



The  
Official  
Newsletter  
of  
California  
Northstate  
University  
College of  
Pharmacy

# *The Pride*



Fall  
2019



*Dear CNUCOP Family,*

Greetings and warm holiday wishes to everyone!

The Class of 2023 White Coat Ceremony on August 17, 2019, marked the twelve-year milestone of my service at California Northstate University College of Pharmacy (CNUCOP). It has been both a humbling and rewarding journey for me as a faculty member, a researcher, an advisor, an administrator, and a provider. It is very heartwarming to have our PharmD students leading the effort in the state capital to serve the community with free flu clinics, diabetes screenings, stroke screenings, and the provision of patient education on medications and health insurance at all the major health fairs and



community service events. It is also very inspiring to educate and train our students who value the innovative team-based learning environment, to build the teams in the classroom and in the community, and lead the effort in promoting our profession and all the initiatives of community health. I am so proud that CNUCOP graduates are making a significant impact on healthcare and pharmacy education. It is truly rewarding to have the CNUCOP alumni teaching alongside me in the classroom, advising our student organizations, precepting PharmD students from CNUCOP and other pharmacy schools, and serving our profession

and our community as pharmacists and professional leaders in the field!

CNUCOP faculty, staff, and students are continuing the effort to evolve our community engagement, team-based learning curriculum, and interprofessional education. CNUCOP offers the only PharmD-MD combined programs pathway on the West Coast. Our students received the United States Public Health Service, Excellence in Public Health Pharmacy Award for the past three years (Anhao Sam - Class of 2020, Emily Deng - Class of 2019, Ella Mokrushin - Class of 2020). Britney Satow – Class of 2020- was named a Walmart Scholar. Reilly Oki - Class of 2022- was elected as Student Trustee for the California Pharmacists Association (CPhA) Board of Directors. Kyle (Kai) Wong - Class of 2022- received the 2019 CSHP-SV Scholarship. Viet Nguyen - Class of 2020- was awarded the 2019 CSHP Research and Education Foundation Scholarship. He also received the 2019 Mercy San Juan Medical Center Volunteer Scholarship. CNUCOP's Industry Pharmacists Organization (IPhO) won first place in the IPhO Value of Industry Pharmacists (VIP) Case Competition. As a result of our commitment to community service initiatives, CNUCOP is emerging as one of the leaders in innovating pharmacy education, advocating the pharmacy profession and promoting public health.



CNUCOP students, alumni, faculty, and staff are pioneers who continue the legacy of our institution. In a pharmacy school with twelve years of history, pioneer heritage is both a gift from the past and a unifying force for the future. I want to take this opportunity to thank all the faculty, staff, alumni and students who have dedicated themselves to continuing the legacy of CNUCOP.

*Xiaodong Feng, PhD, PharmD*  
*Dean and Professor*

**“To Advance the Art and Science of Pharmacy”**





# Welcome Class of 2023



California Northstate University College of Pharmacy's 12<sup>th</sup> White Coat Ceremony was held on Saturday, August 17<sup>th</sup> 2019. Ninety-one students from the *Class of 2023* were officially inducted into the profession of pharmacy.



During the ceremony, the student received their white coats, which symbolizes the responsibility the pharmacy students must bear as healthcare professionals. After receiving their coats, the students took the Pledge of Professionalism to confirm their dedication to the profession of pharmacy. A special



thank you to our Keynote Speaker, Dr. Loriann De Martini (CEO of CSHP), our Board of Trustees and Directors, faculty, preceptors, alumni, and staff for your participation in this important milestone in our students' careers.





# Faculty Spotlight



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

In my fourth year of pharmacy school, I decided residency training would be my next step. I chose residency as my pathway in order to do two things. I wanted to continue my training as a clinical pharmacist who looks beyond the use of medications and more into the literature evaluating the efficacy and safety of medication use and have the ability to continue to give back to the pharmacy profession by playing a large role in pharmacy schools. I matched to VA Long Beach to complete a general pharmacy practice residency, but my learning did not stop there. Throughout pharmacy school, I had cultivated an interest in nephrology. The kidney is such an amazing organ, so I pursued my interest and completed a PGY2 nephrology pharmacy residency at VA San Diego. In the midst of completing residency training, I continued to enjoy giving back to pharmacy students and teaching as a resident, so I chose to pursue academia. I have always liked learning and now have the opportunity to do it and give back to students on a daily basis. This journey has been a source of inner fulfillment and will continually challenge me.

