

## Annual Chapter Report Outline

Please complete your Annual Chapter Report and submit to the National Office by May 15.

**Date of report submission:** 2018-05-14

**Name of School/College:** University of California, San Francisco

**Chapter Name & region:** Alpha Lambda – Region VIII – West Coast

**Delegate who attended the Rho Chi Annual Meeting:** n/a

**Date Delegate's name submitted:** 0001-01-01

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New officers and e-mail addresses for next academic year  
(If not yet elected, please indicate date of anticipated election and report names within one week of election)

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**Chapter advisor's name and e-mail address**

[chapter-advisors]

## Introduction

The vision of the Rho Chi Society is to advance pharmacy through intellectual leadership. The Alpha Lambda chapter began the year by unifying the two components of this vision. We recognized “pharmacy” as being a medium through which we use gained knowledge to benefit those around us. “Intellectual leadership” guided us to target our efforts in the areas of education and academia. Therefore, the vision for the Alpha Lambda chapter this year was to be a group of student leaders that fill the academic needs of the student body and serve as a role model organization in the areas of excellence and beneficence. The total number of Rho Chi student members of the Alpha Lambda chapter totaled 36, 23 from the class of 2018 and 13 from the class of 2019.

**Meetings** Please provide information on meetings held in the following tabular format

Date	Attendance	Agenda	Action Steps
2017-11-03	5	First Meeting (Fall): Expectations, Responsibilities for each officer, Functions/Events for the year	Website Revamp; BPS 121 Final Review
2017-11-29	6	BPS 121 Review Event Prep Meeting: Teaching/Rotation style, divide responsibilities	Split into groups of 2 to tackle a total of 3 topics in PK dosing
2018-	5	Winter Quarter Kick-Off: Updates from each officer,	Split responsibilities to plan each event: CP120

01-17		Event planning/Target topics	Therapeutics Case Session and Biostatistics Boot Camp
2018-02-01	6	Chapter Advisor Meeting: Touch base on new initiatives and events	Refine CP120 pre- and post-event survey for analysis

**Strategic Planning:** What goals were set that relate to the Rho Chi mission?

To achieve our vision this year, the Alpha Lambda chapter employed a strategic plan with two components: (1) increase the quantity and enhance the quality of our events and (2) promote the visibility of our chapter in the face of new publicity guidelines implemented by the student body. To fulfill each component of our strategy, we set three main goals: (a) Host one to two academic events each quarter targeting at least two different graduating classes of pharmacy, (b) Employ active learning strategies during events including, but not limited to, small group discussions and mock exams, and (c) Implement a publicity strategy including a website revamp and the filming of promotional videos for events.

## Activities

### BPS 121 – Pharmacokinetics Final Review Session (Ongoing)

This past Fall, Alpha Lambda Chapter held their first academic event for second year pharmacy students. Historically, our chapter has held a review session for the second pharmacokinetics course in the curriculum: BPS121. However, the previous methodology of creating mock questions and reviewing them in a large group did not allow for sufficient interaction between instructor and student or allow enough time for questions. This year, we made significant changes in hopes of achieving two goals: (1) cater the review sessions to each individual student's needs, and (2) make the session more interactive and open for questions and discussions. Therefore, we decided to send out a survey to collect interest and determine the areas students felt they needed the most help with. Next, we broke up student responses by topic and wrote practice questions on three topics: vancomycin, digoxin, and amino-glycosides dosing and monitoring. Lastly, we created a rotating schedule for the different topics to allow students to rotate through each room in a small group environment, and therefore, an opportunity to work through problems together and discuss any point of confusion with the Rho Chi teachers. In addition, students who were only interested in specific topics, did not sit through the entire review session but only rotated through the rooms of their choice. We received positive feedback immediately after the session. This created a strong foundation for Rho Chi and our future review sessions.

### Biostatistics Boot Camp (New Initiative)

Historically, biostatistics has been a challenging subject for all the students at our school throughout the entire curriculum. However, we recognized the importance of having a strong foundation in biostatistics for a thriving future practice in evidence-based medicine.

As a result, we hosted our first-ever biostatistics event open to all graduating classes in the school of pharmacy. The session was conducted as a lecture-style review covering foundational concepts in hypothesis testing and the how-to's of choosing statistical tests for varying types of data. Slides were sent to students prior to the review along with a handout outlining flowcharts for choosing tests. To keep students engaged during the session, slides were constructed to have fill-in-the-blanks and problem-solving questions for key concepts. The event lasted approximately 2 to 2.5 hours. Feedback was received through solicitation of both Rho Chi and non-Rho Chi attendees. Slides and handouts were posted on our website for all students to access after the event.

