

The Buzz!

CNCP's official newsletter

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Students out and about in the community

-Diabetes Walk-

About 25 students and staff from CNCP participated in the "Step Out to Fight Diabetes" Walk on Oct. 11, 2008. The brisk morning started out with a healthy breakfast, informational booths, emotional speeches and an exercise warm up on the steps of the State Capitol Building. The walkers made their way to old town by the river and circled through downtown and back up to the capitol steps around 11am. The walk was a total of

3.1 miles and staff and students from CNCP raised a total of \$750.00 for the cause!

-Sacramento High Tutoring-

Students from CNCP have started volunteering their free time to tutor students at Sacramento High School. A group of about 10 students have been going to the school once a week to assist about 25 high school students with their homework.

-Sheryce Scott



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CNCP White Coat Ceremony



CNCP's first annual White Coat ceremony took place on January 17th right before the start of the second semester. It was held downtown and featured numerous speakers, the reading of the pharmacy oath in unison, and of course the assistance and putting on of the white coats which the faculty helped with. All the coats had

CNCP's logo embroidered on them. The event was sponsored by CVS Pharmacy and was followed by a reception. Many happy and celebrative students with family were in attendance. Everyone was very proud and many pictures were taken.

-Sheryce Scott

The CPhA Chapter

The California Pharmacist's Association (CPhA) student chapter has been established at CNCP as of Spring 2009. The goal of this organization is to represent the students at CNCP through legislature, volunteering, and student activities to promote their progression into the profession of pharmacy. Many CPhA members participated at Outlook at the Disneyland Hotel in Anaheim on February 18th – 21st, 2009. At that event, the students were able to network with other pharmacists and other students to discuss the profession and the legislation that affects it. It was an amazing experience which



inspired us to better our future profession. The CNCP students formed a team and participated in the bowling competition and took first place out of the schools! Additionally, we had several videos in the student video competition and won two of the categories. Secondly, the CPhA chapter has taken on a role as blood pressure advocates with "Project Hypertension." The officers and members have volunteered to create

awareness of the importance of monitoring blood pressure and using non-pharmacological techniques to maintain a healthy lifestyle. The target groups are low-income and working class populations. Our goal for the upcoming year is to strengthen our chapter by being involved in Legislative Day in the Spring. Many students are passionate about pharmacy legislature and this will encourage further student involvement at Cal Northstate.

-Rebekah Torres

Students select IPPE sites

Before the start of the second semester students selected their preferences to sites to begin their Introductory Pharmacy Practice Experiences or IPPEs. Dr. Dave Carroll and Sara Fox worked hard to gather sites as well as pharmacists acting as preceptors in the Sacramento area so that students at CNCP can apply

what they are learning in the classroom to real world situations. The IPPEs have been integrated into the school curriculum for the next 2 years and APPEs (the A stands for

Students start working with pharmacists in the community to earn hours towards their degree!

advanced) will take place the 4th academic year. Students will do 60 hours of IPPEs during each semester which works out to about 4 hours a week in addition to their other classes. Some students were able to do a second set of IPPEs over this past summer. These hours will be required to earn the PharmD. degree.

-Sheryce Scott

Officers Elected for Inaugural Class

The Student Body Council (SBC) Officers include:

President: Gary Takher

Vice President: Mark Huffman

Secretary: Payam Zargari

Treasurer: Lam Tran

Publicist: Sheryce Scott

Historians: Johnny Sung, Kevin Tse, Huyen Phan

Congrats to all of the elected officers!

The officers will be in charge of the planning of many school events. The SBC's goal is to be a liaison between the students, staff, and faculty at CNCP. Currently there is a complaint/advice anonymous drop box in the library. So, if you have any ideas please write them down and we will attempt to work on it.

-Sheryce Scott

The APhA-ASP Chapter

The American Pharmacists Association-Academy of Student Pharmacists (APhA-ASP) is the first established professional society of pharmacists within the United States. This is an organization that takes pride in patient care, community service, wellness, and quality of life by providing education, advocacy, and policy making to improve the profession of pharmacy. The objective of our organization is to encourage pharmacy students to play a more active role in their education while in pharmacy school. Currently all 88 first year students are automatically enrolled to be members of this organization.

CNCP's first APhA fundraising event was a cupcake sale held on February 12th to celebrate Valentine's Day. It was a big success and \$225.00 was made for the association, but after all that most of us did not want to see another cupcake for a while!

Our second held fundraiser event was held at Rubio's Baja Grill down the street from our school. Many students came to the event to support our organization and the fundraiser was again another success bringing in over \$200.00 in profit.

APhA's first project was done in conjunction with

UOP students. The theme of our joint project was based on "healthy living" and was carried out at UC Davis at the farmer's market on February 28, 2009. The topic of our school's project was to educate everyone on the importance of monitoring and knowing their blood pressure regardless of healthy they think they are. We collaborated with UOP students who provided information about sunscreen protection and there was a great turnout. We cannot wait for the next opportunity to educate the public!

-Linda Le

The SNPhA Chapter

The Student National Pharmaceutical Association (SNPhA) is an organization dedicated to helping underprivileged youth from minority communities. Throughout the year we have cooperated with the local community to provide services such as free blood pressure monitoring and information on diabetes prevention. We have also teamed up with Rubio's to help raise money for the organization. Please come and join us at SNPhA for an exciting new year filled with events and community service!

