ANNUAL REPORT - 2018

Prepared by: Betty Lee, Pharm.D.

Quatra CSHP President 2018
QCSHP (Quatra County Society of Health-System Pharmacists) Organization
QCSHP is a California non-profit mutual benefit corporation that has been in corporation since 1975. Per QCSHP bylaws, “the purpose of this corporation is to engage in any lawful act of activity for which a corporation may be organized under such law”.

- **Vision statement:** Leading pharmacy practice in patient safety and medication therapy management.
- **Mission statement:** QCSHP is a professional society of pharmacists, pharmacy technicians, student pharmacists and associates who promote the health, safety, and appropriate use of medication therapy for patients and the public by:
  - Serving as an organization through which the membership pursues its common professional goals.
  - Providing leadership for the profession and support for its members.
  - Advocating for its members before private and public agencies and health care professional organizations.

QCSHP Board Meetings
A total of 6 board meetings were held during calendar year 2018:
- February 27, 2018 6:30 – 8:30 pm Kaiser Permanente Santa Clara
- April 4, 2018 6:30 – 8:30 pm Kaiser Permanente Santa Clara
- June 6, 2018 6:30 – 8:30 pm Kaiser Permanente Santa Clara
- August 22, 2018 6:30 – 8:30 pm Kaiser Permanente Santa Clara
- October 17, 2018 6:30 – 8:30 pm Kaiser Permanente Santa Clara
- December 11, 2018 7:30 – 8:30 pm Hotel Valencia, San Jose, California

QCSHP Website/Communications
The QCSHP Communications chair (Colleen DeLizza) and secretary (Carol Lee) partnered with the CSHP Marketing and Communications Liaison (Ryan Yamamura) to maintain the QCSHP website with current event information, board/committee chair biographies, pictures, and board documents throughout the year. The QCSHP Public Relations chair (Heeral Bhatt) made use of mailchimp to send out monthly summary of events to our members. The Quatra CSHP website with event calendar, monthly mailchimp, quarterly newsletter, evite event invitations as well as direct emails to our members for event registrations via google forms are our main forms of our communications with our members.

QCSHP Treasurer’s Report
The QCSHP Treasurer (Fred Nishioka) reported the following balances on December 7, 2018:

- Checking Account, Bank of America: $3,838.25 November 6, 2018
- Savings Account, Bank of America: $33,820.06 November 30, 2018
- Investment Account, Charles Schwab: $31,939.53 October 31, 2018

QCSHP Approved Budget for 2019: Revenue: $28,000 with a $14,000 reserve, Expenses: $28,000

The QCSHP Treasurer prepared the QCSHP 2019 budget that was approved by QCSHP Board members during the October 17, 2018 Board meeting. Income categories include (1) membership dues/rebates; (2) interest & dividends from money market and savings accounts; (3) capital gain Charles Schwab; (4) CE programs; (5)
chapter grant; (6) clinical affairs; (7) installation banquet; (8) miscellaneous; (9) Night Out with Industry; and (10) QCSHP reserve. Expenses included the following: (1) board meetings; (2) secretary; (3) treasurer; (4) stationary/office supplies/postage; (5) Clinical Affairs meeting; (6) Public Relations committee; (7) student mentorship support; (8) Membership committee; (9) social activities; (10) miscellaneous; (11) Delegates; (12) President-Elect; (13) President; (14) CE program expenses; (15) Installation Banquet expenses; (16) CSHP PAC support; (17) CSHP Seminar support; (18) taxes; (19) Legislative Day; (20) taxes withheld; (21) Night Out with Industry; and (22) insurance. [submitted on 12/7/18 by QCSHP Treasurer (Fred Nishioka)]

QCSHP Public Relations
The public relations chair (Heeral Bhatt) made great strides in improving our public image via our Facebook page. As a popular social media tool, we are increasing our reach to the public and our fellow pharmacists with Quatra updates and announcements. The Quatra Facebook page has become a timeline of Quatra public activities, showing all the wonderful events and activities Quatra board and committee chairs have put together this year.

We had great outreach to students through our 2nd annual scholarship. The number of pharmacy students applied to our scholarship had increased from previous year. We awarded the $1000 scholarship to Viet Nguyen, 2020 PharmD candidate of California Northstate University College of Pharmacy.

