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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.*

MESSAGE FROM THE DEPARTMENT CHAIR

Greetings Preceptors!

It is my pleasure to introduce myself as the new Chair of the Experiential Education Department. First, I would like to thank you all for your support and dedication in educating pharmacy students, in addition to your responsibilities at your practice site. Before I joined California Northstate University College of Pharmacy, I was also working as adjunct clinical faculty, as well as a clinical pharmacy coordinator.

I believe that patient care and education share a common ground. An educator should be perceptive to student needs in order to help them succeed in their careers, just as a practitioner has to be sensitive to the specific needs of their patients in order to provide optimal treatment. It is my goal to prepare students to become a part of the health care system by ensuring them a successful transition from a pharmacy student to a skillful, professional pharmacist. My vision is to share my knowledge and passion for pharmacy to teach students how to apply their knowledge gained from the didactic curriculum to the health care sphere,

while maintaining collaborative relationships with other professionals in the field.



Due to the increasing complexity of the health care system, the pharmacy profession is facing new challenges and the paradigm of pharmacy education must change accordingly. The preceptor's role is crucial in the midst of this shift. I plan to spend my days providing the necessary support and resources for preceptors. Please do not hesitate to reach out to me should you need anything or have any questions or concerns – I am here to listen. I look forward to assisting you in educating the new generations of pharmacists who will lead our profession in the future.

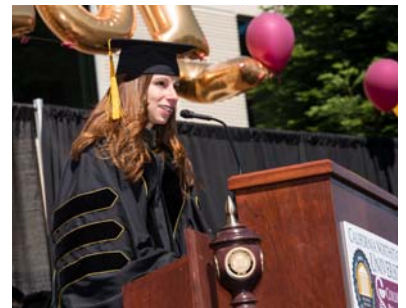
Again, thank you for all of your hard work.

Sincerely,
Hyeryeon Noh, PharmD
Associate Professor &
Chair of Experiential Education Department

CONGRATULATIONS TO

The university celebrated the College of Pharmacy's Class of 2017 Graduation on May 13th. The ceremony began with the Sacramento High School Grant Drumline, which invigorated the faculty, staff, students, and audience. Senator Jeff Stone, a pharmacist and Senator of California's 28th District, delivered an inspirational speech highlighting the ways in which his experience in pharmacy motivated and shaped his political career. Rebecca Lemus and Tatevik Kirakosyan, the Class Representatives of the Student Body Council, both delivered heartfelt speeches reflecting upon their experiences at CNU and their transition into the professional field. A sense of comradery permeated the air, as the students acknowledged the close friendships that began four years ago and will continue throughout their professional careers. Assistant Dean of Student Affairs and Admissions, Dr. Tiffany-Jade Kreys, served as the Master of Ceremony, while President Alvin Cheung and Senior Associate Dean, Dr. Karen Hassell, conferred the degrees. Drs. Eugene Kreys, Ruth Vinall, Martha Pauli, and Parto Khansari hooded the graduates as they walked

across the stage. Dr. Martha Pauli closed the ceremony with the Oath of a Pharmacist. CNUCOP would like to recognize and thank our preceptors for their countless contributions to the success of our Class of 2017 students! ■



"I promise to devote myself to a lifetime of service to others through the profession of pharmacy. In fulfilling this vow, I will consider the welfare of humanity and relief of suffering my primary concerns."

"I will respect and protect all personal and health information entrusted to me. I will accept the lifelong obligation to improve my professional knowledge and competence."

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

THE CLASS OF 2017!



Above: President Alvin Cheung, PharmD, raises a toast to the Class of 2017
 Left: In her address to the Class of 2017, former alumnus, Perri Ann Allen, PharmD, congratulates her fellow alumni



**COLLEGE & UNIVERSITY
 AWARD RECIPIENTS**

The Mylan Institute of Pharmacy 2017 Excellence in Pharmacy Award: Justin Nguyen (bottom right)
 TEVA Pharmaceutical Outstanding Student Award: Harish Singh (below)
 Lilly Achievement Award: Chettra Prum
 Super Star Award: Diem Chi Tran



"Thank you, Class of 2017, for all your hard work. I also want to thank our preceptors for mentoring our students and making a positive impact as role models. Best wishes as you begin your careers advancing the art of pharmacy."

