

Leadership Emphasis Program



PharmD Leadership Emphasis Candidates | Class of 2025

From top to bottom: Tupak Aguirre, Youssef Youssef, Tinarena Awaradia, Jasmine Cho, Dalal Farah, Caitlyn Luong, Maraiah Colarines, Marina Naiem, Brenda Kilzi, Katherine Ghattas, Fatema Haider

Program Faculty Advisors:

Laressa Bethishou, PharmD, APh, BCPS;
Madeline Dintzner, PhD; Jelena Lewis, PharmD, APh;
Reza Taheri, PharmD, MBA;
Sharon Xavioer, PharmD, BCACP

Chapman University School of Pharmacy's (CUSP) Doctor of Pharmacy (PharmD), Leadership Emphasis Program was established in 2021 and the inaugural cohort was selected in early 2022. This degree emphasis focuses on developing well-rounded student leaders inside and outside the classroom. The goal is to equip candidates with the personal and professional skill sets to serve as outstanding, lifelong leaders in healthcare.

Along with maintaining strong academic and professional standings, students selected for the Leadership Emphasis Program coordinate various leadership development and community outreach events.

The events highlighted below (and many more) were made possible by the involvement of the Leadership Degree Emphasis candidates' in various student organizations. Their committee positions, along with the events they organized, are listed below.

Tupak Aguirre: IPhO President

Tinarena Awaradia: SNPhA Founder and President, AMCP Vice President, Supplemental Instruction Supervisor, Rho Chi Chapter Liaison, Rho Chi Tutor

Jasmine Cho: KAPSA President, APhA VP of Policy

Maraiah Colarines: Phi Delta Chi Worthy Keeper of Records and Seals, CPhA/OCPhA Liaison, Patient Safety Committee Student Representative

Dalal Farah: SNPhA Secretary

Katherine Ghattas: ASHP PSF Advisory Group, ACCP/SCCP Treasurer, AMCP Secretary, CUSP Student Ambassador, Co-Curriculum Advisory Board

Fatema Haider: SNPhA Project Coordinator, ACCP/SCCP Advocacy Chair, Co-Curriculum Advisory Board

Brenda Kilzi: Class of 2025 President, Rho Chi Secretary, PLS Historian, OCSHP Membership Committee, Supplemental Instructor, Co-Curriculum Advisory Board, Student Ambassador, IPhO Director of Communication

Caitlyn Luong: VPhA Public Relations and Marketing Chair, VPhA Student Liaison, OCPhA Student Coordinator of Community Outreach, KAPSA Director of Communications and Marketing

Marina Naiem: ACCP/SCCP President, OCSHP Representative, Supplemental Instructor, Co-Curriculum Advisory Board

Youssef Youssef: Rho Chi Vice President, ACCP/SCCP Clinical Development Chair, CSHP/ASHP Director of Professional Development, Rho Chi Tutor, Supplemental Instructor

Leadership Emphasis Program

STOP THE BLEED WORKSHOP



Through ACCP, Katherine, Marina, and Fatema created the first “Stop the Bleed” workshop available to all students on campus, regardless of their profession. The primary objective of this workshop was to offer students a valuable opportunity to learn basic techniques for controlling bleeds in emergency situations. Katherine, Marina, and Fatema individually taught over 60 students on campus how to apply pressure to wounds, pack wounds with gauze, and use a tourniquet to stop bleeding. This event left students feeling inspired and eager to contribute to their communities.

HEALTH EDUCATION EVENT

Encouraged by Dr. Micah Hata, Western University’s Director of Community Residency, Caitlyn initiated a year-long health education project between the Orange County Pharmacists Association (OCPhA) and the Westminster Senior Center. In collaboration with UCI and Western University, pharmacy students educated seniors on various disease states during one-hour sessions featuring presentations, activities, demonstrations, and handouts. Caitlyn led Chapman students in a session on hypertension, covering risk factors, symptoms, complications, and lifestyle recommendations to prevent cardiovascular events.

