SGA Alumni Link 2012-13
A Touro Student Publication for Touro Alumni

“I feel what I have received from Touro, the inspiration and the training, is more than what I have contributed.”
- Hong Wei, Touro University California College of Pharmacy Class of 2011

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For information on Student Government Association (SGA) or for opportunities to interact with current students, please contact the Director of Student Activities & SGA Advisor, Dr. Irene Favreau, at Irene.Favreau@tu.edu.

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Teen Life Conference volunteers inspire Solano County youth about health care

Touro students walk in the fight against AIDS
Pharmacy Brings Out the Best in Us
A Closer Look into the World of Touro Pharmacy - Spring 2012
By James Tanedo, COP VP of Archives, COP 2015

You knew something magical was brewing in the Bay Area after the 49ers’ epic win over the New Orleans Saints back in January. That something special was Ryan Ko’s legendary event: Students Talking About Rotations (STAR). This event provided valuable insight upon the different rotation sites that the P2s would be choosing from for their P3 and P4 experience. They were given ample face-to-face time with a variety of current P3/P4/Alumni students that were invited by Mr. Ko to talk about their previous rotation experiences to help guide the P2 going on P3’s choices towards rotations. The P1s were not to be forgotten; they glimpsed into the world of rotations and thus were also given a chance to start stressing out about them. With a push to build stronger Alumni relations, events like STARs help bring upperclassmen back to Vallejo and reconnect with the school and newer classes by sharing their experiences.

The return of Buster Posey from his horrifying injury signaled a renewed drive to bring back a World Series Trophy. With the Giants constantly looking to improve, they might want take a look at Dr. David Madden, and to some extent Ryan Ko and Carlos Martinez, for their electrifying auctioneering talents to motivate the team to win. These three individuals dazzled the students and faculty at the Touro Pharmacy Alliance & College of Pharmacy Board Auction, driving up the prices for numerous items that were donated by the community, faculty, and students. A special thank you to Dr. Knapp for donating her cabin for a weekend and Dr. Chou for offering up his best Bobby Flay impression and offering to BBQ for 20 students. Both items were fiercely bid for, eventually going for hundreds of dollars each. In total, the auction was a huge success, raising thousands of dollars and providing great entertainment for everyone.

With the end of the 2011-2012 school year, we find significant new beginnings for the now P3s as they begin their first of two years of rotations along with the recent graduates from the Class of 2012 who will begin their long careers in pharmacy. Many heartfelt congratulations to these individuals for all of their hard work. I would like to personally wish them good luck as they meet their next challenges. Until the next edition of this newsletter, remember that no matter how stressed you are, how irritated you may be with 100+ slide lectures, or even how much you may miss your family and friends (because you’re obviously studying all the time, right?) #rxiscray and #ipreferyoucallmedoctor.
This past year, the Touro University CA (TUCA) Alumni Association awarded two $1,000.00 scholarships to TUCA students who demonstrate leadership skills, a commitment to community improvement and good academic standing. One of those scholarships was awarded to Adam Claessens, a COM student from the class of 2015. Adam was interviewed for “SGA Alumni Link”.

Q: Tell me a little bit about yourself.
A: I grew up in Allentown, PA and got involved in research during high school with my biology professor. Another student and I monitored the local river system for acid mine drainage and its effects on the fish population. In college at the University of Pittsburgh I got interested in medical anthropology and ended up creating a major that blended all the medical humanities with a typical premed science curriculum. After graduating I moved directly to Seattle for an entry-level research job at Fred Hutchinson Cancer Research Center. One thing led to another, and I ended up working there for six years!

Q: What are some of your accomplishments?
A: I’m most proud of my relationships with my friends and family, as well as those with my mentors. Throughout college and now medical school I feel that every opportunity I had came from getting to know someone interesting, talking with them about their work, and getting involved. In 2005 I was a predoctoral fellow with NCCAM (National Center for Complementary and Alternative Medicine), my project involved drug interactions between herbal supplements and antidepressant medications. The majority of my research is in pharmacokinetics, and I’ve been lucky to publish a few articles with my lab.