**Cheers!
 Dean Tran**

"I will hold myself and my colleagues to the highest principles of our profession's moral, ethical and legal conduct. I will embrace and advocate changes that improve patient care."

"I take these vows voluntarily with the full realization of the responsibility with which I am entrusted by the public."

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

Preceptor Spotlight

Micki Soehn, PharmD

Sutter Center of Psychiatry



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

I graduated from USC School of Pharmacy in 1987, after which I completed a hospital residency at UC Davis Medical Center in Sacramento. I was hired as a staff pharmacist and worked at various satellite pharmacies throughout my career at UC Davis Medical Center. In addition to my clinical role there, I also precepted students and residents. At the same time, I also worked as a per-diem pharmacist for Sutter Memorial, Sutter General, Sutter Auburn, and Sutter Center of Psychiatry. In 2000, I left UC Davis and started as a night pharmacist at Sutter Memorial Hospital. In 2001, I was hired for the Pharmacist in Charge position at Sutter Center of Psychiatry. The timing was right for me to switch roles, and I have enjoyed my position immensely ever since. I have been a preceptor for university students since 2004, and started precepting students from California Northstate University College of Pharmacy in 2010.

What is a typical day like for you as a Pharmacy Manager at Sutter Center of Psychiatry?

Sutter Center of Psychiatry is a 72 unit inpatient facility with an Electro Convulsive Therapy (ECT) suite. My typical day used to consist primarily of managing medication distribution throughout the hospital, but it has become much more clinically focused over the years. I am involved with the treatment planning team, which consists of psychiatrists, nurses, social workers, recreational therapists, and pharmacists. We review the therapy regimens of our assigned patients and discuss our recommendations with the team. We usually review about 10-15 patient treatments on a daily basis. Each patient is reviewed for treatment planning every three days of their hospitalization to aid in the overall goal of getting the patient healthy again so that he/she can be safely discharged. My role in treatment planning is to ensure that the medication management is carried out as well as possible. The medication must be suited to the age, gender, renal as well as hepatic function, and disease state of the patient in order to minimize side effects.

In addition, we have a series of core monitoring reports that we complete daily, which enables us to ensure medication therapy, drug monitoring, and education are done properly and in accordance with the policy set by the hospital.

I also participate in weekly medication education groups for the inpatient program, and two times per month in the Partial Hospitali-

zation Program. These sessions are used to emphasize medication management and the importance of compliance. We discuss different psychiatric disorders, such as depression, bipolar disorder, and anxiety, and also emphasize the importance of sleep hygiene.

Additionally, our pharmacy team has also been involved in educating patients who smoke cigarettes on the benefits of quitting. We conduct about 80-100 one-on-one counseling sessions on smoking cessation per month. In these sessions, I share the health risks associated with smoking cigarettes, educate patients on the best ways to quit smoking, and inform them how to utilize pharmacists in the community as a resource.

What aspect of your position surprised you the most?

Three years ago, I was pleasantly surprised when I was asked to join the treatment planning team at Sutter Center of Psychiatry. At first, I was not sure of my role in treatment planning. However, within a short time, I realized the contribution that I could make in patient care. My department received great recognition for our value and the positive contributions made in the patient's treatment. Without hiring extra staff, we incorporated treatment planning into our daily workflow. We have demonstrated that pharmacists can have a huge impact on the patient's treatment and recovery process through medication therapy.

What do you find most challenging about your position?