In collaboration with the Community Outreach chairs, we gave out pillboxes imprinted with our new Quatra logo, designed by a local artist Stefania Gueorguieva, at community outreach events. This has been an excellent tool in engaging with our local community. We also created QCSHP ribbons to be given out at Seminar Conference to raise our publicity. [submitted on 11/28/18 by QCSHP Public Relations Chair (Heeral Bhatt)]

QCSHP Board Policies/Financial Review/Insurance
The QCSHP Organizational Affairs Co-Chairs (Helen Park and Jenny Hong) prepared a “QCSHP Strategic Plan” document that was approved by QCSHP Board members during calendar year 2016. The QCSHP President (Betty Lee) reviewed the strategic plan at the first QCSHP board meeting in February 2018 without any changes.

The chapter bylaws were updated and were approved by CSHP to be placed on the chapter ballot for membership approval and was approved by members in November 2017.

The yearly financial review was conducted by Financial Review Committee Co-Chairs (Nikki Uyehara and Doris Kao) and completed the audit of 2017 QCSHP treasurer’s book on August 20, 2018. Treasurer (Fred Nishioka) reconciled all the findings from the audit and submitted the audit report to CSHP in October 2018.

Per CSHP recommendation for all chapters, QCSHP has liability insurance (effective since 3/29/17) and also additional Director and Officers insurance (effective since 6/26/17). Payments of both insurance are up to date in 2018.

QCSHP STP’S (Situation, Target, Proposal)
A total of 2 STP’s were approved by QCSHP Board members during calendar year 2018:
- Industry sponsored educational events – QCSHP membership information (submitted by QCSHP Treasurer Fred Nishioka)
Partner with the CSHP Opioid Task Force to Produce a Pharmacist Advocacy Video (submitted by CSHP GAG committee co-chair/QCSHP Social Chair Sandy Bardas)

QCSHP Video Project/CSHP Affiliate Chapter Grant Program
QCSHP in conjunction with CSHP Opioid Task Force is working on producing a video highlighting pharmacist role in opioid management in their institutions and QCSHP Social Chair (Sandy Bardas) is leading this effort. QCSHP together with Opioid Task Force is awarded $2000 the maximum amount granted under the CSHP Affiliate Chapter Grant Program towards this project.

QCSHP Social Activities
QCSHP Social Chair (Sandy Bardas) coordinated a total of 5 social events during calendar year 2018 in collaboration with new practitioners committee chairs (Anna Zhou and Parleen Shahi).
- Wellness program on myofascial release in Menlo Park on March 28, 7pm – 8:30pm
- QUATRA and PPA Joint Social Event with round table discussions of opioid crisis at Dutch Goose in Menlo Park on April 25, 6:00pm – 8:00pm
- New practitioners committee hosted “Networking Filipino Luau Social” for new practitioners at Tapsilog Bistro in Campbell on May 30, 5:30pm – 7:30pm
- Wellness program on aquatic exercise by Sandy Bardas in Menlo Park on September 25, 6:45pm – 7:30pm
- Bring-A-Tech wine tasting event at Wrights Station in Los Gatos on October 28, 1pm – 3pm

QCSHP New Practitioner/Membership
This past May, the New Practitioner Committee Chairs (Anna Zhou and Parleen Shahi) hosted a networking Filipino Luau Social at a local restaurant. The event was hosted at Tapsilog Bistro on May 30th from 5:30 – 7:30 pm. There were about 22 attendees at the event, with many peers engaged in great conversations. This was a great time for everyone to take their mind off of work and network with both old and familiar faces in the local pharmacy community. [submitted on 11/27/18 by QCSHP New Practitioner Committee Chair (Parleen Shahi)]

The QCSHP regional chapter had a total of 176 members as of December 9, 2018. The membership count for QCSHP corresponded to a medium size chapter relative to other regional chapters, with the seventh highest count out of 15 chapters. The QCSHP Membership Committee utilized multiple approaches to optimize membership retention and growth throughout calendar year 2018: (1) social events (see above in Social Activities); (2) distribution of newly designed flyers; (3) e-mail communications; and (4) raffle of CSHP Seminar registration fee.