NOURISH AND HEAL



Brenda and Youssef collaborated to create a novel event, Nourish and Heal, to provide an opportunity for their cohort and other future pharmacists to give back to the community. The students volunteered at a local food shelter serving the underserved population of Orange County, providing education on non-pharmacological prevention and treatment of chronic conditions such as hypertension, dyslipidemia, and diabetes. The event was a huge success, as they were able to serve over 100 individuals within a span of two hours.



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GUIDING FUTURE PHARMACISTS

In March 2024, ACCP and AMCP, two student organizations led by Katherine, Marina, Fatema, and Tinarena, hosted the “Be the Teacher” community outreach event. Members designed, coordinated, and delivered interactive learning materials to educate local high school juniors and seniors about exciting pharmacy career paths, including ambulatory, community, managed care, and acute care pharmacy. This program involved 24 pharmacy students and impacted 52 high school students. During the event, high school students learned how to properly administer Narcan and EpiPens, compound and count medications, and explore the different fields of pharmacy through various interactive stations.



POWER TO END STROKE

The Power to End Stroke (PTES) Initiative, hosted by Fatema, Tinarena, and Dalal through SNPhA, successfully served about 87 patients in Orange County. This initiative helped empower student pharmacists through patient advocacy in communities with higher risks of stroke and cardiovascular diseases. Student pharmacists were able to perform hands-on skills such as blood pressure and glucose measurements and educate patients on lifestyle measures to decrease the risk of cardiovascular diseases (CVD).



5TH ANNUAL PHARMACY LEADERSHIP CONFERENCE

Tinarena, Brenda, and Jasmine were selected to represent CUSP at the 5th Annual California Pharmacy Leadership Seminar in December 2023 at USC Mann School of Pharmacy and Pharmaceutical Sciences. The purpose of this seminar was to bring together pharmacy student leaders from throughout the state of California to focus on developing leadership skills and transforming the profession of pharmacy. With the theme “Include to Inspire,” the event challenged student leaders to be mindful of various leadership styles within teams and consider these differences to integrate new ideas in pharmacy through collaboration. Each student presented on their initiatives created at CUSP.



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HOPE HEALTH FAIR



Hope Community Services, a non-profit organization, held its annual event at the Vietnamese Catholic Center, offering resources like vaccinations and blood pressure screenings. The month-long Hope's Health Fair involved coordination among VPhA, Hope Community Services, the Orange County Department of Health, USC, UCI, Western Health Sciences, and Chapman University. Caitlyn secured supplies and organized student schedules for services, including blood pressure and glucose screenings and flu shots, and served as the VPhA Liaison for UCI students, helping all participants meet their co-curriculum requirements.

MEDICATION ADHERENCE

Dalal and Maraiah joined the 2024 National Script Your Future challenge, partnering with Chapman Physical Therapy students to implement a 2-week program enhancing health outcomes for Parkinson's patients. They conducted medication reconciliation at the Parkinson's Boot Camp, ensuring regimen accuracy and adherence while identifying discrepancies. The aim was to improve medication management and empower patients with Parkinson's to enhance their quality of life. Their collaborative effort highlights the importance of interdisciplinary approaches in healthcare.



WOMEN IN STEM



Jasmine, Brenda, and Caitlyn hosted a panel to celebrate Women's History Month by highlighting remarkable women leaders in the pharmacy industry. More than ten panelists shared their insights and personal anecdotes about navigating the STEM field as leaders and advancing the profession. Attendees were inspired by the diverse experiences and wisdom of the panelists, making the event a powerful tribute to women's contributions to STEM.



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EMPOWERING HEALTH THROUGH VACCINES

In November 2023, Youssef, Katherine, Fatema, and Marina organized a vaccination clinic at Newport Coast Pharmacy through a collaboration with CSHP/ASHP and ACCP.

This clinic provided an opportunity for students to administer vaccines while sharpening their professional skills in patient care.