Q: What have you been up to since coming to Touro?
A: Here at TUCOM I am involved with ACOP Peds Club (treasurer) as well as Sigma Sigma Phi (admissions officer). A group of us are also trying to get an Anesthesiology Interest Group up and running for next year. This summer I am working full-time in an anesthesia research lab at UCSF (leung.ucsf.edu) helping on a clinical pilot study on sleep disruption and postoperative delirium. It has been an amazing experience so far.

Q: What are some of your hobbies?
A: A lot of my free time (ha) goes to rock climbing. I’ve been climbing all types of rocks since I was 15, competitively for awhile but now mostly as a discipline to stay mentally and physically fit. I love climbing for the mind-body puzzles it presents; they require a lot of determination and persistence to figure out sometimes. It’s also a great antidote to sitting for 8-10 hours a day, trying to absorb 50 more pathology slides into my information overloaded brain!
A Picture is Worth a Thousand Words

Teen Life Conference 2012

“Rock climbing was fun and I want to do it again.”

“Very fun, factual, and very informational. Excellent presentations and the questions kept me involved.”
Walking in the Fight Against AIDS

By: Carol Quach, MPH 2013

The 25th Annual AIDS Walk 2012 took place at Golden Gate Park in San Francisco on July 15th, 2012. Being a Master of Public Health student at Touro University California and a volunteer at Pharmacy Planning Service Inc., I was inspired to participate in this year’s AIDS Walk.

Coordinating with two Touro pharmacy students, Kathy Nguyen and Katie Nguyen, we were able to recruit a total of 75 members, who included 36 students from four different programs (pharmacy, osteopathic medicine, public health and physician assistant studies), and the remainder from the Marin AIDS Project. This enabled us to be given two booths, at one of which the team distributed 1500 pamphlets on HIV information, 300 condoms, and Touro t-shirts which displayed the Captain Condom design on the back and the other which conducted HIV screening and testing. Our team walked 6.2 miles and raised more than $39,000, which was donated to the Marin AIDS Project.

It was a gratifying experience to assist Andy Fyne and his team in setting up the HIV screening and testing booth. Two fourth year pharmacy students, Steven Bruggman and Rosemary Ha, conducted the HIV screening process while Andy Fyne and his counselor conducted the HIV testing. The HIV testing team utilized the Ora Quick Advance (Trademark), which was conducted in about 20 minutes, and patients were able to receive the results on the spot. The results of the test are about 99% accurate. Counselors were able to confidentially discuss the results with the participants and refer them to other resources where they could start treatment, if needed. The participants were very thankful for the availability of the test. Although, many were unable to be tested due to time limitations, we were able to screen and test 18 people at no cost to them.

As a first-time participant, I feel that I am benefitting from all the effort that I put into this year AIDS walk. I truly feel it was a rewarding experience and an honor to attend the 2012 San Francisco AIDS walk. Most importantly, I presented the AIDS Walk package to Mr. Herb Schultz, the Director of Human Health Services, Region 9 on July 27th in San Francisco, and expressed our concern about the shortage of funding for the HIV testing kit, and the OraQuick Advance. I bought up the issue of HIV is a co-infectious disease with Hepatitis C. As a result, Mr. Schultz requested that the Pharmacy Planning Service, Inc. submit a one page follow-up report regarding the status of this issue. Today, I believe that HIV is the primary global health and domestic health issue that needs to be addressed by more funding from Human Health Services. Mr. Schultz’s support will be most helpful in preventing HIV infection by encouraging more high-risk participants to be screened in time to prevent further complications and transmission to others.
Curbing Health Disparities in Vallejo’s Invisible Workforce
By: Kevin Carrasco, 2013 PharmD/MPH candidate

On Sunday, April 29, 2012, Touro University’s Latino Student Pharmacist Association (LSPhA) conducted a community outreach event at the Shell gas station on the corner of Admiral Callaghan Lane and Redwood Parkway in Vallejo.

