

NEWSLETTER

GULF COAST SOCIETY OF HEALTH-SYSTEM PHARMACISTS



PRESIDENT'S MESSAGE

Dear GCSHP Members,

As we have wrapped up an extraordinary Fall 2025, I am filled with gratitude and pride for all that we have accomplished together. This season has been a testament to the strength, passion, and resilience of our Gulf Coast pharmacy community. With membership of 439 professionals, GCSHP continues to grow as a vibrant network dedicated to advancing health-system pharmacy through education, advocacy, and collaboration.



Niaz Deyhim, PharmD, MS, BCPS

This fall was nothing short of inspiring. We came together to celebrate our profession during Pharmacy Week and National Pharmacy Technician Day Socials, honoring the dedication and expertise of pharmacists, technicians, and students across the region. These gatherings remind us that our greatest strength lies in our ability to connect, share, and support one another.

One of the highlights of this season was our Annual Seminar, which brought together over 130 attendees for a day of learning, networking, and professional growth. With the incredible support of 18 industry sponsors, we delivered a robust lineup of continuing education sessions, preceptor development, and interactive exhibits. This event showcased the power of collaboration and the value of investing in our shared future. We also took time to recognize our members with our annual awards, celebrating the outstanding contributions and leadership that make GCSHP exceptional.

We demonstrated our commitment to advocacy with the Fall Walk for the PAC at Buffalo Bayou Park. Thanks to your participation, we raised over \$140 for the TSHP PAC, helping amplify pharmacy's voice for the 2027 Texas Legislative Session. It was a beautiful day filled with camaraderie, scenic views of downtown Houston, and a shared sense of purpose - proof that when we walk together, we move our profession forward. Additionally, we raised ~\$200 for the PAC through our Annual Seminar raffle. I encourage all members to stay informed and engaged in legislative advocacy. Please visit TSHP's Legislative Corner for the latest updates and resources, and consider signing up to participate in TSHP's advocacy efforts through their official [link](#). Your voice matters, and together we can shape policies that strengthen our profession and improve patient care.

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PRESIDENT'S MESSAGE

Education remains at the heart of our mission. Our Resident Grand Rounds series continues to deliver high-quality, ACPE-accredited learning opportunities, fostering mentorship and clinical excellence. And we're not slowing down – 6 more sessions are scheduled in the coming months, featuring residents from leading health systems across Houston. These programs are a cornerstone of our commitment to developing the next generation of pharmacy leaders.

Our commitment to community service was evident through initiatives like the University of Houston College of Pharmacy SNPhA Thanksgiving Health Fair, where GCSHP members partnered with student pharmacists to provide education over diabetes and blood pressure management, alongside smoking cessation. Additionally, our Technician Section proudly led GCSHP's participation in the MD Anderson Boot Walk to End Cancer, reinforcing our dedication to philanthropy and public health advocacy.

As we move into the holiday season, we look forward to continuing this momentum with our holiday social, a time to celebrate our achievements and strengthen the bonds that make GCSHP such a special community. Alongside this festive gathering, we will continue our tradition of giving back through philanthropic initiatives that reflect our commitment to service and advocacy. These activities remind us that our impact extends beyond the walls of our hospitals and clinics.

One of our key initiatives in the coming months will be to proceed with a bylaws update, including a rename of our organization as the Gulf Coast Society of Health-System Pharmacy, reinforcing our shared identity within the state organization. This change reflects our commitment to clarity, consistency, and the future growth of our chapter.

Thank you for your unwavering dedication and engagement. Every event, every conversation, and every act of service strengthens our society and elevates our profession. Together, we are shaping a future defined by innovation, inclusivity, and excellence in health-system pharmacy. I encourage you to stay involved, share your ideas, and continue building the strong, connected network that makes GCSHP extraordinary.

With gratitude,

Niaz Deyhim, PharmD, MS, BCPS

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GCSHP ANNUAL AWARD WINNERS



Each year GCSHP recognizes outstanding work in pharmacy practice with the Outstanding Achievement Awards. Please join in recognition of our 2025 winners below.

OUTSTANDING LEADER

Recognition of the GCSHP Immediate Past-President for their distinguished service and contributions to the organization.



**Chibuokem Amuneke-Nze,
PharmD, MBA**

GCSHP ANNUAL AWARD WINNERS



**Ashley Crouch,
PharmD, BCPS**

OUTSTANDING PHARMACIST

Recognition of outstanding contributions
as a health systems pharmacist.