REMEMBER THE RIBBON

In February 2024, Tinarena, Fatema, and Dalal organized a "Remember the Ribbon" event in collaboration with CSHP and SNPhA. This event was committed to raising awareness and improving the health and social environment of underserved communities regarding the HIV/AIDS epidemic through awareness, prevention, and education.

STUDENTS SAVING LIVES

IPHO partnered with the American Red Cross for a blood drive, allowing students to donate blood. This event resulted in the collection of 14 pints of blood, which were donated to local hospitals for use in life-saving procedures.

In addition to the official leadership positions that our students currently serve in or have served in the past, they continue to impress through their academic recognition.

RHO CHI

In November 2023, Tupak, Brenda, Youssef, and Tinarena were inducted into Rho Chi, the international pharmacy honor society. Only the top 17% of each CUSP cohort is invited to join. These four students now serve as Rho Chi Tutors. Youssef serves as Vice President, Tinarena serves as Liaison, and Brenda serves as Secretary. The society recognizes and rewards outstanding scholastic achievements, stimulates critical inquiry to advance pharmacy, and promotes the highest ethical standards.



In March 2024, the Chapman Rho Chi Epsilon Chapter won the Chapter Project Proposal Award and was awarded a \$500 grant for their project titled "Pharmacy on the Move." The project aims to improve healthcare literacy through the use of social media. The project was supported by faculty advisors Dr. Emmanuelle Schwartzman, PharmD, and Dr. Jelena Lewis, PharmD.

PHI LAMBDA SIGMA

Brenda was inducted into Phi Lambda Sigma (PLS), a pharmacy leadership society, where she served as the chapter historian. Only five second-year students were invited to join CUSP's PLS chapter. PLS provided Brenda with the opportunity to further develop and apply her leadership skills in collaboration with her peers.



Leadership Emphasis Program

Our Leadership Emphasis candidates are dedicated to networking initiatives, designed to foster connections and collaboration within the pharmacy community.

ENGAGING VPHA OUTREACH

As the Public Relations and Marketing Chair for the Vietnamese Pharmacists Association USA (VPhA), Caitlyn leveraged social media to enhance the organization's branding. Inspired by Asian beauty brands, she used marketing techniques to boost engagement and educate patients on healthcare terminology, traditional medicine, community events, and pharmacy news. Concurrently, as Student Liaison, she promoted VPhA as a resource for students to develop communication, leadership, and clinical skills, supporting the organization's mission of professional growth and community involvement.

LEGISLATIVE NIGHT

As a member of the 2023-2024 CPhA Board of Directors representing CUSP, Maraiah collaborates with fellow Board members from California pharmacy schools. One notable event was the Legislative Night held during CPhA's Legislative Week, where students from pharmacy schools across the state tuned in on Zoom to listen and learn from Michelle Rivas about policies and legislation in our growing field of pharmacy. After the meeting, there was a friendly Kahoot competition where the winner received free admission to the Western Pharmacy Exchange!

FIRESIDE CHAT

Jasmine strategized and planned the first-ever "What's Happening in Pharmacy?" event in collaboration with CPhA, OCPHA, Walgreens, and APhA. Jasmine invited Dr. Lawrence Brown, Dr. Paul Huynh, Dr. Rajan Vaidya, and Dr. Albert Bach to address the current landscape of the pharmacy industry, relevant policies that pharmacists and student pharmacists should know and advocate for, and their leadership journeys within their respective specialties in the pharmacy profession. Jasmine also collaborated with Katie Fugnetti from the CUSP Office of Career Services to plan a networking activity for attendees to hone their networking skills and connect with colleagues.

RISE TO INFLUENCE

Invited by the American Pharmacists Association as a panelist and speaker for APhA Annual 2023 in Arizona, Jasmine spoke on "Rise to Influence." She highlighted the importance of understanding the changing landscape of media and how the pharmacy profession can utilize personal and professional platforms for advocacy and education. Jasmine also emphasized the need to address health misinformation on digital media platforms and how this offers pharmacists a unique opportunity to educate beyond traditional methods. She shared her experience as a content creator, global TV host, and healthcare professional in educating the public and advocating for the pharmacy industry.