At first, the day laborers were apprehensive about the student pharmacists approaching them, but they quickly opened up after a short explanation in their native language, Spanish. The student’s make-shift booth was soon surrounded by participants who wanted to be screened.

LSPhA members, Carlos Martinez and Kevin Carrasco, were able to feed, educate, and screen 14 Vallejo day laborers for hypertension in a one hour timeframe between 11:30 a.m. and 12:30 p.m. The event was made possible with the supervision of a volunteer pharmacist from Pharmacy Planning Services, Inc.

Both LSPhA members, Carlos and Kevin, are dual-degree students working towards their PharmD and MPH degrees at Touro University California, and have taken courses in health disparities and community organizing. When asked why he chose to do this event, Carlos responded that this group of people are largely underserved and at risk of having poor health. He felt it was his duty as a member of LSPhA and a future healthcare professional.

All participants received easy to read health pamphlets in Spanish and maps to nearby free health clinics within walking distance of the gas station.

AMPLIFY-ing Student Leadership at Touro University
By: Benjamin Malcolm and David Lash, COP 2014

Phi Lambda Sigma (PLS) is a national pharmacy leadership society with a mission involving recognizing and fostering leadership development. Touro University California’s (TUC) PLS Gamma Omicron Chapter was established in 2009 and received a new chapter incentive grant from the PLS national office to hold AMPLIFY. AMPLIFY’s primary objective was to engage first and second year student pharmacists in group exercises that demonstrate leadership concepts and provide meaningful take home messages that are applicable to current and future leaders.

Sixty non-member student pharmacists in their first and second years of TUC’s PharmD program were invited to attend AMPLIFY on a first come- first serve basis. Non-member student pharmacists in their didactic curriculum were targeted in order to generate interest in PLS membership and strengthen the leadership skills of underclassmen. Student pharmacists were pre-assigned tables to ensure an equal balance of first and second year students at each table and facilitate maximum interaction between classes.

“The Leadership Challenge: Activities Book” by authors Jim Kouzes and Barry Posner is a leadership teaching guide that contains activities delivered through team-based learning exercises to emphasize important concepts of leadership. Kouzes and Posner have developed five exemplary practices of leadership based on decades of leadership research. Exercises were led by PLS chapter members in their third or fourth year of the doctor of pharmacy (PharmD) program and each exercise featured one of the five exemplary practices. (continued on page 10)
CSHP (California Society of Health-System Pharmacists)
Seminar 2012
Las Vegas, Nevada; October 18 - October 21, 2012

Featuring the 2012 Touro Residency Showcase

The CSHP Seminar 2012 Residency Showcase was a success! Lead by Interim Residency Director, Dr. Linda Banares, eight residents, one fellow, three site preceptors and various clinical faculty spoke to over a hundred Showcase attendees about the 11 residencies and fellowships offered by Touro University California’s College of Pharmacy. Interest in our post-graduate programs was strong with nearly one hundred attendees signing the log! Go Touro!!

From L-R: Terri Wong (fellow), Hong Vuong (PGY1), Adrian Palisoc (PGY1), Lisa Quon (PGY1), Linda Banares (Interim Residency Director), Shadi Doroudgar (PGY2), Monica Bidwal (PGY1), Michele Siu (PGY1), Juliana Wilson (PGY1), Crystal Lee (PGY2)

P1 Perspective
By: Steven Van, COP 2016

As a P1, I thoroughly enjoyed the CSHP 2012 Seminar held in Las Vegas. I decided to go as a P1 because I wanted to get involved early. I enjoyed the Quiz Bowl, Clinical Skills Challenge, Residency Showcase, and most of all, the Touro reception. As a P1, I did not expect to get much out of this experience but I truly believe there was a lot to gain. The Quiz Bowl was an amazing experience as Touro University California sat together and cheered loudly after every round. We ended up winning the Quiz Bowl this year and I was extremely excited and very proud. Even though I did not participate in the event, I felt like I did. The Clinical Skills Challenge was amazing. I was so proud of our students who represented Touro University California. After listening to nine of the 11 presentations, I thought we had it in the bag. Though we did not win, I was extremely happy and proud to have seen Touro students compete and do so well. This made learning so much more enjoyable afterwards because I better understood the connection that we can apply what we learn in class to our careers in the future. Though the residency showcase didn’t have much to offer to P1s, my classmates and I used the time efficiently by getting ahead of the game.