After the patients are discharged from our hospital, there are many outside factors that are out of our control. The average length of stay for our patients is 5-7 days, but, sadly, many of them end up being re-admitted because the community cannot support their needs. Some of them are homeless or have a history of substance abuse, and their families cannot take care of them. One of the challenges patients face is managing their difficult medication regimen and remembering to refill their medications correctly. A number of patients cannot find a link to the ideal outpatient pharmacy that can meet their treatment needs because the connectivity between inpatient and outpatient is weak. We find that the behavioral health aspect of the healthcare system does not have enough resources to meet the needs of the community or the requirements for the patient's complete recovery. We need to have better ways to serve patients in the community so they are not hospitalized as often, as it can be hard on them mentally and financially.

"The most rewarding aspect of my career is working with a great team of professionals who give patients enough care, education, and love to plant a seed of change in their minds so they realize that it's never too late to turn things around."

What is the most rewarding aspect of your career?

The most rewarding aspect of my career is working with a great team of professionals who give patients enough care, education, and love to plant a seed of change in their minds so they realize that it's never too late to turn things around. The people I work with are willing to do anything necessary to improve patient care. If I have an idea for advancing patient care, I am told to go for it – there aren't many facilities like that. In fact, Sutter Center of Psychiatry has been awarded "Best Place to Work" by *Modern Healthcare* for six years in a row.

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

At our hospital, we offer IPPE and APPE rotations, both of which are hands-on from day one. IPPE students participate in outpatient and inpatient medication education groups, smoking cessation consultations, and daily treatment planning sessions. All of my students have the opportunity to collaborate with other healthcare professionals – for example, they make recommendations to our doctors for medication adjustments to minimize side effects. Our APPE students complete five conferences, during which they give Power-Point presentations on ADHD, bipolar disorder, schizophrenia, anxiety, and depression to our nursing student interns. My students teach them about the medications used for these psychological disorders, what side effects to look for, and how to monitor the patients. By getting a look at what the nurses need to learn, they gain a new perspective of patient care because they are able to see the bigger picture. This is great practice for their future careers, as they could even be each other's colleagues in a clinical setting one day. Students also get to spend a day with the ECT department so that they get a look at that aspect of psychiatric treatment. I make sure that students get to follow the journey of patient treatment from inpatient to outpatient pharmacy. By the time that they are finished here, they leave with much more compassion and empathy for this population. ■

Student Spotlight

Michael Wong

Class of 2018



How did you decide that you wanted to study pharmacy?

I have always been interested in joining the health care field. There are many options out there, but there is a specific reason why I chose pharmacy. My educational background is in Pharmacological Chemistry. I really enjoy learning about the chemical properties of drugs, but also observing how patients get well again through drug treatment. If I had just stuck to chemistry, I would only be looking at the scientific aspect of things, and would miss out on patient care. Similarly, if I had entered another field, such as physical therapy, I would lose the more scientific approach to health care. The field of pharmacy fulfills my interest in chemistry, as well as my interest in patient care equally.

How did it feel to receive the Vice President's scholarship award?

It was an honor to receive this award, and I definitely couldn't have done it without the support of my classmates. I feel appreciative that the school affords us the opportunity to take a leadership role in student organizations. I am grateful to have the support of the school and the other students so that I can carry out my ideas and be an effectively leader.

Can you please tell me about your role and involvement in Student Society of Health-System Pharmacists (SSHP)?

During my P1 year, I joined the Student Society of Health-System Pharmacists (SSHP) student liaison. In my P2 year, I became the president-elect of SSHP, as well as the student representative of California Society of Health-System Pharmacists (CSHP) – Sacramento Valley Regional Chapter. That year, I presented a poster at the CSHP Seminar Conference on the topic of mentorship. My presentation touched on the mentor/mentee relationship, as well as the CSHP mentorship program that our chapter developed. In October 2016, I participated in a CSHP continuing education conference, during which I presented to other chapters of CSHP regarding how to initiate a mentorship program in the region and maintain a good mentor/mentee relationship.

Do you participate in any volunteer work to serve the community?