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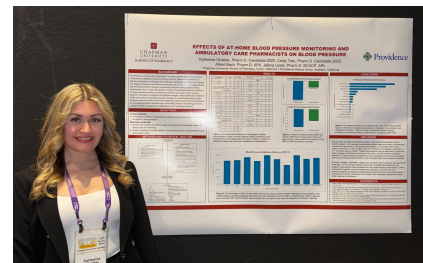
Leadership Emphasis Program

Alongside leading community events, candidates of the Leadership Emphasis program are also engaged in numerous research projects.

"EFFECTS OF AT-HOME BLOOD PRESSURE MONITORING AND AMBULATORY CARE PHARMACISTS ON BLOOD PRESSURE"



Katherine, under the guidance of Dr. Jelena Lewis, PharmD, and Dr. Albert Bach, PharmD, is conducting a Capstone research project focusing on patients who are seen by Ambulatory Care Pharmacists, exploring hypertension management dynamics. The study evaluates the impact of at-home blood pressure monitoring on medication adherence, laboratory markers, and blood pressure readings both at home and in clinic before and after the study period. Results from this research were presented at CPhA WE in April 2024.



"THE USE OF CHATGPT IN PHARMACY PRACTICE"

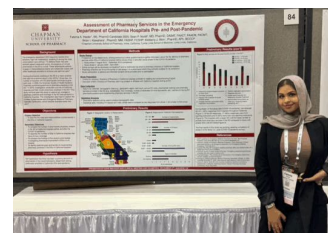
Brenda, Tupak, and Jasmine, under the guidance of Dr. Laressa Bethishou, Dr. Jeff Goad, and Dr. Karl Hess, all PharmDs, are completing a CAPSLEAD research project consisting of a survey evaluating pharmacists' and student pharmacists' perceptions of ChatGPT's accuracy, usefulness, and usability in pharmacy practice. This research was presented at CSHP Seminar in October 2023 and CPhA WPE in April 2024.



"ASSESSMENT OF PHARMACY SERVICES IN THE EMERGENCY DEPARTMENT OF CALIFORNIA HOSPITALS PRE AND POST-PANDEMIC"

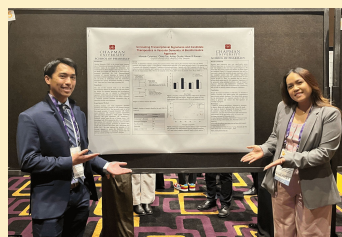


Fatema completed a Capstone research project with Dr. Kimberly Won, PharmD. This study aimed to examine how the roles and responsibilities of pharmacists in California's emergency departments have evolved, specifically focusing on changes occurring before and after the pandemic. This research was presented at ASHP Midyear in December 2023.



"UNRAVELING TRANSCRIPTIONAL SIGNATURES AND CANDIDATE THERAPEUTICS IN VASCULAR DEMENTIA: A BIOINFORMATICS APPROACH"

Maraiah and a fellow student, guided by Dr. Moom Roosan, conducted an independent research project on vascular dementia (VaD). They focused on identifying transcriptional factors and potential therapeutics by analyzing gene expression data from VaD patients. With no FDA-approved treatments for VaD, their research aims to address this gap using a bioinformatics approach.



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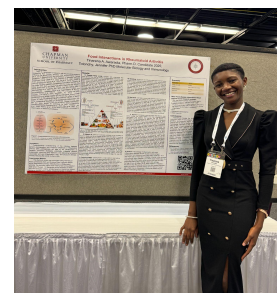
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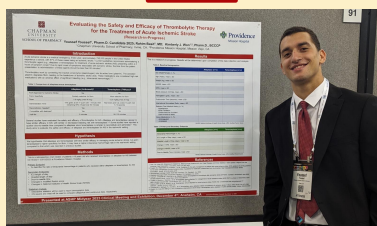
“FOOD INTERACTIONS IN RHEUMATOID ARTHRITIS”

Tinarena completed a Literature Review with Dr. Totonchy, PhD, on Molecular Biology and Immunology, evaluating nutrition and genetic factors influencing Rheumatoid arthritis pathology and inflammation. The findings increase the possibility of early prevention and detection of symptoms such as joint swelling, pain, stiffness, inflammation, cartilage, bone destruction, and disability, highlighting food-disease interactions including smoking, carbohydrates, Vitamin D, Omega-3 fatty acids, salt, and red meat. This research was presented at ASHP Midyear in December 2023.