Active participation in the growth of
GCSHP and exemplary dedication to
improving the delivery of
quality health care.

OUTSTANDING INDUSTRY SERVICE

Outstanding service and demonstration of
the highest standard of professionalism and
constructive interest in the formation,
growth, and programs of GCSHP.

Advancement of improved, rational, safe,
and economic drug therapy.



**Albert Lai,
PharmD**

GCSHP ANNUAL AWARD WINNERS



**Leslie Joseph,
CPhT**

OUTSTANDING TECHNICIAN

Recognition of outstanding
contributions to professional
growth and community
service

OUTSTANDING STUDENT

Demonstration of active
participation in GCSHP and
interest in health systems
pharmacy practice through
research and other activities



**Jeremy Ninan,
PharmD Candidate 2026**

RECENT HIGHLIGHTS

GCSHP AT THE HOUSTON FOODBANK

Our members and their families volunteered 4 hours of their morning to help prepare 10,277 lbs of food and 8,531 meals for the Houston community!



NEW PRACTITIONER PICKLEBALL SOCIAL

Our New Practitioner Members brought out their competitive side at Bumpy Pickle!

This was a fun opportunity to connect with new practitioners from across the greater Houston area over food and a few rounds of pickle ball.



RECENT HIGHLIGHTS

PHARMACY TECHNICIAN SOCIAL



We held our annual National Technician Day Social at Axelrad to celebrate and recognize the essential contributions of pharmacy technicians to patient care and pharmacy operations!



PHARMACY WEEK SOCIAL



Pharmacists, pharmacy residents, and students joined our annual National Pharmacy Week Social to celebrate and acknowledge the invaluable contribution of pharmacy in all healthcare settings.



RECENT HIGHLIGHTS

DINNER WITH A PHARMACIST

GCSHP partnered with local pharmacy schools to expose pharmacy students to pharmacists in various backgrounds. Thank you to Dr. Michael Torano and Dr. Mallori Anderson for sharing your time and insight with our students!



UHCOP RESIDENCY SHOWCASE

Our GCSHP members volunteered at the annual Residency Showcase hosted by UHCOP. Our GCSHP members not only volunteer their time with our local chapter, but also serve as preceptors and program directors in the residency programs across the greater Houston Area.



RECENT HIGHLIGHTS

MD ANDERSON'S BOOT WALK

GCSHP members were a few of thousands to join MD Anderson's 10th Book Walk to End Cancer. Participants in this community-wide even helped to raise more that \$2 million to advance the mission to end cancer!



FALL WALK FOR THE PAC



In November, our local chapter hosted a Fall Walk to benefit the TSHP PAC. We raised more that \$140 in donations that will help strengthen pharmacy's voice for the 2027 Texas Legislation session.

GCSHP ANNUAL SEMINAR

Our 3rd Continuing Education Annual Seminar was a success with pharmacists, pharmacy technicians, and pharmacy students gathered together to network and further education. Thank you to all who volunteered and attended to make the successful event happen. Looking forward to seeing everyone again next year!



UPCOMING EVENTS

LOCAL CHAPTER EVENTS

MEMBERSHIP HOLIDAY SOCIAL

Join us to for a **Holiday Social** at POST Houston! Find us in the food hall for dinner and to socialize from 6 - 8:30. The skylawn opens at 8:30 with \$12 admission.

DEC 18TH @ 6 PM

[RSVP HERE](#)

STAY IN THE LOOP!



Check the GCSHP website for regular updates on upcoming events!

[CHECK HERE](#)

RESIDENT GRAND ROUNDS

Each month you can tune in virtually to an ACPE-accredited CE program from a local pharmacy resident provided without charge as part of your membership benefits!

Mark your calendars for the upcoming 2025-2026 Grand Rounds dates! Invitations will be sent via email at a later date.

December 17th

Mealis Taouk, PharmD
Hepatocellular Carcinoma
Houston Methodist Hospital TMC

January 21st

Chuong Pham, PharmD
Beta Blocker Use in MI
HCA Clear Lake

February 18th

Khadija Thomas, PharmD
Asymptomatic Histoplasma Pulmonary
Nodules and Acute Pulmonary
Histoplasmosis
UTMB

March 18th

Nicole Boothe
2025 ADA Standards of Care Update
HCA Kingwood

UPCOMING EVENTS

TSHP STATEWIDE EVENTS

WHO'S TALKING TSHP

Personal Financial Stewardship

Join TSHP for this engaging roundtable discussion where experienced voices and peer perspectives will guide you through the essentials of managing your finances.

