control, lifestyle, diet modifications, and smoking cessation to overall patient health.

What kinds of tips or advice would you offer to current pharmacy students as they pursue their education?

I advise them to achieve their maximum potential through the completion of a residency in the future. A residency will allow students to gain the specific knowledge, training, and tools to work in any setting - be it hospital, retail, a dialysis center, clinical setting, etc. If students are unable to complete a residency, they can always work on attaining credentials and expanding their knowledge base to move in the current direction that pharmacy is shifting towards. Specifically, students should focus on specialization. Since the MMA Act of 2003, it has become a lot more common to see specialized pharmacists working in different settings—even in retail.

What are some of your hobbies outside of work?

I really enjoy surfing. I am also involved in charity work in the community. I have participated in the MS Society's "Ways to Wind" event six times in the last seven years and three cycling events to raise money for the Oakland public schools.

"The role of the pharmacist is changing; pharmacists in the retail setting are commonly acting as clinical decision makers regarding medication management and the optimization of patient care."

Student Spotlight

Melissa Kimura

How did you discover that you wanted to go to Pharmacy school?

Growing up, I always wanted to work in the medical field. Originally, I thought I wanted to be a doctor until I got to high school, and discovered that I hated Biology, but loved Chemistry. I became really interested in the clinical aspect of Pharmacy. I started going to doctor's offices with my parents and asking about all of the medications. When I went to my mom's family doctor, she would take the time to answer as many of my questions as she could. Now, she jokingly tells my parents to ask me questions about any of the drugs she prescribes them.

How did it feel to have the Rear Admiral, Assistant Surgeon General, Chief Professional Officer (CPO) U.S. Public Health Service, Pamela Schweitzer, present the Excellence in Public Health Award to you at the Class of 2016 Graduation Dinner?

Although I knew that I had won the award ahead of time, having Dr. Schweitzer present it to me was a true honor, and made it feel more real...it turned out to be more of an accomplishment than I initially thought. I also got to speak with her afterwards and am excited to say that I will be going to Washington D.C. in July to meet with her. I will also be working on a presentation with her and a pediatrician from my hometown, Fresno, in November 2016.

Can you tell me about some of the highlights of your contributions to Public Health in the last year or two?

I am currently serving as the President of the American Pharmacist Association – Academy of Student Pharmacists (APhA). This year, I was involved in the APhA Heart Walk, advocating for patient heart health and raising donations to beat cardiovascular disease. In addition, I have organized free influenza immunization clinics at events such as the Lunar New Year Flower Festival. I also organized the Harper and Education Health Fair in Vacaville as a part of the "Operation Self-Care" program. Through this program, I collaborated with other CNUCOP students to offer patient counseling on pharmacological and integrated approaches to managing heartburn. In 2015, I began a syringe accessibility research project with seven other students, which has since grown into a Continuing Education course for doctors and nurses. I am also working on a project to educate children and teens about OTC medication safety and literacy.

Thus far, what was your favorite project that you organized/volunteered to help with and why?

My favorite project so far was the APhA Heart Walk. It afforded me a great opportunity to educate people about heart disease and other heart conditions, including how to manage them aside from simply taking prescription medications. It's surprising how many people say that, while they know they have a condition, they do not know how to treat it, or are given prescriptions from doctors and dismissed with little knowledge about the condition itself or what to do next.

I've noticed that you frequently volunteer to organize efforts geared towards the underserved communities in Sacramento. Did anything in particular inspire you to do that?

Based on my own experience as well as that of some of my family members, I know that doctors do not always have enough time to go in depth with their patients. When I administered free blood pressure screenings at the South Sacramento Turkey Giveaway last year, some people were devastated when they found out that they had high blood pressure, yet were unaware of the factors that may have caused it. This was very eye-opening to me, as I realized that people like me need to reach out to the people in these communities. Otherwise, they will have limited access to health education and resources.



Melissa and her husband in Bangkok, Thailand.