#### CP120 Therapeutics I Case Session (New Initiative)

The first therapeutics course at UCSF School of Pharmacy, Clinical Pharmacy 120 (CP120) is taken by 2nd year pharmacy students (P2s). CP120 has traditionally been a difficult transition for many students, especially with the "gray-areas" of therapeutics and consideration of patient-specific factors in choosing therapy. Despite this, the Alpha Lambda Chapter of Rho Chi has not typically held case-based reviews for therapeutics courses. In efforts to address this need, we decided to hold our first-ever CP120 Case Session. Before the session, we created two novel cases, one with multiple-choice practice questions and the other with an answer key modeled after the systematic SOAP format. Both were sent to the CP120 course coordinators to ensure our material was appropriate for the course. We designed our case session to allow time for students to work through the cases individually or in groups, followed by a review led by Rho Chi members. The event was a 2-hour review session during which we guided students through a systematic approach to assessing cases, key therapeutics concepts in acute care, and rationales behind answer choices to multiple choice questions. For those who could not attend our event, we made detailed answer keys available on our website so that every P2 taking the course had fair access.

The CP120 Case Session had a positive impact on both Rho Chi members and P2 students. Through the process of creating the cases and questions, Rho Chi officers and members reviewed the material as a group and further enhanced our own understanding of the material. Working closely with the CP120 course coordinators also helped us become more confident in teaching therapeutics material. To measure the impact of our review session on the P2s, we asked the P2s to complete a pre- and post-assessment survey. This survey asked the P2s to rate their stress level towards studying for the CP120 final exam, as well as their confidence levels in several therapeutics topics on a 5-point scale. We ran a post-event statistical analysis on the feedback we received from these surveys. The results from this analysis are detailed in the "Evaluation/Reflection" section of the report.

#### CP121 Therapeutics II Case Session (New Initiative)

During the Spring quarter, P2s take CP121 as the second course in their ongoing therapeutics course series. Our chapter decided to continue our therapeutics case session series by holding a review for their second midterm exam in hopes of covering new material as well as clarifying any concepts that may have been unclear from the previous midterm. Similar to the case session from the previous quarter, we created two novel cases and wrote a total of eleven questions that were a combination of multiple choice and short answer modeled to cover key concepts in therapeutic decision making. Again, we kept in close contact with faculty by having the course

director of CP121 screen both our cases and questions for accuracy and appropriateness for the course. On the day of the event, we held a 2-hour session where four Rho Chi board members led discussions for the questions, averaging 2-3 questions per board member. Through this session we covered rationale for treatment decision making, analysis and interpretation of statistical results, and concepts in targeted patient assessment, leading to patient-specific care. After the event, cases and answer keys were posted onto our website for open access to all P2 students, including those that could not attend the event. Feedback for our event was solicited from both Rho Chi session teachers and student attendees.

#### PC 115 Pharmaceutical Chemistry Mock Midterm (New Initiative)

Pharmaceutical Chemistry 115 (PC115) has been a notoriously stressful course for first year pharmacy students (P1s) during spring quarter. The course is heavily centered around organic chemistry concepts, which many students find to be confusing and difficult. The consequences of not passing this course adds an additional stress factor for both the student and the course coordinators; with UCSF School of Pharmacy starting a new theme-based curriculum this summer, any student that failed the course would not have another opportunity the following year to retake the course. Thus, Rho Chi was especially motivated to create a new event to help P1s pass PC115. To do so, we decided to hold a 2.5 hour PC115 Mock Midterm Review. Our goal was to facilitate student learning by allowing a safe space for error followed by a lecture-style review with time for critical thinking and inquiry built-in. We first wrote a mock midterm exam, which was then proofread and validated by the professors of the course. On the day of the review, P1s were given a chance to work through the problems in an exam-type setting for approximately 40 minutes before going over the answers for the rest of the session. While going over answers, we clarified difficult concepts, guided them through problem solving approaches, and suggested test-taking strategies. For the students who could not attend, we made the blank mock midterm and detailed answer key available both on our website and the course coordinator helped us post it onto the PC115 course website as well. From the positive verbal feedback that many of the students provided us, we are confident that this mock midterm was valuable in their preparation when studying for the course exams.