-Mandeep Sandhu

Students attend APhA meeting in San Antonio

The biggest event for APhA this year was the annual convention in San Antonio, TX. Fourteen students, including all of the APhA officers, attended. CNCP was well represented! Students attended many meetings and social events and met and built networks with many students from other schools in the country. There were specific seminars for each APhA officer to get further training on their roles and

responsibilities. We all learned so much and were excited to go back and apply the knowledge. The VP of Membership, Nina Nguyen even participated in the National Patient Counseling Competition sponsored by CVS Pharmacy. San Antonio was an amazing place! Most of the students stayed at hotels right on the Riverwalk and explored the surrounding area which included the famous Alamo. It was so much fun and the best part is all of our students were able to learn more about one another.

They truly represented the great "team based" aspect of CNCP! Students brought returned to Sacramento with spirit and knowledge. The convention did a great job motivating and inspiring students to become more involved and to get other classmates involved. There will definitely be more expectations for APhA next year. We are excited to have the next class join us. We will strive to get more students involved and active in the community!

-Nina Nguyen



CNCP Clinical Pharmacy Club

Clinical pharmacists have many areas of expertise and are a critical source of medical knowledge. The Clinical Pharmacy Club (CPC) provides a forum for current and professional interaction regarding topics in clinical pharmacy. Two organizations, The American College of Clinical Pharmacy (ACCP), and the Northern California College of Clinical Pharmacy (NCCCP), provide support for the advocacy of clinical pharmacy by focusing on patient safety and effectively using medications to treat, prevent, and cure disease. The Clinical Pharmacy Club initiated student activities to focus on best practices in clinical pharmacy. Our student members had opportunities to attend regional and international conferences, which featured current topics focused on optimal drug therapy outcomes. This also provided a networking base with other pharmacy schools in Northern California. Our inaugural year activities for 2008-2009 included, but were not limited to the following: Pharmacy and Total Parenteral Nutrition (TPN) Calculations, Aseptic Technique Demonstration and Sterile IV Preparation, attendance at several workshops and CE meetings including: Anticoagulation Monitoring: Meeting the New National Patient Safety Goals, Clinical

Peals for Anticoagulation Monitoring at University of California, San Francisco, and Idiopathic Thrombocytopenic Purpura (ITP) at California Northstate College of Pharmacy, Allegation Problems/NAPLEX Review Questions with our advisor Dr. Feng, Professional Transdermal Systems Poster, ACCP/ESCP International Congress on Clinical Pharmacy in Orlando, Florida, and a professional research poster and abstract was accepted for presentation in Anaheim, CA in conjunction with ACCP/NCCCP

Future events with the Clinical Pharmacy Club for the 2009-2010 academic year include: NCCCP Residency Panel Discussion, Student Division Stroke Project: the use of tissue Plasminogen Activator (tPA) in stroke, formation of CSHP (California Society of Health-Systems Pharmacists) chapter on campus, and poster project -To Crush or Not to Crush: Reasons why certain tablets should and should not be crushed. Clinical pharmacists manage an essential part of patient care and supportive therapy for a wide variety of disease states. The Clinical Pharmacy Club has established an informative and active clinical pharmacy base.

-Christine Guirgius

Students attend the opening social in San Antonio to kick off the annual APhA convention.



Kappa Psi: CNCP's first Fraternity

The Epsilon Iota Chapter of Kappa Psi is the first and only professional pharmaceutical fraternity offered at CNCP.

The organization currently has 31 members from the class of 2012, with Dr. Dave Carroll presiding as Grand Council Deputy. This co-ed brotherhood emphasizes the development of industry, sobriety, and fellowship, while fostering high ideals, scholarship, and pharmaceutical research.

As the pledging process came to a close in April 2009, the newly inducted Epsilon Iota Chapter celebrated its Chapter Chartering Banquet and Installation Ceremony on Saturday, June 27, 2009, at the Hilton Sacramento Arden West. The night began with welcoming speeches.

continued with a wonderful three-course dinner, and ended with special brother bonding. Several brothers ventured from afar to join our event, and for that, we would like to extend our gratitude to all those who made the night quite memorable: Dr. Lawrence Brown, Dr. Eric Gupta, Dr. Dave Carroll, Dr. Grant Lackey and brothers from other chapters. With their guidance and support, our new chapter will undoubtedly have that strong foundation needed to advance and inspire the future profession of pharmacy.

Epsilon Iota has a promising 2009-2010 first semester filled with both professional and social events. A few students are set to attend the 54th

Grand Council Convention in Florida during the summer month of August. As the school year begins, Epsilon Iota will sponsor a welcome back BBQ at a local park. Towards the end of September 2009, most members will be present at the annual Province IX meeting in San Diego. As one can see, activities such as these emphasize professional relationships needed to make differences in our upcoming pharmacy careers. "Kappa Psi For Life" is our famous phrase, used to instill in its brothers a sense of pride in our profession. Without a doubt, members of Epsilon Iota lead with open eyes, sound minds, and sincere hearts.

-Nicole Sangalang

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Thanks to all the students who wrote articles in this newsletter! If you have any ideas or would like to contribute next time please feel free to contact me.

-Sheryce Scott
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CNCP SBC publicist