QCSHP Community Outreach
The QCSHP Community Outreach Committee Chair (Winnie Trieu, Crystal Diep and Michelle Ito) participated in 2 large community outreach events during calendar year 2018:
- April 29: QUATRA community outreach event at 41st Nikkei Matsuri Festival in San Jose Japan town
- October 7: Day on the Bay at Alviso Marina County Park Community Event

In April, QCSHP worked together with residents from Santa Clara Valley Medical Center and several dedicated pharmacy students from University of Pacific as well as Touro University to provide blood pressure management and educate on cardiovascular health to over 150 people during San Jose’s Nikkei Matsuri event.
Most recently, in October, QCSHP worked together with residents from Santa Clara Valley Medical Center and intern pharmacists from Touro University to provide blood pressure management and stroke education to over 130 people during the County’s Day on the Bay Event, an annual multicultural event dedicated to promoting healthcare to all Santa Clara residents.

We were proud to promote QCSHP as well as the pharmacy profession in these community events. We are excited about continuing this momentum and look forward to further outreach opportunities in 2019.

[submitted on 12/5/18 by QCSHP Community Outreach Co-Chair (Crystal Diep)]

**QCSHP Educational Programs/Continuing Education Programs**

The QCSHP Weekend Breakfast Series Continuing Education Committee Chair (Connie Ha) coordinated a total of 7 CE programs at Kaiser Santa Clara and 2 CE programs at Santa Clara Valley Medical Center (SCVMC) in San Jose during calendar year 2018:

- March 10: “Hepatitis C: Being Sensitive to the New Treatment Options”
- April 21: “Updates on Treatment of Meningitis and Ventriculitis”
- June 16: “Combating the Prescription Opioid Epidemic: Training for Pharmacist”
- July 7: “Medication Absorption Considerations and Nutrient Deficiencies Post Bariatric Surgery”
- August 11: QUATRA/NCCCP/PPA Continuing Education program: “The Gut Microbiome and Diabetes: What We Know, and What We Don't Know”
- October 13: “Deployment: Pharmacy Services in an Austere Environment”
- November 17 (breakfast CE at SCVMC): “Pulmonary Arterial Hypertension”
- November 17 (lunch CE at SCVMC): “Pharmacologic Interventions for Healthy Pregnancy”

The QCSHP Educational Program Committee Chairs (Vincent Cheng, Heeral Bhatt) coordinated 16 educational program and 2 CE dinner programs during calendar year 2018:

- January 30: “The role of Varubi in the prevention of delayed CINV” in Cupertino
- February 6: “Policy & Legislative Update” in San Jose
- February 28: “Vyxeos: The First Chemotherapy for Adults with Newly-Diagnosed t-AML or AML-MRC” in Palo Alto
- March 7: CE dinner program by Simply Speaking: “Pulmonary Arterial Hypertension: The Diagnosis You Don't Want to Miss” in San Jose
- March 15: “Managing Patients Taking a CDK4/6 Inhibitor for the First-Line Treatment of HR+/HER2-Advanced Breast Cancer (T-BST-1152085)” in San Jose
- April 17: “Individualized Treatment Strategies in mCRPC” in San Jose
- April 18: “Xtandi (enzalutamide) Capsules” in Cupertino
- May 3: “Ocrevus (ocrelizumab) for the Treatment of Relapsing or Primary Progressive Forms of Multiple Sclerosis (MS)” in San Jose
- June 13: “ACTEMRA FOR THE TREATMENT OF RHEUMATOID ARTHRITIS (RA) AND GIANT CELL ARTERITIS (GCA)” in San Jose
- June 14: “Improving the Transition of Care for Adult Patients with Hepatic Encephalopathy” in San Jose
- July 31: “Healthcare Trends in How Specialty Drugs are Managed” in Los Gatos
- September 6: “Emerging Perspectives: Value-based Care” in Cupertino
- September 12: “A First-line Treatment Option for Patients With Metastatic NSCLC: Clinical Data and Patient Case” in Cupertino
- October 23: “Defitelio” in Palo Alto
November 1: “A Pharmacist’s Perspective on Immunotherapy” in San Jose
November 6: “Zejula: The First and Only Once-Daily Oral PARP Inhibitor Approved for Use Regardless of BRCA status” in Palo Alto
November 13: CE dinner program by Simply Speaking: “HIV Management Considerations for Diverse and Challenging Populations” in Los Gatos
December 13: “Cardiovascular Risk Reduction and Glycemic Benefits With INVOKANA” in San Jose

QCSHP Investment Committee
Investment Committee Conference Calls were conducted under the lead of QCSHP Investment Committee Chair (Betty Jue) on:
- 1/16/2018
- 7/24/2018

The Investment Committee’s goal is to achieve positive return on investments and use the gains to support activities for Quatra members.