JAN 28TH @ 12 PM

[REGISTER HERE](#)

TSHP ANNUAL SEMINAR



APR 24 - 26, 2026

Moody Gardens Hotel &
Convention Center
Galveston, TX

Join for over 40 hours of
education, social events,
exhibits, and more!

EARLYBIRD REGISTRATION IS
NOW OPEN THROUGH
FEB 14TH

[REGISTER HERE](#)

STAY IN THE LOOP!

Check the TSHP website event calendar for
regular updates on upcoming events!



[CHECK HERE](#)

GET INVOLVED

DINNER WITH A PHARMACIST

Join the initiative partnering the Gulf Coast Society of Health-System Pharmacists with local pharmacy schools to expose pharmacy students in a small-group setting (typically 5-10 students) to pharmacists from various backgrounds, specialties, and institutions. It is a chance for students to network and ask questions to help decide on a career path.

[PHARMACISTS SIGN-UP HERE](#)

PUBLISH YOUR WORK WITH TSHP

Do you have research, important information, or other stories you'd love to get published?

TSHP has several outlets for publication including TJHP, Section Newsletters, TSHP bulletin, and Poster Competition

TJHP is a member benefit and is published digitally two to three times per year.

[READ CURRENT ISSUE](#)

TSHP COMPETITION VOLUNTEERS

TSHP annually hosts competitions for our students and new practitioners. The competitions are open and now available for applicants.

Judges and Volunteers needed for the **Clinical Skills Competition, Disease State Management, Poster Competition, and Leadership Competition.**

[VOLUNTEER HERE](#)

Evaluating the Role of Ubrogapant in Acute Migraine: Assessing Efficacy and Clinical Application in Emergency Care

WRITTEN BY:



CLIFFORD JACKSON III
TEXAS SOUTHERN UNIVERSITY
PHARMD CANDIDATE 2026

.....

SPECIAL THANKS TO
REBA FORBESS,
PHARMD, PHD, CPPS
FOR PRECEPTING THIS REVIEW

Question: Is the use of Ubrogapant effective and appropriate for patients presenting to the emergency department (ED) with acute migraine, and how does it compare to first-line agents in achieving rapid symptom relief?

Background: Migraines are a neurovascular disorder characterized by recurrent episodes of moderate to severe headache, accompanied by nausea, photophobia, phonophobia, and/or aura. Activation of the trigeminovascular system leads to the release of potent vasoactive peptides, including calcitonin gene-related peptide (CGRP), which plays a central role in pain transmission and neurogenic inflammation.

Ubrogapant (Ubrovelvy®), a selective oral CGRP receptor antagonist, is FDA-approved for the acute treatment of migraine with or without aura in adults. Unlike triptans, which cause vasoconstriction by serotonin 5-HT_{1B/1D} receptor activation, Ubrogapant acts peripherally without significant vascular effects making it appropriate for patients with cardiovascular comorbidities. However, its oral-only route and slower onset of action raise concerns about its effectiveness in emergency settings where rapid relief is required.

Assessment: The American Headache Society (AHS) 2021 consensus update recommends a stratified approach to migraine therapy. For mild to moderate attacks, nonsteroidal anti-inflammatory drugs (NSAIDs), acetaminophen, or combination analgesics (e.g., aspirin/acetaminophen/caffeine) remain first-line. For moderate to severe or refractory migraines, migraine-specific agents such as triptans and dihydroergotamine (DHE) are preferred due to speed and efficacy. However, CGRP receptor antagonists are valuable in patients who cannot tolerate or have contraindications to triptans.

The 2024 International Headache Society (IHS) global recommendations similarly classify oral CGRP receptor antagonists as third-line options, largely reserved for outpatient management due to their delayed onset compared to parenteral agents used in the ED.

CLINICAL CORNER

Two pivotal trials, ACHIEVE II (JAMA 2019) and NEJM 2019, evaluated Ubrogepant's efficacy.

- In ACHIEVE II, pain freedom at 2 hours occurred at 20.7% (25 mg) and 21.8% (50 mg) of patients versus 14.3% with placebo ($p = 0.03$, $p = 0.01$). Freedom from the most bothersome symptoms such as nausea, photophobia, or phonophobia was achieved in 34.1% (25 mg) and 38.9% (50 mg) versus 27.4% with placebo ($p = 0.07$, $p = 0.01$).
- The NEJM trial found similar results: pain freedom at 2 hours in 19.2% (50 mg) and 21.2% (100 mg) compared to 11.8% with placebo ($p = 0.002$, $p < 0.001$). Adverse effects, including nausea and somnolence, were mild and seen more in the 100 mg arm.