#### Student Guide to APPE's (Ongoing)

Started 7 years ago, the Student Guide to APPEs is an online resources available to UCSF pharmacy students that provides information about APPE rotations from the perspective of current students. P4s are asked to fill out a questionnaire about each rotation they complete describing: how to prepare for each rotation, clinical topics covered/learned, daily schedule, required assignments and presentations, and likes and dislikes. This resource continues to be used by all students when planning ahead and choosing rotations, so can be somewhat seen as a "Yelp" page for rotations. In order to continue participation from the current P4s to keep information up to date, we have continued the raffle to subsidize some of the pharmacist licensing fees for the winners. Each evaluation counted as one raffle entry.

As we do not usually request funding for our events, we have decided to utilize the stipend Associated Students of the School of Pharmacy (ASSP) provides organizations to fund the raffle. We plan to hold the raffle the week after the last rotation for the P4s



where a majority of them will return to UCSF for a review session for board exams.

Evaluations are currently being collected via Google Doc. In terms of uploading the evaluations, the Rho Chi Secretary splits the work evenly with a designated PLS cabinet member. This guide has continued to be an invaluable resource for students when deciding their rankings for rotation sites.

### **Financial Budgeting**

Similar to previous years, our initiation ceremony was graciously sponsored by the Dean of the School of Pharmacy, and new initiates and their guests paid for themselves. All of our events were academic, so these did not require any additional funding. We spent \$182.70 to purchase Rho Chi cords for graduation and made \$210.00 (total profit \$27.30). We are working with the Associated Students of the School of Pharmacy and Phi Lambda Sigma at UCSF to choose a raffle winner for a total cash prize of \$350.00. Rho Chi will contribute \$100.00 to the prize money with a stipend provided by the Associated Students of the School of Pharmacy, our student government. No other budgeting is planned for this year.

### **Installation Function**

Initiation for the 2017 inductees was held on Saturday, October 14th, 2017 at Isa Restaurant located in the Marina District of San Francisco. Our party consisted of 18/23 inductees, 3 cabinet members (President, Vice President, Treasurer), our 1 faculty advisor, 1 faculty guest, 1 UCSF guest, and 1 non-UCSF guest. In total, 23 new members were initiated into the Alpha Lambda chapter for 2017. The evening commenced with a three-course meal and an opportunity for 3rd and 4th year students to converse with each other. 4th year students were deep into their advanced pharmacy practice experiences as 3rd year students were coming off from their last official summer. The evening continued with a short speech from our advisor and president, induction of the new members, a ceremonial ritual, and election of the 2017-18 cabinet. Overall, the event lasted approximately 3 hours.

### **Evaluation/Reflection**

We established our vision and goals early in the year during our first board meeting. With four new academic events, we thoroughly accomplished our goals. Details about our publicity initiative can be found in the “Other information” section. Although the Pharmacokinetics review was an ongoing event from previous years, we improved upon the teaching methodology of the event by changing the previous lecture-style review to a small group discussion format. To achieve this, we split students into three different rooms for the three different dosing problems and had them rotate through the rooms. About 36 P2s attended the event. Overall, we consider this event a success, and while we did receive very positive feedback from the students that attended, we

recommend standardizing the time spent in each room beforehand to allow for smoother rotations in the future.

Our two events in the Therapeutics Case Session series were new initiatives. We had 45 attendees for the Therapeutics I session during winter and we assessed the efficacy of our event through the aforementioned surveys. For the post-event analysis, we ran a Wilcoxon Sign Rank test on our data (non-parametric, paired). We observed a statistically significant decrease (p-value 0.0022) in student stress levels regarding therapeutics and saw a statistically significant increase (p-value 0.00) in student confidence in assessing cases. The implications from this analysis showed the clear positive impact of Rho Chi on helping students in therapeutics courses, which ultimately led to the creation of our second therapeutics review session the following quarter.

Our Therapeutics II session during spring had about 31 attendees. For this event, we attempted to improve upon teaching logistics from the first session. Rho Chi session teachers felt strongly that students were not given enough time during the previous event to work through the questions in small groups and therefore, did not gain as much learning from critical thinking as they could have. As a result, we built in 30-minute periods for students to work in groups before reviewing. We felt this change did lead to richer discussion during the review portion of the event and would recommend the standardization of individual/group work time to be kept a priority for this event. Overall, feedback from students remained positive.

The Biostatistics Boot Camp and PC115 Mock Midterm events had the largest turnouts, 61 and 95 attendees respectively. Feedback was extremely positive for both events with a pattern of student comments addressing the ability of Rho Chi members to clarify material learned in class and expedite the learning process for complex concepts. Both events were very successful, and no improvements would be recommended at this time.