As the president of SSHP, I am involved in many community outreach efforts. This year, our student organization began collaborating with the non-profit organization Breathe California. Our work with this organization targeted underserved populations to provide free asthma screenings, physical education, smoking cessation education, and other services to promote good respiratory health.

SSHP is also responsible for psychiatric outreach initiatives, through which we teach nursing students which psychiatric medications should be used for certain conditions, the specific health factors to monitor during treatment, and the major side effects they should look for.

Additionally, we have participated in a national public awareness campaign for medication adherence education called Script Your Future. Not only did we provide health services such as blood pressure screenings to the public, but we also assisted those who were interested in completing cards denoting their blood pressure reading and medication list. The card can be carried in the patient's wallet, and is quickly accessible for providing helpful information to his/her care provider(s). Since the patient carries the card with them, it is conveniently available to update when necessary.

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

The non-traditional Team-Based Learning (TBL) approach. It is very beneficial, in that it helps students develop expansive background knowledge to apply to their rotation experiences in the pharmacy. The idea behind it is that the collaborative knowledge of a whole team will exceed the knowledge of an individual. The TBL approach creates a very tight bond among classmates. I am still very close to my P1 team, and we have grown into a strong support system for one another, both in school and the world of pharmacy.

What qualities do you think an exceptional preceptor possesses?

Sometimes, students ask many questions that they can seek the answers to. Great preceptors may not answer the question directly, but have the ability to guide the student through the critical thinking and problem solving processes until the student discovers the answer on their own.

Also, I believe that a great preceptor recognizes the importance of allowing the student some freedom to choose an area of the rotation that interests them, and then offers different opportunities for the student to develop this area and see how the rotation can relate to their career goals. For example, I'm interested in Infectious Disease. Although the projects originally assigned to me do not relate to this specific topic, my preceptor helped to connect me with other pharmacists who assist me with compiling information on Infectious Disease to present to the doctors.

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

I work really closely with a pharmacist, Pauline Chan, PharmD, founder of the mentor/mentee program that I have been working on with SSHP. Pauline has been my mentor and has provided me with various opportunities to work with different pharmacists. She has to do a lot of work to recruit pharmacists, but she always takes the time to ensure that she is connecting the mentee with a mentor that is best suited for his/her career interests. She is extremely patient and hard-working, as she is constantly seeking opportunities to help students explore different career paths in pharmacy.

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

I really enjoy exploring patient data and backgrounds, and looking for correlations between different patient cases. I would like to use my own observations and experiences in order to improve the workflow in the health system and optimize patient care – I suppose you could say "quality control." I am exploring hospital administration as a possible career path.

Rotation Dates

IPPE Rotation Calendar 2017-2018		
Rotation Block	Start Date	End Date
Summer IPPE	Thursday, May 4, 2017	Sunday, August 20, 2017
Fall IPPE	Monday, August 21, 2017	Wednesday, December 6, 2017
Winter IPPE	Thursday, December 14, 2017	Tuesday, January 2, 2018
Spring IPPE	Wednesday, January 3, 2018	Wednesday, April 25, 2018

APPE Rotation Calendar 2017-2018		
Rotation Block	Start Date	End Date
A Block	Monday, May 15, 2017	Friday, June 23, 2017
B Block	Monday, June 26, 2017	Friday, August 4, 2017
C Block	Monday, August 14, 2017	Friday, September 22, 2017
D Block	Monday, September 25, 2017	Friday, November 3, 2017
E Block	Monday, November 6, 2017	Friday, December 15, 2017
F Block	Monday, January 8, 2018	Friday, February 16, 2018
G Block	Monday, February 19, 2018	Friday, March 30, 2018
H Block	Monday, April 2, 2018	Friday, May 11, 2018

Meet the Members of the Experiential Education Department!

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Questions, comments, or feedback about our program? Please do not hesitate to contact us.

We look forward to continuing our work with you in the future!