(continued on page 10)
Election Day Health Clinic
By: Lisa Yang, COP 2015

Election Day wasn’t only a big day for the candidates running for office; it was also an important time for the student pharmacists of Touro University California and voters at the Norman C. King Community Center in Vallejo, CA. That evening, with supervision on-site by licensed pharmacists and physician faculty, the students offered free influenza and Tdap vaccinations, blood glucose and blood pressure monitoring, body mass index readings and health education to the public as part of an Election Day Health Clinic.

The event was a huge success! This was a unique opportunity to showcase to the public the diverse and dynamic roles of pharmacists. In addition, working together with Dr. Pearce from the College of Osteopathic Medicine and a Physician Assistant student was a great expression of interprofessionalism. Students screened over 40 patients in only three hours, providing multiple services for each patient. Some patients took advantage of all the free services being offered.

“The entire experience was new to me and my fellow student pharmacists, but we worked really hard to educate the patients on vaccines, blood pressure, BMI, and blood glucose,” said Courtney Cobb, a first-year PharmD candidate. “I truly enjoyed seeing the sincere faces of appreciation and the interest that patients showed toward our goal of optimal patient health. Participating in this event prepared me for vaccine counseling for objective structured clinical examinations (OSCE) and my IPPE rotations.”

The voters were delighted to hear that our students also offered similar services with Touro University California’s Student-Run Free Clinic on Thursday evenings at the same location. Staffed by pharmacy, osteopathic medicine and physician assistant students and faculty from Touro, the clinic offers free health care to the community on a weekly basis.

Voters also participated in an immunization survey led by Assistant Professors Dr. Chou and Dr. Yousify, and Project Immunization Coordinator, Sandy Dong, a second-year Pharm.D. candidate. The purpose of the survey was to assess the influence of student pharmacists on the public’s attitude towards vaccinations.

Overall, patients were grateful for the free health care being so conveniently offered to them on Election Day. They were able to get expert health advice from faculty supervisors and trusted the student pharmacists performing the services. We hope to make this event a tradition, providing free health care to the community at general elections and possibly special elections in the future.
Sunny and warm blue skies greeted runners on the morning of the 6th Annual Mare Island 5K Charity Run/Walk, put together by osteopathic medical students from the Touro University California Chapter of the American Osteopathic Academy of Sports Medicine. The idea of the race began in 2005 and has grown into a great success, bringing in over 1,000 runners over the past six races, with this year’s event attracting over 200 participants. The race has brought the community together to run for a great cause: support the foundations of the community in Vallejo through the Fighting Back Partnership and Greater Vallejo Recreation District.

On race day, November 18, 2012, volunteers and representatives from businesses showed up as early as 7am to help set up Lander Hall Gym for the race. We even saw some eager runners. Clusters of participants gathered around the same-day registration table; I think the sun brought more runners out! Each participant received a royal blue tech T-shirt, printed by Mojo Magic. Touro University California and over 20 businesses and organizations sponsored the event with cash, product donations, raffle prizes, and refreshments. We are grateful for all the support, which includes the following:

- Refreshments including water, coffee from Panama Red Coffee, fruit from Touro University California faculty, Clif Bar Shot Bloks, Somersault Snacks, and granola bars.
- Osteopathic manipulative treatment and stretching exercises from osteopathic medical students at Touro University California.
- Donations and raffle prizes donated by local businesses and organizations: Touro University California, Kaiser Permanente, Lennar Mare Island, Olympic Health Club, Mare Island Golf Club, Combat Fitness – Rapacon’s Martial Arts, William Kim’s Tae Kwon Do, Solano County Weight Loss Challenge, Serenity Day Spa & Salon, K.J. Nails, Vallejo City Floral Co., Pharmanex, and Mojo Magic.
- On Your Mark Events for the support and assistance in planning and executing the race.
- Volunteers from Touro University California and Greater Vallejo Recreation District.

