



# THE PRIDE

The Official Newsletter of California Northstate University, College of Pharmacy

## Contents

- Introduction..... 1
- Conference Spotlight.....2
- Class of 2020.....3
- Pharmacist’s Month.....4
- Highlights of the Semester.....5-7
- Student Achievements.....8
- Inter-Professional Education.....9
- Upcoming Events.....10



L-->R Row 1: Moayed Daoud, Hisham Nizar Row 2: Gustav Muehlenhaupt, Joshua Chu, Gurminder Dhami Row 3: Winnie Wong, Nolan Lo, Tuan Nguyen, Tim Li Row 4: Kelly Wu, Anna Linh Tran, Emily Deng, Courtney Wong

## To Our CNU Family:

Welcome back to CNU! With another semester tucked under our belts, new invaluable knowledge mastered, sharpened skills and experiences, the addition of our new P1 friends, and fond memories made together, we look forward to a whole new adventure with all of you!

Many of you may be familiar with your officers of SBC (Student Body Council). We at SBC strive to "serve the students of CNU by cultivating an environment of professional growth and excellence," aiming to "foster professionalism, mentorship, and unity among our colleagues." We are incredibly proud of the great achievements and memories, made by our students this past semester.

Keep up your hard work!  
*Courtney Wong, SBC Publicist*

\*We are always looking for students to recognize. If you would like to suggest a colleague or organization for their distinctions, please email [abc@cnsu.edu](mailto:abc@cnsu.edu)

## Dear students of California Northstate University,

Since its establishment in 2008, California Northstate University College of Pharmacy has encouraged our students to expand and hone their knowledge, to expose themselves to unique learning opportunities, and to advance within the health profession for the betterment of their communities and themselves. Driven by the same mission as the university, a collection of students gathered to further incorporate our students' professional goals into our extracurricular activities: The California Northstate University Student Body Council. As we continue our progress within the field of pharmacy, we your associated Student Body Council representatives will ensure that we provide opportunities and experiences that will further your potential and enrich your lives as pharmacists. Our diverse and highly involved organizations will offer opportunities to attend conferences, prepare for residency, participate in competitions and network with various leaders in pharmacy. Pharmacy is a small world where everyone knows someone else within a network. Whether you decide to pursue a career in retail, compounding, nuclear pharmacy, clinical research, hospital or some other field in pharmacy, know that your Student Body Council will coordinate with faculty, administration, and organizations to help you reach your dreams and aspirations. Let us continue to work together and leave our legacies within the healthcare profession and field of pharmacy!

Sincerely,  
Your Student Body Council

# 2016 STUDENT NATIONAL PHARMACEUTICAL ASSOCIATION CONFERENCE

The Student National Pharmaceutical Association held their National Conference this past summer in Atlanta, Georgia. CNSUCOP was well represented with 13 students and alumni in attendance. During the conference, one of our own, Gevorg Martirosyan (P4) was inducted as the National Executive President for SNPhA. His mission, as President, includes taking SNPhA to the next level by working with all chapters across the country.

Our CNSUCOP chapter will be hosting the 2017 Regional Conference for Regions III, IV, and V in Sacramento, CA and is expecting to host 300+ students and faculty advisors.



## *Describe your typical day at a conference.*

My typical day at the conference is composed of early morning breakfast and a casual meet and greet with other student pharmacist that are attending the conference. I represented CNSUCOP for a clinical skills competition so in our free time we prepared for the competition. After the competition, we attended seminars. The seminars are tailored to our interests and give us a better understanding of our respective fields as well as what the job entails. After the round of seminars, we are free to roam around the city until dinner where there are events that we could attend. We ended our nights hanging out with our school mates or even meeting up with people from other schools.

## *Is it beneficial for students to attend conferences? Why?*

I believe that it is extremely beneficial for students to attend conferences. Not only does it help with networking, but it also trains you on how to present yourself in the professional setting. Being around hundreds of your peers really refines how you are as a professional and there's a lot of lessons that can be learned in such a wonderful environment.

## *What was your favorite part of the conference?*

My favorite part of the conference is the casino night they had on the final night of the conference. It was a nice environment where pharmacy students as well as active pharmacist can go where barriers are lowered and we are able to get to know people on a more personal level.

## *Any advice to student's who may be interested in attending a conference?*

The only advice I can give in regards to conferences is that if you do go, make sure that you stand out (in a good way of course). Be active and want to meet people. The attendees are people just like us that are there to network



Henry Luu (P2)

and understand as much as they can from their respective fields. The bridges that could potentially be formed at conferences may be the best accomplishments you could make right now during your time in pharmacy school.