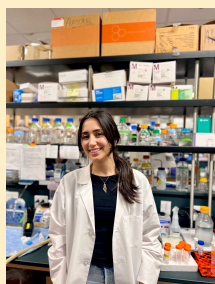
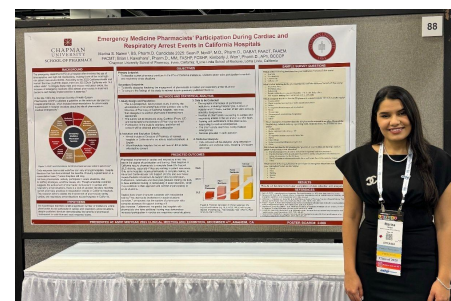
“EVALUATING THE SAFETY AND EFFICACY OF THROMBOLYTIC THERAPIES IN THE TREATMENT OF ACUTE ISCHEMIC STROKE”

Youssef completed a Capstone research project with Dr. Kimberly Won, PharmD. The primary objective of this study was to compare management of acute ischemic stroke one year before and one year after the tenecteplase “go-live date” at Providence Mission Hospital. This research was presented at ASHP Midyear in December 2023.



“EMERGENCY MEDICINE PHARMACISTS’ PARTICIPATION DURING CARDIAC AND RESPIRATORY ARREST EVENTS IN CALIFORNIA HOSPITALS”

Marina, with Dr. Kimberly Won, PharmD, completed a Capstone research project describing current ED pharmacy practices in California institutions regarding pharmacist involvement in cardiac and respiratory arrest situations, identifying obstacles to pharmacist engagement in these critical events. This research was presented at ASHP Midyear in December 2023.

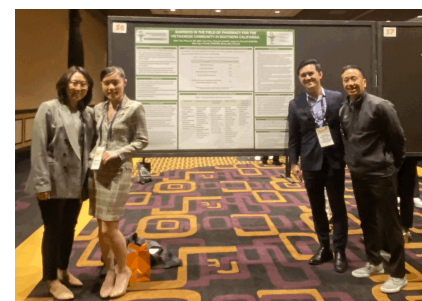


“PROTEOMICS: CHARACTERIZATION OF PROTEINS AND PEPTIDES FROM CARAWAY (CARUM CARVI) SEEDS”

Dalal, under guidance of Dr. Ahmed Aftab, is investigating the proteomic composition of caraway seeds to uncover their molecular basis as potential anticancer agents. Identifying specific proteins within caraway seed that exhibit anticancer properties may lead to new therapeutic strategies or synergistic treatments.

“BARRIERS IN THE FIELD OF PHARMACY FOR THE VIETNAMESE COMMUNITY IN SOUTHERN CALIFORNIA”

Caitlyn, as Chapman’s Student Liaison for VPhA, expanded her network and earned a scholarship to attend the Western Pharmacy Exchange 2024. There, she assisted Dr. Tâm Phan, VPhA’s President, in presenting research on pharmacy students' views on care quality in the Vietnamese community. Her participation highlighted professional resources, networking and healthcare social nuances.



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The Leadership Emphasis candidates go beyond community outreach and research, actively participating in both regional and national competitions.