Given the combination of positive feedback and consistent student turnout at our events, we would confidently state that our publicity initiative and our events have been a success and that the Alpha Lambda chapter has built a strong rapport with the student body this year. We believe this has been largely due to our vision for the year to pursue the academic needs of the students with excellence and give ourselves wholeheartedly to the beneficence that marks our profession.

## **Other Information**

The Alpha Lambda chapter remains as a registered campus organization (RCO) at UCSF. This year, publicity guidelines implemented by the student government sought to decrease information burden on the student body by limiting or blocking the promotion of RCO events through email, Facebook, and class-wide announcements. These guidelines stood as a significant challenge for our chapter, given our history of low visibility. To overcome these challenges, we used web development languages (HTML, CSS, and JavaScript) to revamp our website directly through the OrgSync platform to accomplish two goals: 1) create a more aesthetically pleasing, informative, and user-friendly website and 2) centralize the information and sign-ups for all our events into one hub for ease of reference and promotion. The results of these efforts led to the revamp of our website's CSS style sheet, a re-worked "Events" page which housed all information and materials for our events, and a new page titled "Officers" which was built from scratch on

Notepad++ to introduce users to our board at a more personal level.

In addition to the revamp of our website, we increased our publicity efforts by creating promotional videos for our events. During our first meeting, we decided video would be the ideal platform for our situation because of its increased visual engagement and capability to communicate large amounts of information in a short time period. Using video, we were able to describe the vision for an event with any necessary logistical information in an engaging manner all under two minutes. Lastly, this was a novel form of communication among all RCO's as we were the first organization to promote our events through video. For our audience of busy students, this approach seemed to be the best option. With these two components of our publicity initiative, we experienced an all time high in attendance at Rho Chi events (details in the "Evaluation/Reflection" section of the report).

We continue to maintain our Student Guide to APPEs on an online web platform called UCSF Wiki in order to provide all pharmacy students access to reviews and tips for specific rotation sites. In addition, our organization submits an article to be published in our School of Pharmacy newsletter, the Therapeutic Window, every quarter to highlight our chapter's events throughout the year.

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### **MOST IMPROVED CHAPTER AWARD SUBMISSION BELOW**

Name of School/College: University of California, San Francisco

Chapter Name & Region: Alpha Lambda - Region VIII - West Coast

Name of Member Submitting Statement: Ryan Ng

Email of Member Submitting Statement: [Ryan.Ng@ucsf.edu](mailto:Ryan.Ng@ucsf.edu)

Name of Chapter Advisor: Conan MacDougall

### **Appendix 1**

### Chapter Activities Report Template

Alpha Lambda, University of California San Francisco Activity Table								
Category of Activity <sup>1</sup>	Title of Activity	Brief Description <sup>2</sup>	How Does This Activity Align With the Rho Chi Mission Statement?	Years the Activity has Been Ongoing?	If Activity has Been Ongoing for >1 Year, What Evaluations Have Been Done to Assess the Success of the Activity and What Improvements Have Been Done Over the Past Year?	How Many Members Participated in the Activity?	How Many Students (non-members) and/or Patients were impacted by the Activity?	Financial Information for the Activity [Budget Required, Fundraising Amount]
Intellectual Leadership Activities (i.e., tutoring, sponsored lectures, poster sessions, etc.)	BPS 121 Review Session	Small group rotation through rooms covering Vanco, AG, and Digoxin dosing/PK models	Designed to improve students' understanding of material and promote academic excellence	3	Board discussion of last year's event. Changed teaching methodology from large group review to rotating small group to allow for group work, discussion, and inquiry	6	~ 36 P2 students	N/A
Intellectual Leadership Activities (i.e., tutoring, sponsored lectures, poster sessions, etc.)	Biostatistics Boot Camp	Review of foundational concepts in hypothesis testing and how to choose an appropriate statistical test	Designed to improve students' understanding of material and promote academic excellence	1	N/A	3	58 (P1-P3 students)	N/A