# CLASS OF 2020

We want to congratulate the incoming Class of 2020 who celebrated their White Coat Ceremony on August 20, 2016. The white coat ceremony is an old century tradition and a rite of passage welcoming new pharmacy students into the pharmacy profession. Family, friends, and faculty gathered to share this exciting beginning of their journey witnessing their transition to a member of the healthcare profession. The White Coat Ceremony is an exciting and meaningful tradition in which the School welcomes first year students as colleagues dedicated to patient care. This year we had special guest speakers attend and speak at the event such as, our Dean, Hieu Tran, faculty, and the Elk Grove Mayor, Gary Davis. During this event pharmacy alumni and faculty presented entering students with a white coat, and in unison, the students took a pledge of professionalism. Once again, congratulations to the Class of 2020 on beginning this exciting journey!





## Club Day/Welcome Bash

Club day/Welcome Bash is California Northstate University College of Pharmacy's (CNSUCOP) yearly tradition hosted by the Student Body Council to inform and welcome incoming students about the various organizations provided on campus. Students can learn about the various clubs and fraternities in an inviting and fun environment where they can mingle with many of the upperclassman, medical students and faculty. Not only is Club day educational, it provides an opportunity to bond and make connections with peers while engaging in fun activities such as boxing, jousting, and jumping in bounce houses. This year, numerous raffles were held to allow the students and faculty to win several prizes, such as CNSU apparel, gift cards and an apple iWatch grand prize. In addition to activities, there were various types of food and drinks that tailored to this year's carnival theme, such as popcorn, shaved ice, and seniorita bread. Additionally, other food and drinks were catered by Shah's, a local middle eastern cuisine which is favored by many. Overall, Club day had a positive turn out as many students, family, and faculty attended this event. In its essence, Club day is a welcome bash to embrace incoming students into the CNSUCOP family.



## Halloween Bash

This year, CNSU SBC hosted the annual Halloween Bash. This year's Halloween Bash encompassed several eerie and creative decorations that enhanced and tailored to the "spook" theme. Faculty, families, and students gathered in their most creative and daring costumes and partook in the costume contests that ranged from most creative costume to best group costume. The winner of the most creative costume was awarded to Chikere Nwokeji, a P1 with her handmade zombie bride outfit. Additionally, the group costume was awarded to a group of P2s, Gus Muehlenhaupt, John Le, and Julie Batishev who collectively dressed as characters from Batman. Many of the individuals that participated won prizes, such as gift cards and food. There were several guest performances, shows, and games, that were enjoyed throughout the evening. Furthermore, this evening was fluidly coordinated with the assistance of the SBC vice-president elect, Nolan Lo, who was the emcee for the evening.



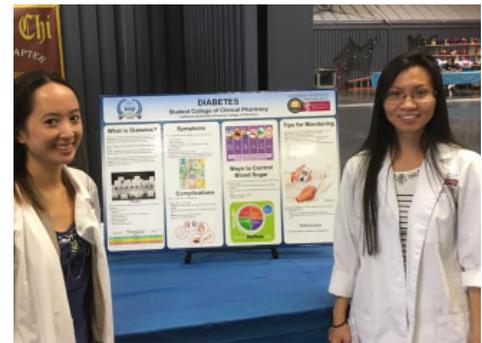
# HEALTH FAIRS

Even with busy schedules, CNSUCOP students make time to give back to the community. Students provide several different types of health services ranging from flu shots to information on the affordable healthcare act. Not only does it allow the students to use their knowledge that they have gained in their courses, but it also allows for the students to help out the community. Keep up the great work CNSUCOP!