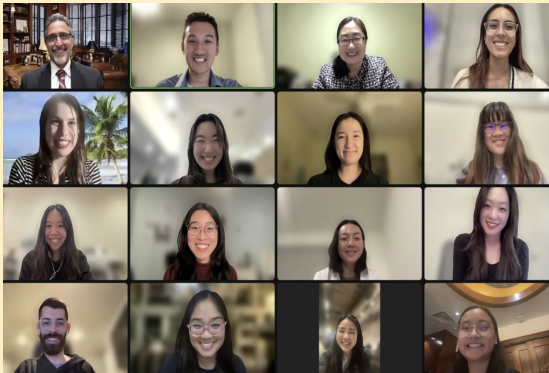
CHAPMAN REMAINS VICTORIOUS IN STATE-WIDE CSHP SEMINAR

Tinarena and Maraiah were pivotal members contributing to CUSP's dominant success, holding a decisive lead throughout the CSHP Quiz Bowl competition. Competing against 13 other colleges of pharmacy in the state of California, CUSP PharmD students emerged in 1st place in the California Society of Health-System Pharmacists Seminar Quiz Bowl, held in October 2023 in Long Beach, California. The competition topics included infections in the immunocompromised, psychiatry, informatics, and dosing calculations.



TEAMWORK AND INNOVATION ELEVATE PHARMACY STUDENTS TO NATIONAL SUCCESS

Tupak and Jasmine participated in a national competition that required forming a team of leaders and innovators to simulate the drug development process and address a current issue in pharmacy practice. Drawing from their previous experience, they focused on fostering better communication between team members and leaders. These changes led to more effective communication, increased innovation, and a more cohesive final product. Their efforts resulted in a final presentation that placed 4th among 66 other schools participating in the competition.



P&T COMPETITION CASE STUDY

Through AMCP, Katherine helped conduct a retrospective analysis of clinical trials for Zavzpret (zavegepant). Creating a drug monograph, she evaluated its efficacy, safety, and tolerability, and compared these clinical outcomes to therapeutic alternatives. Her analysis was instrumental in establishing a formulary recommendation for Zavzpret.



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Many of the Leadership Emphasis candidates actively engage with campus life through a variety of student activities and initiatives.

STUDENT COLLABORATION TO ENHANCE OUTCOMES

Katherine, Fatema, Marina, and Brenda, along with other students, are collaborating with Dr. Bethishou, PharmD, on the Co-curricular Advisory Board to enhance student experiences. This team gathers feedback from students regarding co-curricular opportunities, enabling them to make program adjustments for improved outcomes and experiences.

OUTREACH EFFORTS AT CUSP

Brenda, Katherine, and Maraiah played a vital role in representing the School of Pharmacy as CUSP Student Ambassadors. They provided valuable information about the pre-pharmacy and Doctor of Pharmacy programs to prospective students. Additionally, these leaders participated in student panels to answer questions and conducted campus tours, highlighting all that CUSP has to offer.

Congratulations to the CUSP Class of 2024 Leadership Emphasis Graduates!

Journey Cordero, Tali Faggiano, Rosa Le, Mariam Mekhael, and Megan Shieh

We are so proud of you and all of your accomplishments!

Chapman University School of Pharmacy is proud to offer a Doctor of Pharmacy with Leadership Emphasis Degree. This unique program presents students with incredible opportunities to stand out, grow as leaders, and advance the profession of pharmacy in immeasurable ways. A huge thank you to the faculty members who developed this program, and to the students who have helped bring it to life.

To learn more about the Chapman University School of Pharmacy's Leadership Emphasis program, please scan this QR code.



Congratulations to the third cohort of Chapman University's PharmD Leadership Emphasis candidates who were recently selected! We are thrilled to see what these leaders will accomplish.

PharmD Leadership Emphasis Candidates | Class of 2026

Grecia De La Cruz, Tien Dinh,
Alex Duong, Vivian La, Rachel Nguyen,
Alice Oum, Priscilla Sajonas,
Philip Tran, Katelyn Truong

Note: Each events occurrence was made possible by students in the Leadership Emphasis Program. A special thank you to Katherine, Tinarena, Fatema, and Marina for inspiring this newsletter and providing its content.