From Left to Right: Dean Hieu Tran, PharmD, RADM, Assistant Surgeon General, CPO Pharmacy U.S. Public Health Service, Dr. Pamela Schweitzer, Melissa Kimura, and CNSU President, Dr. Alvin Cheung after she received the Excellence in Public Health Award– she was the only P3 to win an award at the C/O '16 Dinner

What do you like most about being a pharmacy student at California Northstate University?

I really enjoy all of the opportunities that students can gain here. There are many existent opportunities to show leadership in the community that students at other schools may not have. However, it is ultimately up to students whether they possess the motivation to take advantage of them.

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

My greatest inspirations in the field of Pharmacy are my teachers and my preceptors. Although she was not a pharmacist, my grandma was also a huge inspiration to me from the time I was young. She volunteered at a hospital several times a week, which inspired me to call St. Agnes Hospital in Fresno, CA every year until I could become a junior volunteer at age 13. I volunteered there every year throughout junior high and high school. I am very grateful for that experience and for the example that my grandma set for me. She really incited my interest in helping people in need.

Is there anything that the readers don't know about you that you would like to add?

I used to dance ballet, jazz, and tap in college, and have been in multiple dance shows. Once, I was selected to participate in a dance show in which I was paired with a member of the competition tango team. I had to learn how to dance tango with partners who already had excellent experience with it. It was a challenging, yet fun experience.

What are some of your hobbies when you are not busy volunteering or going to school?

In the past few years, I have become very interested in international travel. Last summer, my husband and I took a five week honeymoon, during which we went to Thailand, Indonesia, Bangkok, Phuket, Bali, Japan, etc. At home, I enjoy spending as much time as I can with my niece and nephew. I am also really into CrossFit and running.

The Preceptor Resources Corner

Important Dates:

APPE ROTATION CALENDAR 2016-2017

Description	Start Date	End Date
A Block	Monday, May 16, 2016	Friday, June 24, 2016
B Block	Monday, June 27, 2016	Friday, August 5, 2016
C Block	Monday, August 15, 2016	Friday, September 23, 2016
D Block	Monday, September 26, 2016	Friday, November 4, 2016
E Block	Monday, November 7, 2016	Friday, December 16, 2016
F Block	Monday, January 2, 2017	Friday, February 10, 2017
G Block	Monday, February 13, 2017	Friday, March 24, 2017
H Block	Monday, March 27, 2017	Friday, May 5, 2017

IPPE ROTATION CALENDAR 2016-2017

Description	Start Date	End Date
Summer IPPE	Thursday, May 5, 2016	Sunday, August 21, 2016
Fall IPPE	Monday, August 22, 2016	Tuesday, December 6, 2016
Winter IPPE	Thursday, December 15, 2016	Tuesday, January 3, 2017
Spring IPPE	Wednesday, January 4, 2017	Tuesday, April 25, 2017

NOTE : Please submit all final evaluations upon the completion of each student's rotation.

A Friendly Rotation Reminder...

Has your availability recently changed?


Are you relocating to a different practice site?

Has there been a change in your site onboarding process that we should be made aware of?

If you answered 'yes' to any of the above questions, please contact us at experiential@cnsu.edu with an update.



A photo from the first Preceptor Advisory Council (PAC) Meeting



CALIFORNIA NORTHSTATE UNIVERSITY
COLLEGE of PHARMACY

SAVE THE DATE

Annual Preceptor Appreciation Banquet

Wednesday, July 13th
6:00pm-10:00pm
Delta King Hotel
1000 Front Street
Sacramento, CA 95814

Interested in Joining The CNUCOP Preceptor Advisory Council (PAC)? The purpose of the PAC is to enhance preceptor growth and improve the Experiential Education program, aiding in the ultimate goal of ensuring student success. The quarterly meetings help to establish consistent communication between preceptors and our Experiential Education Department. The meetings allow each member to participate in an exchange of fresh ideas. Together, we can maximize the reach of our collaborative efforts to improve the learning experience of all students. If you would like to learn more about our PAC or wish to join us, please contact Dr. Martha Pauli at mpauli@cnsu.edu or (916) 686-8028!