Achieve II (JAMA 2019)

Agent	Pain free at 2 Hours	Freedom from Symptoms
Ubrogepant 25 mg	20.7% $p = 0.03$	34.1% $p = 0.07$
Ubrogepant 50 mg	21.8% $p = 0.01$	38.9% $p = 0.01$
Placebo	14.30%	27.40%

Ubrogepant for the Treatment of Migraine (NEJM 2019)

Agent	Pain free at 2 Hours	Any Adverse Event
Ubrogepant 50 mg	19.2% $p = 0.002$	9.40%
Ubrogepant 100 mg	21.2% $p = <0.001$	16.30%
Placebo	11.80%	12.80%

Despite efficacy in outpatient use, Ubrogepant's time to pain freedom and lack of IV formulation make it a less optimal agent in emergency care settings, where agents such as IV metoclopramide, ketorolac, and sumatriptan remain preferred.

Recommendation: While Ubrogepant demonstrates efficacy and safety for acute migraine management, it should not replace first-line IV or subcutaneous agents in the ED. Instead, its use is most appropriate for patients needing oral outpatient therapy. Those with cardiovascular risk factors, or individual's intolerant to triptans. In an emergency setting, parenteral medications should remain as the standard for rapid symptom relief.

REFERENCES:

1. Ailani J, Burch RC, Robbins MS; the Board of Directors of the American Headache Society. The American Headache Society Consensus Statement: Update on integrating new migraine treatments into clinical practice. *Headache*. 2021;61(7):1021–1039. doi:10.1111/head.14153.

2. Puledda F, Sacco S, Diener HC, Ashina M, et al. International Headache Society global practice recommendations for the acute pharmacological treatment of migraine. *Cephalalgia*. 2024;44(8). doi:10.1177/03331024241252666.

3. Lipton RB, Dodick DW, Ailani J, et al. Effect of Ubrogepant vs Placebo on Pain and the Most Bothersome Associated Symptom in the Acute Treatment of Migraine: The ACHIEVE II Randomized Clinical Trial. *JAMA*. 2019;322(19):1887–1898. doi:10.1001/jama.2019.16711.

STUDENT CHAPTER UPDATES

UHCOP SSHP Fall 2025 Event Highlights

WRITTEN BY JEREMY NINAN, PHARMD CANDIDATE

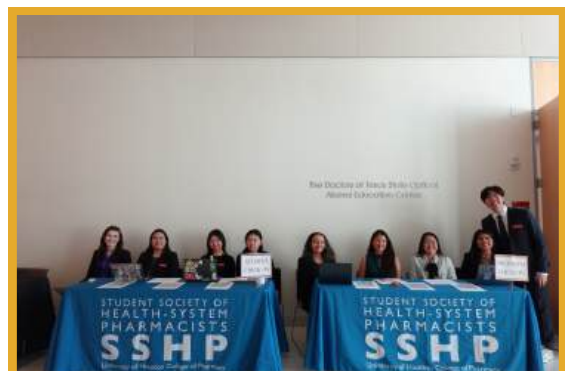
The University of Houston College of Pharmacy Student Society of Health-System Pharmacists (SSHP) had an exciting and impactful semester filled with professional development, mentorship, and community service events that brought together students, residents, and pharmacists from across the state!

2025 Residency Showcase

UH SSHP hosted its Annual Residency Showcase on Friday, October 31, 2025, which was the first year it was held in the Optometry Ballroom! The new venue provided a spacious and professional setting for students to engage with residency representatives in meaningful conversations.



A total of 36 residency programs participated, representing institutions from Texas, Oklahoma, and Arkansas. Students attended from schools across the state, including UH, TSU, UT Austin, Texas Tech, Texas A&M, UIW, and UNT Health Science Center. The event fostered valuable networking and mentorship, helping students explore future residency opportunities and prepare for their post-graduate journeys.



STUDENT CHAPTER UPDATES

UHCOP SSHP Fall 2025 Event Highlights

16th Annual Residency Workshop

The 16th Annual SSHP Residency Workshop offered students a night of learning and inspiration focused on navigating the residency process. Speakers included Dr. Kevin Le, who kicked off the evening with How to Find Your Match, Dr. Anna Oommen, who shared A Day in the Life of a PGY1 Resident, and Dr. Vi Doan, who presented From Good to Great: A Residency Director's Tips for Standing Out.