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

The most rewarding aspect of my career is having the opportunity to come to a workplace in which I feel completes my interests and admirations. Helping students realize their aspirations and working towards things that bring me inner joy is my motivation to continue to improve as a pharmacist and a human being.



**Dr. Matthew Horton, PharmD, BCPS**  
**Assistant Professor, Clinical &**  
**Administrative Sciences Department**  
**Incoming CSHP Sac Valley President**

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

I am grateful to influence students in many ways. I interact with them on the interpersonal level through advising and pharmacy organizations, precepting them in various settings, to teaching them in the classroom. I want to prepare them in all aspects to be great pharmacists and satisfy their career and life goals. With a nephrology background, I especially aim to demonstrate the importance of learning about how renal function estimation equations are utilized in various healthcare settings and the purpose of controlling hypertension and diabetes to hinder progression towards chronic kidney disease. Aside from nephrology, I continue to encourage students to critically think and develop problem-solving skills and voice their opinion as the medication expert on the healthcare team.

# Faculty Spotlight



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

I earned my Doctor of Pharmacy degree from Philadelphia College of Pharmacy, University of the Sciences in Philadelphia, Pennsylvania. As a pharmacy student, I grew my interests in critical care and academia through various extracurricular activities. I was one of the inaugural members of the CPR Leadership Team on campus and trained over 1,200 students, faculty, staff, and community members in Basic Life Support. Participation in several interprofessional education workshops as a student and facilitator further grew my interest in working with a multidisciplinary team as a clinical pharmacist. During my APPE rotation in the cardiac intensive care unit, I was truly inspired by my preceptor's depth of knowledge and passion for patient care, along with the respect and trust he received from the medical team. I wanted to be just like my preceptor and decided to pursue a residency. I completed my PGY1 Pharmacy Practice Residency at Einstein Medical Center Philadelphia. During this time, I truly fell in love with critical care. The complexity of patient cases, fast-paced environment, and the extensive role of a pharmacist in the medical team motivated me to be a better pharmacist. It was evident that I wanted to become a critical care specialist, which led me to complete a PGY2 Critical Care Pharmacy Residency at Philadelphia College of Pharmacy and Cooper University Hospital. My PGY2 residency program had a strong focus on developing critical care academicians, which provided me a wide range of teaching opportunities along with clinical experiences in various intensive care units. Through my advanced training, I built a strong foundation in both critical care and academia and decided to pursue an academic position.

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

The best part of being an academician is that I can continue to practice patient care, teach students, and conduct research all at the same time. Intensive care units are fast-paced environments where the patient's clinical status can change in minutes to hours. Taking care of critically ill patients during their most vulnerable time and helping them recover to go back to their family has been very rewarding to me. I also love teaching and mentoring students. Guiding them to discover their passion and facilitating their growth as professionals have been extremely rewarding to me. As an academician, I can continue to provide direct patient care as well as train the next generations of pharmacists who can make differences in people's lives.



**Dr. Song Oh, PharmD, BCCCP**  
**Assistant Professor, Clinical &**  
**Administrative Sciences Department**

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

Many of our students become interested in pursuing post-graduate training upon graduation. Dr. Matthew Horton and I started a series of presentations and workshops to help our students become competitive applicants for residency programs. These presentations and workshops are held throughout the year based on the application and interview preparation timelines. As a faculty advisor, I also help students make informed decisions on their career path. Our profession has many practice settings and opportunities that may not be apparent in the beginning. I want to make sure students remain open-minded to different opportunities and to direct them to the right resources. I want students to find passion and rewarding experience in their future careers.



# Giving Back To The Community



## Annual Capitol Region East & West Health Fair

CNU hosted the 4th Annual Capitol Region East & West Health Fair. This event held over 50 vendors, state programs, scholarship awards, raffles, food, and kids activities. Students, physicians, businesses, and community leaders collaborated to help serve the community.

## CPFI Operation Christmas Child

Students from the Christian Pharmacists Fellowship International (CPFI) worked with local Samaritan's Purse partners to provide 91 shoeboxes filled with gifts to children in need around the world.