As of today, November 12, 2018, Quatra’s portfolio at Charles Schwab is valued at $32,015.32. The portfolio is consisted of 163 shares of Vanguard Total International Stock Market ETF* (VXUS), 192 shares of Schwab US Broad Market ETF (SCHB), and 144 shares of Vanguard Short Term Corporate Bond ETF (VCSH).

In January, the Committee made the recommendation to increase Quatra’s international stock holding (VXUS) to 25-30% of the portfolio. In July, the Committee reviewed the holdings and made recommendation to rebalance the portfolio. In keeping with the prudent investment goal of 1/3 bond, 2/3 equities, and a well-diversified portfolio, the Committee recommended increasing the VCSH holdings to 33%, using the cash in the account and some of the gains from SCHB. Both recommendations were executed with Board approval.

[submitted on 11/12/18 by QCSHP Investment Committee Chair (Betty Jue)]
* ETF = Exchange Traded Fund

QCSHP Clinical Directors
The QCSHP Clinical Director Liaison (Jeannie Sohn) coordinated one director meeting in Palo Alto in the first quarter. A total of five directors RSVP but only three attended. The second quarter meeting had to be cancelled due to Jeannie’s personal reasons. [submitted on 12/5/2018 by QCSHP Clinical Director Liaison (Jeannie Sohn)]

QCSHP Legislative Day
Diana DeVore, Sandy Bardas and Vicki Ferraresi represented QCSHP at Capitol Legislative Day on April 17, 2018 in Sacramento, CA. Assemblyman Vince Fong gave a motivational talk on the importance of everyday citizenship among the pharmacy profession, then pharmacists and pharmacy students and technicians went on lobbying Sacramento in favor of AB 1963 – Medi-Cal Reimbursement for opioid addition treatment. CSHP also sponsored SB 1264 – Hypertension Medication Management Services which aims to help increase medication adherence and better utilization of antihypertensive agents through a pharmacist medication management service covered under Medi-Cal.

QCSHP Newsletters
The QCSHP Newsletter Editor (Jackie Ho) prepared a total of 4 newsletters during calendar year 2018. Each quarterly newsletter included the following sections: (1) President’s corner; (2) clinical updates; (3) member spotlight; (4) reports from various committees; and (5) events (past and upcoming).
**QCSHP Night Out with Industry – Installation Banquet**

The Night Out with Industry event as well as the Quatra Installation Banquet for the incoming 2019 Officers took place in the evening on December 11, 2018 at Hotel Valencia in San Jose. We have 15 different industry vendors sponsoring this important event. Betty Lee, QCSHP President, chaired the QCSHP board meeting and presented the 2018 annual report. Victoria Ferraresi, CSHP Past President, installed our QCSHP Officers for 2019.

Please welcome our new QCSHP Officers for 2019: (1) President, Yunchen (Yvonne) Ding (Santa Clara Valley Medical Center); (2) President-Elect, Vincent Cheng (Sanofi Genzyme); (3) Secretary, Stephanie Ho (Kaiser Oakland Regional Offices); (4) Treasurer, Alyssa Patel (Kaiser Redwood City); first year of 2-year term; (5) Past-President, Betty Lee (Lucile Packard Children’s Hospital Stanford); (6) Delegates: Jennifer Pham (Kaiser San Jose), Lawrence Troxell (Kaiser Santa Clara), Jenny Hong (Kaiser San Jose) and; and Lindsay Hur (Kaiser Santa Clara); (7) First Alternate Delegate: Lyndsie Okumura (Lucile Packard Children’s Hospital Stanford) and Second Alternate Delegate: Heeral Bhatt (CVS, San Jose).

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### 2018 QCSHP Board Members

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<td>Yunchen (Yvonne) Ding</td>
<td>President–Elect</td>
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<td>Jennifer Pham</td>
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<td>Fred Nishioika</td>
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<td>Carol Lee</td>
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<td>Jennifer Pham</td>
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<td>Vincent Cheng</td>
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<td>Jessica Song (resigned on 8/22/18)</td>
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