The race began at 9am after an introduction from On Your Mark Events and a thank-you to our sponsors and volunteers from yours truly. Kelly Queensland, OMS II and fellow MI5K co-coordinator, was the one who got to yell, “Ready, set, go!” to start off all of the runners. Shaun Rafael, OMS II, led the runners on the course with his bike. The course started at Touro University and led runners through historic buildings on Mare Island and residential neighborhoods.

Awards were given to the top three runners in each age bracket of both genders. Jackson Burk, also fellow co-coordinator of the MI5K, managed to beat his time from last year and won the race with a 16:47. (continued on page 10)
AMPLIFY-ing Student Leadership at Touro University (continued from page 6)

The AMPLIFY event was held in the Farragut Inn on September 23rd, 2012 from 1 p.m. to 5 p.m. Ten round tables each with six seats were set up for participants. The stage area, projector screen, PowerPoint, and handheld microphones were utilized during AMPLIFY. During AMPLIFY, a PLS member served as event master timekeeper and worked with exercise facilitators to keep the program running as scheduled. A short evaluation was designed to allow PLS to evaluate aspects of AMPLIFY as well as collect qualitative feedback on event strengths, weaknesses, and recommendations.

Out of the 60 students who signed up for AMPLIFY, 50 students (83.3%) attended the event. The 50 attendees of AMPLIFY constituted 24.2% of the entire first and second year PharmD classes. A total of 49 attendees (98%) completed the evaluation, which used a 5-point Likert scale (1=very unsatisfied, 2=unsatisfied, 3=neutral, 4=satisfied, 5=very satisfied). Students reported being very satisfied with AMPLIFY with a mean overall score for the event of 4.8. Five out of the six categories assessed scored 4.8 or above, with only “food” scoring below 4.8.

The post-event evaluation responses support the belief that students who attended AMPLIFY were very satisfied with the event overall. Qualitative feedback indicated event organization and speaker energy were highlights, while the opportunity to share challenges, ideas, and values while interacting with peers was appreciated.

AMPLIFY increased PLS chapter presence on campus as well as fostered and developed leadership among first and second year student pharmacists. TUC’s PLS chapter believes AMPLIFY has the potential to positively impact leadership development in all students and is currently working on a grant to secure funding to hold an interprofessional version of AMPLIFY in Fall of 2013.

P1 Perspective (continued from page 7)

We visited many booths and though we got many free pens, we also asked each resident for early advice regarding residencies. I also had the opportunity to talk to old friends from different schools and network with new ones.

By far, my favorite event of the night was the Touro Reception. The atmosphere and vibe that I received from the Touro reception was amazing. Being in a room filled with students from all classes including several faculty members made it a truly exceptional sight to see. It was nice getting a break from my studies and it was an even better feeling conversing with Touro students and not having to talk about classes or exams. For the first time, I felt like Touro was my home and that my colleagues were family because everyone was so friendly and welcoming. There was no division between P1s or P2s or faculty members; it was just Touro University California.

6th Annual Mare Island 5K (continued from page 9)

Our youngest first-place winner was seven years old with a time of 33:26. Our oldest first-place winner was 81 years old with a time of 30:45, which goes to show that exercise is great for you at any age. See the other race results here: http://ht.ly/fpJJh.

Volunteers generously gave their time to assist in the planning and execution of the event; they assisted with registration, T-shirt distribution, raffle ticket sales, refreshment distribution, mug sales, and osteopathic manipulative treatment. About 16 people were treated by first- and second-year College of Osteopathic Medicine students.

We are grateful for all the help we received in making the event a success. By promoting exercise and healthy living in addition to helping build a stronger Vallejo, we can collectively educate, inspire and make a positive impact. We look forward to having the race again next year!