Great Pumpkin Festival



Aloha Festival



Vietnamese Martyr Church Flu Shot Clinic



Celebrando Health Fair

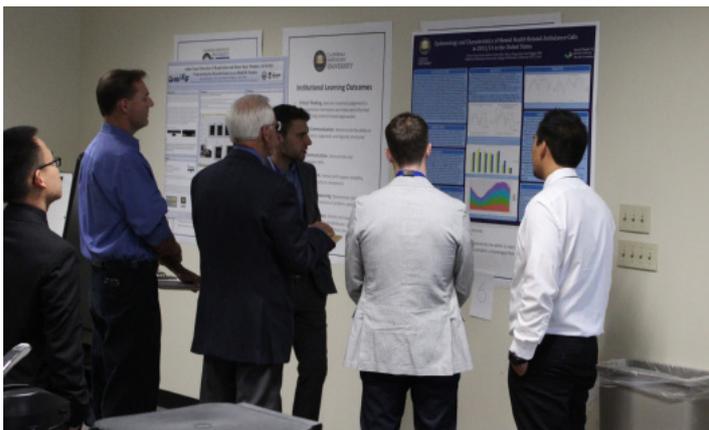


# INTERNATIONAL HEALTHCARE SYMPOSIUM

The 1st Annual International Healthcare Symposium was an interprofessional continued education event focusing on the public health implications of nonprescription syringe access, sponsored by California Northstate University and the Northern California Education Foundation (NCEF). An eight-membered team consisting of both pharmacy and medical students collaborated with members of both the University and the NCEF to organize and execute this event, which took place on October 8, 2016.

The idea originated from the 2014-2015 CAPSLEAD team's topic on the limitations of nonprescription syringe access and its effect on public health. After a successful run of poster presentations at CSHP, APhA, AMCP, and CPhA conference and having their research published in two professional journals, four members from the original CAPSLEAD team (Melissa Kimura, Joseph Prioriello, Anna-Linh Tran, and Jamiee Ubhoff) undertook the challenge to host a continued education event based on their research topic. What initially started as a planned one-hour event soon grew to be a six-hour day long symposium. As the project expanded, four students from the College of Medicine (Trevor Tsay, Gabrielle Goodlin, Nancy Li, and Roger Rothenberg) were added to complete the team.

The symposium gathered the attendance of almost 100 participants, with four professional speakers discussing various topics relating to syringe access and significance in public health. A student poster competition was also hosted during the symposium, allowing many students of CNSU to showcase their research of recent years to a panel of four judges. All proceeds that were made through the event will go towards the NCEF student scholarships that will be awarded later in the year.



# OCTOBER IS PHARMACIST'S MONTH



For the month of October, APhA and CPhA-ASP contacted the City of Sacramento and Elk Grove to proclaim October as Pharmacists Appreciation Month to help bring and promote the pharmacy profession and the importance of our work. As a result, the City of Sacramento and Elk Grove proclaimed October as Pharmacists Appreciation Month at their monthly City Council meeting.

CNSUCOP students Huzefa AbdulJabbar, Myung Choi, Natalie DerKrikorian, Ronnie Eldabbagh, Aiko Flores, Melissa Kimura, Michael Luong, Tuan Nguyen, Anhao Sam and Maily Vang had the opportunity to appear on Good Day Sacramento. The CNSUCOP students collaborated with students from University of the Pacific (UOP) to further promote the profession of pharmacy through a fun game of family feud.



To show our appreciation to the hardworking pharmacists who help educate, mentor, and precept CNSUCOP students, the APhA/CPhA organization hosted the Annual Pharmacist Appreciation Dinner at the Sterling Hotel in Downtown Sacramento.

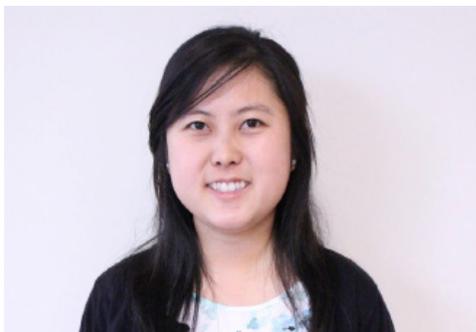
The students put together a continuing education program for the attending pharmacists to learn about new pharmacy regulations. Attendees had the honor of hearing CPhA President Jon Roth speak about the future of pharmacy.

During the dinner, Sacramento Valley Pharmacists Association (SVPhA) awarded Dr. David Mitchell as Pharmacist of the Year for all of his contributions to SVPhA as well as the profession.



# STUDENT SPOTLIGHT

## *Pachai Moua*



Pachai Moua (P3)

***“Research will help enhance my competency for residency”***

***Tell me about your research.***

I am currently running experiments to further characterize the protein, receptor expressed on lymphoid tissue (RELT), a receptor that is part of the tumor necrosis factor receptor (TNFR) family. This receptor is not as well-known as the other TNFR. However, it has been conserved in zebrafish and humans, thus warrants our interests in studying it. We are also trying to identify its physical interactions with other proteins that are known to be involved in the inflammation and apoptotic pathways. We are hoping that in doing so, we will elucidate the possibility for this particular receptor to become a potential anti-cancer drug target.