Interactive sessions like the Pharmacy Program Pursuit Scavenger Hunt and Rx Roadmap: Your Timeline to Residency gave students hands-on opportunities to plan their next steps. The event wrapped up with the Clinical Skills Competition winners and a networking dinner that left everyone motivated for the residency applications.

Grace Walk Health Fair

In honor of Breast Cancer Awareness Month, SSHP partnered with APhA–Operation Reproductive Health and Walgreens Specialty Pharmacy to host the Grace Walk Health Fair. Students provided blood pressure screenings, birth control education, and free health resources to the community. The event highlighted the pharmacist's role in preventive care and public health advocacy, promoting wellness and awareness throughout the community.

Dinner with a Pharmacist Series

SSHP continued its Dinner with a Pharmacist series, giving students the chance to connect with pharmacists in a relaxed and personal setting. Students enjoyed meaningful conversations with Dr. Mallori Anderson, a Stem Cell Transplant Clinical Pharmacist at MD Anderson, and Dr. Michael Torano, who shared residency advice and his own pharmacy journey. Both dinners offered valuable mentorship, professional insight, and a sense of community among future pharmacists.

Networking Workshop

In collaboration with IPHO and SCCP, SSHP co-hosted a Networking Workshop designed to help students build confidence and strengthen their networking skills. Speakers Dr. Stephanie Crowley, Dr. Prem Oommen, and Dr. Brian Nwokorie shared advice on building authentic connections, finding mentors, and overcoming networking anxiety. Students practiced writing professional emails and discussed real-world scenarios in small groups, gaining hands-on experience in professional communication.

STUDENT CHAPTER UPDATES

TSU COP SSHP Fall 2025 Event Highlights

WRITTEN BY FANESSE MUYAH, PHARMD CANDIDATE

TSU students and SSHP chapter members from Texas Southern volunteered in a flu vaccine at a local church RCCG Isaac Generation assembly. On this day, 4 students were present to help vaccine administration, charting and information collection, counseling about vaccines and expected side effects and overall relation with community members.



Pharmacy-related questions outside of vaccinations were directed to the on-site pharmacist, Dr. Linh K. Nguyen, a pharmacist at Walgreens. Dr. Nguyen supported the clinic by supplying the influenza vaccines, equipment, required forms, and all necessary medical resources. On the day of, over 100 children and adults were vaccinated for the Influenza flu virus.



STUDENT CHAPTER UPDATES

TAMU COP SSHP Fall 2025 Event Highlights

WRITTEN BY SAVANNA STEVENS, PHARMD CANDIDATE

TAMU SSHP hosted several outreach events this fall semester! Our SSHP committees held various meetings, bringing awareness to opioid use in medical settings, ambulatory care practice, and more. The oncology committee welcomed Dr. Scott Soefje, the director of Pharmacy Cancer Care Services with the Mayo Clinic, to provide valuable insight into the world of oncology and how pharmacists play a vital role in such a challenging field. TAMU SSHP also welcomed GCSHP's very own Dr. Ashley Ferris to discuss residency: what to expect, the types of residency programs offered, and how to prepare as a student.

During National Pharmacy Week, our executive committee organized a variety of events to celebrate pharmacy technicians and pharmacists. Such activities included a pharmacy scavenger hunt, pharmacy awards & spotlights, and a breakfast hosted in coordination with several other TAMU COP organizations to recognize and celebrate the pharmacy profession.

Currently, several of our members are on their way to ASHP's Midyear Clinical Meeting to present research, network with pharmacists, and attend the residency showcase. As we look forward to Spring 2026, we are excited to continue working with our current members and welcome new members into SSHP. Many events are currently in the works to continue fostering professional growth, excellence, and continued participation in community service.

MEET THE OFFICERS

2025-2026 BOARD OF DIRECTORS



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Niaz Deyhim, PharmD, MS, BCPS
Pharmacy Administrative Specialist at
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Inpatient Pharmacy Assistant Manager at the
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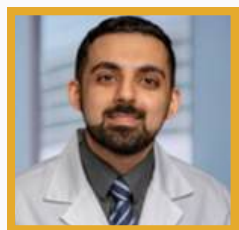
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MEET THE OFFICERS

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