## California Careforce Clinic

Students from the Academy of Student Pharmacists (APhA/CPhA-ASP) teamed up with the Sacramento Valley Pharmacists Association (SVPhA) for the California Careforce Clinic. Students provided medication consultations to patients undergoing dental procedures and performed blood pressure and blood glucose monitoring.

## Mountain Mandarin Festival 2019

CNUCOP's student organizations including PDC, SNPhA, RPP, KY, and SCCP collaborated with Placer County to provide flu immunizations to the community.



## Elk Grove Giant Pumpkin Festival

Students from the Academy of Student Pharmacists (APhA/CPhA-ASP) teamed up with the Sacramento Valley Pharmacists Association (SVPhA), University of the Pacific, and Touro University to provide over 100 patients with screenings and education for hypertension, diabetes, and high cholesterol.

# Alumni Spotlight



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

I graduated from UC Davis in 2014 with a Bachelor of Science degree in Pharmaceutical Chemistry and earned my PharmD from California Northstate University in 2018. I was determined to complete my residency at a large academic medical center. I successfully matched with University of Chicago Medicine (UCM), where I completed my Post Graduate Year-1 (PGY-1) pharmacy practice residency. Since then, I have been working as an inpatient pharmacist at Kaiser Permanente Sacramento Medical Center.

## **What advice do you have for students who plan to follow a similar career path to you?**

I highly recommend pursuing residency. To become a competitive candidate, you will need to be well-rounded. Get involved, participate in research, volunteer, present at state or national meetings, and do your best in clinical rotations. Find the right mentors who are willing to invest in your professional development and guide you in the right direction.

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

Pharmacy practice is always evolving. New studies and therapies keep the field of pharmacy exciting.

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

I plan to advance my career to become a critical care pharmacists and get more involved in precepting clinical rotations.



**Dr. Myung Choi, PharmD, BCPS**  
**Inpatient Pharmacist Kaiser Permanente**  
**Sacramento Medical Center**

## **What is your favorite memory from your time at CNU?**

My favorite memory from my time at CNU was all the time I spent with my Kappa Psi brothers. We did everything together from studying, working on Kappa Psi or SNPhA events, and attending conferences. I've built long-lasting friendships that I treasure to this day.



# Congratulations Winners

## SCCP's SOAP Note Competition

Teams of three to four students competed to write SOAP notes on complicated patients.



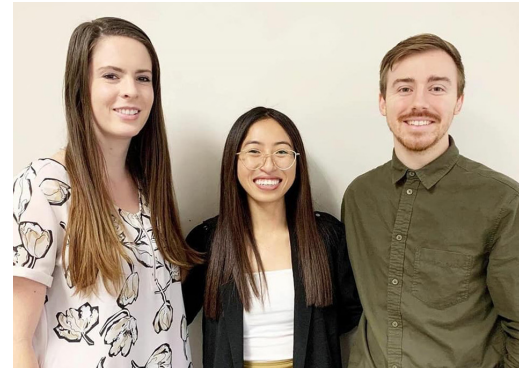
### P1 Winners

Patrick Wong, Andy Thoong,  
Randy Nguyen, & Andy Tran



### P2 Winners

Mungid Sirag, Yu An Cho,  
Catherine Le, & Justin Nguyen



### P3 Winners

Elizabeth Browning, Vivian Nguyen,  
& Jake Castoreale

## SNPhA's Patient Counseling Competition

Students worked on teams of two to evaluate a patient's medication profile and to counsel the patient on appropriate use of the medications. The first-place winners will compete at SNPhA's Regions III, IV, & V Conference in Lexington, KY.



### 1st Place

Elizabeth Browning (P3) & Kathryn Pearce (P2)



### 2nd Place

Vivi Le (P2) & Catherine Le (P2)



### 3rd Place

Crystal Vo (P2) & Justin Nguyen (P2)

## CPHA's RX Boot Camp Shark Tank Competition

CNUCOP students collaborated with pharmacy students from across California in a Shark Tank-style competition, where teams had to present ideas on how to solve a specific challenge presented to them.