***What was your favorite part about your research project?***

One of the best things about doing research is that I get to take control of the direction of my project. The thing with research is that there are endless paths to take in order to obtain data that will answer my questions.

Even though I get to take charge of my own project, I am not executing the experiments completely alone without support. I can always get guidance and support from my mentor, Dr. John Cusick, the lab manager, George Talbott, and other professors who are conducting lab research.

***What did you have to do to win the fellowship award?***

The requirements for the fellowship award was quite simple. The application required me to answer a few questions about my interest in research. It also required a letter of recommendation from a previous research mentor. Prior research experience is an advantage, which I had three years of research experience before attending pharmacy school. Additionally, having a passion to consider pursuing academia or research is also taken into consideration.

***How has doing research help to better your career in pharmacy?***

As an immediate benefit, research reinforces specific concepts from my courses. I am currently taking immunology, and eventually oncology, and my research on RELT directly relates to specific pathways that are covered in these courses. Additionally, research hones in on improving my critical thinking skills and provides more opportunities for me to think on my feet especially when an experiment gives me unexpected data or I am asked unanticipated questions during poster presentations. Poster presentations also enhance my public speaking skills, which I expect to help

carry me through APPE presentations. In terms of how this will help me with pharmacy in the future: pharmacists encounter unanticipated situations on a daily basis when they are interacting with patients and physicians. Residency is also something that I have been considering thus research will help enhance my competency for residency. I feel that getting the opportunities to work on these skills will better prepare me when I become a pharmacist.

***Any advice to students who want to get into research?***

If you are considering research for experience to get into residency or as a future career, do not hesitate to ask any professors to see if they are accepting students to assist them with their research projects. Usually, many of them are looking for students and are willing to adjust the projects to accommodate to your interests. You are not required to have a research background because with research you will learn as you go along.

### Pharmacy Pearls

- Select a research project that interests you
- Talk to a professor to see if they are looking for research students to help out
- Previous research experience is not needed

# INTER-PROFESSIONAL EDUCATION

**What is IPE?**

Inter-professional Education (IPE) refers to opportunities where students from two or more professions in healthcare learn together during a part of their professional training. With the purpose to foster a collective practice, IPE helps students get a feel for what patient-centered healthcare is all about.

**How will IPE benefit the students?**

The IPE committee of CNSU realizes the value of the collaborative experiences because pharmacist, doctors, nurses, etc. really do work together in the healthcare team.

**What can students look forward to in regards to this program?**

Currently and in the past, pharmacy students enjoy the exposure of teaming up with nursing students from Sacramento State to work on patient cases. This past September for example, the third year pharmacy and second year medical students of CNU, were given the chance to work together in figuring out a Diabetic Ketoacidosis case. Overall, students from both colleges appreciated working together and submitted comments on what went well as well as how to improve the student involvement

for future interactions. The committee will take the comments into consideration and will be working on incorporating pharmacy, medical, and nursing students for another IPE opportunity scheduled for the spring semester.



Emily Deng, P2

# ENJOY!

8			5	2			
	6		7			4	
		7	1				
		2	3			9	1
	1		9		2	4	
7	3				5	8	
					7	2	
		8			9		5
				3	1		9

6	8	9	1	3	2	4	7	5
7	5	1	6	4	9	8	2	3
4	3	2	7	5	8	6	9	1
7	3	8	5	4	1	9	6	2
2	9	8	1	7	2	5	4	3
6	5	9	8	2	7	4	3	1
4	8	2	3	7	6	5	9	1
9	5	7	1	6	4	3	2	8
2	6	3	7	9	8	4	1	5
3	9	7	6	5	2	8	4	1

# UPCOMING EVENTS




western pharmacy exchange  
*february 23-26, 2017 palm springs*  
 westernpharmacyexchange.com »





**DON'T MISS OUT ON  
 REGION III, IV, V  
 CONFERENCE**  
 IN SACRAMENTO, CA  
 ON MARCH 10-12, 2017

COMING TO YOU AT THE HOLIDAY INN CAPITAL PLAZA  
 Hosted by California Northstate University

Join us in beautiful San Francisco, Friday, March 24, through Monday, March 27, for the 2017 APhA Annual Meeting & Exposition.

Make an impact on your patients' care!  
 For more information and to register, please visit [www.aphameeting.com](http://www.aphameeting.com). Early-bird registration deadline ends on Wednesday, February 1, 2017.

REGISTER TODAY  
 FOR APhA2017 AT  
[APHAMETING.ORG](http://APHAMETING.ORG)