Intellectual Leadership Activities (i.e., tutoring, sponsored lectures, poster sessions, etc.)	CP120 Therapeutics I Case Session	Interactive case workshop covering general concepts in acute care Therapeutics	Designed to improve students' understanding of material and promote academic excellence	1	N/A	5	~ 45 P2 Students	N/A
Intellectual Leadership Activities (i.e., tutoring, sponsored lectures, poster sessions, etc.)	CP121 Therapeutics II Case Session	Interactive case workshop covering concepts in cardiology Therapeutics	Designed to improve students' understanding of material and promote academic excellence	1	N/A	4	~ 31 P2 Students	N/A
Intellectual Leadership Activities (i.e., tutoring, sponsored lectures, poster sessions, etc.)	PC115 Mock Midterm Review	Mock exam with subsequent review of organic chemistry concepts	Designed to improve students' understanding of material and promote academic excellence	1	N/A	2	~ 95 P1 Students	N/A
Intellectual Leadership Activities (i.e., tutoring, sponsored lectures, poster sessions, etc.)	Student Guide to APPEs	P4 Student evaluations of rotation sites were collected and shared with other SOP student to help them choose	This activity provides the entire student body with information that is helpful during their time in school	8	Feedback is collected from students and faculty. The amount of information continues to be updated from the students who just finished the rotations recently	5	~366 students	The Associated Students of the School of Pharmacy (ASSP) will make a contribution to subsidize licensing fees for one of the students who submits an evaluation and wins the raffle

		which rotation sites they wanted to attend						
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Guidelines:

- 1. For each activity within a category use a separate line in the table (you may add more lines as you see fit)
- 2. Keep your descriptions of each activity brief limiting overall table to 3 pages or less.

The Alpha Lambda chapter for the 2017-18 year saw great potential for improving the organization. With our passion for teaching, we strongly resonated with the vision of Rho Chi – to advance pharmacy through intellectual leadership – and sought new initiatives to carry this out at UCSF. Our chapter vision and goals, detailed in the “Strategic Planning” section of our report led to three notable improvements for our chapter: targeted events that employed active learning teaching strategies, strong rapport with UCSF faculty, and new mediums for publicity.

This year, we not only more than doubled the number of intellectual leadership activities from the previous year (from 2 sessions to 5 sessions), but also specifically targeted the most challenging topics of the UCSF School of Pharmacy curriculum by assessing each course for complexity of material and general trends of weakness among classes. Once topics were identified, we designed our events to employ teaching strategies that would be most beneficial for student learning. We recognized the importance of practice and group discussion for our pharmacokinetics review and therapeutics case sessions and therefore, wrote our own problems and introduced time for group work and review with the instructors. We created the Boot Camp to focus solely on the basics of statistics, requiring students to fill in the key concepts into the slides themselves to assure engagement with the material. For the PC Mock Exam, we focused on teaching them problem solving strategies and concepts directly through questions modeled after the exam itself. It was unquestionably clear our efforts were benefitting the students. Although we only received positive feedback for all of our events, the most telling feedback was from our post-event analysis of the CP120 Case Session where through a pre-and post- session survey, we learned that there was a statistically significant decrease in student stress levels (p-value 0.0022) and statistically significant increase in student confidence (p-value 0.00) after attending our event.

In the past, Rho Chi events at UCSF have been hosted solely by officers with little input from faculty. This year, we hoped to work more closely with the faculty course coordinators for several reasons. One, this would increase our confidence in the appropriateness of the review material that we created and increase the trust that the faculty had in our events. Two, this would be an excellent learning opportunity for Rho Chi members as well – as student learners ourselves, it was through the feedback and corrections that we received from faculty where we gained better understanding of the material. With this in mind, our chapter established itself in the eyes of the faculty we worked with as an entity actively involved in the education of our peers. Through our efforts, we solidified the quality of our events and created a strong reputation for Rho Chi among our faculty.

Our new publicity initiative, detailed in the “Other information” section of our report, led to the creation of new mediums that increased our visibility this year. Using HTML and CSS, we created the new “Officers” page to put an approachable face to Alpha Lambda and revamped the website as a whole for ease of use by the student body. Promotional videos allowed for more personal and effective communication with our potential attendees. Through our efforts, even in the face of disadvantageous circumstances with our school’s new publicity guidelines, we saw an increase in attendance for our events from an average of 36 students to 53 students (~47% increase). Here is the link to our site for reference: <http://ucsf.orgsync.com/org/rhochi>

Our data, achievements, and new relationships are testament to the fact that Alpha Lambda has seen significant improvements both systemically as an organization and in our events. We firmly believe that the growth we’ve witnessed this year was born from simply adhering to the vision and mission of the Rho Chi Society. As a result, we humbly ask for a consideration for the “Most Improved Chapter Award”, believing this to be true of our chapter.