### 1st Place

Katherine Hilberguer (P3)  
(middle)



### 1st Place

Lynn Huynh (P2)  
(second from right)



### 1st Place

Yvonne Tseng (P2)  
(left)



# Congratulations Winners

## **SSHP's Clinical Skills Competition**

Students worked in pairs to analyze and present a complicated case to a team of judges. The case included disease states such as complicated pyelonephritis, type two diabetes mellitus, chronic kidney disease, hypertension, and rheumatoid arthritis. The winners had the opportunity to compete in the Clinical Skills Competitions at CSHP's Seminar in Anaheim, CA and ASHP's Midyear Clinical Meeting in Las Vegas, NV.



### **1st Place Winners**

Michael Wu (P4) & Khai Nguyen (P4)

## **2019 CSHP Foundation Research & Education Foundation Scholarship**

This scholarship is awarded to future pharmacy leaders who demonstrate characteristics of ethical behavior, professionalism, leadership, caring, and compassion. Congrats Viet!



Viet Nguyen (P4)

## **2019 CSHP Student Leadership Award**

This award recognizes pharmacy student involvement in CSHP and leadership within the profession of pharmacy. During her time in pharmacy school, Vivia Phu served as the President of Student Societies of Health-System Pharmacy (SSHP) and was one of the founding board members of the College of Psychiatric and Neurologic Pharmacists (CPNP). Way to go Vivia!



Vivia Phu (P4)

# Exploring the World of Pharmacy



## Residency Roundtable

CNUCOP students from AMCP, SSHP, and SCCP held a Residency Roundtable to provide students with the opportunity to learn about different residency programs and network with professionals from prominent companies. Participating companies included Evolve Pharmacy Solutions, Dignity Health, Kaiser, Poison Control, UC Davis Medical Center, and California Northstate University.

## CSHP Seminar

CNUCOP students attended the California Society of Health System Pharmacists (CSHP) 2019 Seminar in Anaheim, CA. Students had the opportunity to attend the Residency Showcase, compete in the Clinical Skills Competition and Quiz Bowl, and learned from continuing education sessions.



## American Heart Association Heart Walk

CNUCOP's American Pharmacists Association-California Pharmacists Association (APhA-CPhA) students teamed up with Sacramento Valley Pharmacists Association (SVPhA) to participate in the American Heart Association's Annual Heart and Stroke Walk. Students and faculty walked to fight heart disease and stroke.



## Pharmacist's Appreciation Dinner

CNUCOP hosted the 8th Annual Pharmacist's Appreciation Dinner to celebrate and recognize the contributions made to past, present, and future pharmacists made by faculty,

alumni, residents, preceptors, and students. Congratulations to Dr. Maureen Lloy Grouz, PharmD, BCACP, SVPhA's Pharmacist of the Year! Dr. Grouz works as an Ambulatory Care Pharmacist at Kaiser Permanente in Sacramento.





# Exploring the World of Pharmacy



## **Amerisource Bergen Corporation Tour**

Students from the National Community Pharmacists Association (NCPA) visited Amerisource Bergen Corporation to learn about medication vendor corporations, medication storage, and medication delivery to pharmacies.

## **McKesson Tour**

Students involved in the National Community Pharmacists Association (NCPA) toured McKesson and learned about drug distribution and pharmacy management tools.



## **Blue Shield Site Visit**

Students involved in the Academy of Managed Care Pharmacy-International Society of Pharmacogenomics and Outcomes Research (AMCP-ISPOR) visited Blue Shield to learn about the different opportunities for pharmacists in managed care.



## **Research Panel**

CNUCOP's Student Body Council (SBC) held a Research Panel highlighting faculty research and the different research opportunities available for students. Faculty presenting an overview of their research included Dr. Mohamed, Dr. Vinall, Dr. Fitzpatrick, Dr. Le, and Dr. Lenhard.





# *Upcoming Events*

**CNUCOP'S PHARMACY  
INTERNSHIP FAIR  
FEBRUARY 11TH**

**SNPHA'S REGIONAL  
CONFERENCE  
FEBRUARY 14TH**

**SVPHA'S CRAB  
FEED  
MARCH 14TH**

**CPHA'S WESTERN  
PHARMACY EXCHANGE  
APRIL 16TH**

**CNUCOP CLASS OF  
2021 COMMENCEMENT  
CEREMONY  
MAY 16TH**

*Happy  
Winter Break*