["E*VALUable" Tips]

WHY COMPLETE A MIDPOINT EVALUATION?

Midpoint evaluations optimize the professional growth of all students because they provide concrete feedback. In turn, this information allows students to make adjustments and continually progress throughout rotation periods.

Although the final evaluation score is ultimately the largest component in the determination of the course grade, the benefits of a midpoint evaluation are not to be overlooked. Midpoint evaluations allow students and preceptors to hone in on aspects of the rotation that need more development. Students can then narrow their focus to concentrate on bettering the skills they have or augmenting what is lacking. If areas of practice that need to be developed remain unidentified, there is little chance for students to make an improvement before the end of the rotation. Just as every preceptor's teaching approach is different, no two rotations are completely alike. When students complete a rotation, they may not have another opportunity to work in that particular setting. It is an incredible misuse of time and experience when students are unable to develop their full potential during rotations because they are unaware of areas that need


to be addressed. While we hope that this rarely happens, the reality is that if a student is doing poorly in his/her rotation, he or she will need honest feedback prior to the final evaluation in order to improve. Moreover, midpoint evaluations do not only aide the improvement of students who are performing poorly, but they are also incredibly beneficial for high-performing students. Just as the profession of pharmacy is constantly evolving, similarly, the students are also evolving to fit the profession. Even the most excellent students can always continue to learn and challenge themselves to improve. Constructive criticism and concrete praise in a midpoint evaluation will help a student immensely; much more so than simply telling a student to keep up the good work.

Midpoint evaluations benefit the preceptor as well as the student because they allow preceptors to reassess rotation plans.

While completing the evaluation, you may observe different indicators and patterns in achievement. Based on these indicators you may decide to alter the ex-

perience to incorporate tasks that will strengthen their competencies. For instance, you may have a student who is very strong in the area of pharmacology, yet needs to work on his/her communication skills during patient counseling. To target this area for development, you can ensure that the student is required to spend more time directly interacting with the patients, answering questions and leading patient counseling.

Completing a midpoint evaluation is quick and straightforward. To complete a midpoint evaluation in just a few minutes, simply follow these steps:

1. Log in to E-Value.
2. In the top left hand corner of the welcome screen, under the  **Evaluations** tab, click on **View All Pending Evals**.
3. Find the evaluation you wish to complete and select **Edit Evaluation** to the left of it.
4. When you are finished completing the evaluation, scroll to the bottom and click **Submit**.



Don't forget to check out the resources on the E-Value Homepage.
Some resources include:

- **Syllabi and course specific information**
- **A link to the CNUCOP Library Resources**
- **Pharmacist's Letter Trainings**
- **An E-value User Guide**
- **Drug Information Resources**

Forgot Your Password?

Account Login

Login Name
 Password
 Institution Code *

* Not required unless provided by your program

Login

Forgot Password

No worries, simply click the 'Forgot Password' link on the log-in screen!

Meet the Members of the Experiential Education Department!

The Experiential Education Department at California Northstate University College of Pharmacy (CNUCOP) is made up of eight members, each responsible for fulfilling a slightly different role. Five of our department members work on the CNUCOP campus, including IPPE Director, Dr. Martha Pauli, as well as our IPPE and APPE coordinators. The remaining three members of our department are our hub coordinators, who work in other off-site regions. Depending on which region your rotation site is located in, you may correspond more with a specific hub coordinator, rather than everyone in the department. However, in order to increase consistency and efficiency in communication efforts, we feel that it is useful to provide you with the contact information for all department members. Please feel free to call or e-mail us if you have any questions or suggestions.

We look forward to continuing to work with you in the future. Thank you for reading our first issue of *The Experiential Educator*!

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