

NEWSLETTER

GULF COAST SOCIETY OF HEALTH-SYSTEM PHARMACISTS



PRESIDENT'S WELCOME

Greetings GCSHP Membership! As we embark on the new year, we are excited to provide meaningful engagement and development for pharmacy practice enhancement, within the Gulf Coast region. On behalf of the GCSHP Board, Members-at-Large and Committees, I would like to share our appreciation to each member for being a vital part of this organization! As an organization of over 500 strong, I recognize the continuous support of each member, volunteer and leader across the region bolsters this organization and enhance the profession. Our members represent a breadth of unique perspectives, practice settings, cultures, and interests. As such, I feel privileged to serve as the 2024-2025 GCSHP President. As the largest TSHP local chapter, I can assure you, we have extraordinary volunteer leaders within our ranks!

Notably, this year, we are thrilled to welcome our third organizational member institution, the Harris Health System! An addition to our established institutions, Houston Methodist Willowbrook and HCA Houston Healthcare Kingwood. We aim to deepen our engagement with each institution, foster others to join and offer their pharmacist & technician staff all the benefits of TSHP/GCSHP membership.

This summer, we hosted our 19th annual Residency Graduation & our 2nd annual Game Night, led by our Immediate Past-President Reba Forbess & returning Senior Director Christopher Murray. Residency Graduation was a vibrant event of over 130 participants celebrating the accomplishments of Houston area residents. Our Game Night at Saint Arnold's Brewery, had over 100 members present, for a night full of great food, games, door prizes & highly valuable comradery. For those in attendance, you may have been able to leave with gift cards, witness the great voices of karaoke, catch up with old colleagues and hopefully make some new connections!

This August, we had a wonderful volunteer day providing health screenings at George R Brown Convention Center in partnership with the University of Houston for the Mayor's Back to School Fest. This year, we aim to support greater community & student engagement, with our partner colleges of pharmacy, expanding our Dinner with a Pharmacist and health fair preceptor offerings. Stay tuned for upcoming opportunities to get involved!

Furthermore, we have plans to increase our GCSHP technicians programming. Our technician committee of local program leaders has convened, led by our venerated technician chairs, Leslie Joseph and Sherrie Myers. We are focused to develop & broaden the benefits of GCSHP membership to our local technicians and trainees. Activities in your area are coming!

We remain steadfast in our commitment to provide continuing education programs through our monthly Resident Grand Rounds and Industry Dinner partnerships! A slate of events in the planning phases are led by our education chairs, Divya Srinivasan and Akeem Bale as well as our New Practitioner Ambassador, Mohammad Qasim Adil. Additionally in the works, are seasonal membership socials, coordinated by our membership chairs Rochelle Akpaffiong and Faith Rutherford, and we are also hoping to provide a voice for members and re-establish general membership meetings!

Mark your calendars for November! We are hosting our 2nd Annual Gulf Coast Annual Seminar, which was brought back last year after a significant hiatus. Our current president-elect Niaz Deyhim is spearheading this effort, and we are imagining a much more expanded program this fall, so be ready! All of our planning, engagement & communication would not be possible without our Treasurer, Communications & Recording Secretary, Eric Wucki, Niha Zafar & Noor Zaidan, respectively!

Our parent organization, TSHP, under the leadership of Jeffrey Wagner, a long-standing GCSHP member, is also gearing up for an exceptional year. This year's goals include 1) executing on our legislative playbook for the year's advocacy work and 2) refining our governance, membership inclusion and oversight over to all stages of the Society. TSHP's legislative priorities include: Medication History, PBM Reform, and Test and Treat. Texas legislator's regular session is scheduled for January 14 to June 2, 2025. Various PBM-related bills are being considered nationally by Congress, at this time. Statewide, Medication History is a key focus which aims to require pharmacy staff to obtain an accurate medication profile for high-risk patients, benefiting patients (ex. Senate Bill 1254). TSHP members are poised for landmark impacts on pharmacy practice, as former TSHP President Randy Martin was appointed by the Governor's office last year! It follows that I implore each of our members to maintain legislative engagement and advocate continually!

I am looking forward to the amazing opportunities for positive growth and development that await our organization and health-system pharmacy as a whole! I am so grateful to each of you who choose to be members of TSHP and the GCSHP local chapter. This year is bound to be a great one due to the commitment we provide individually and collectively, to support our profession!



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

THIS ISSUE

**PRESIDENT'S
WELCOME
PAGE 01**

**RECENT HIGHLIGHTS
PAGE 02**

**UPCOMING EVENTS
PAGE 04**

**GCSHP ANNUAL
SEMINAR
PAGE 05**

**GET INVOLVED
PAGE 06**

**CLINICAL CORNER
PAGE 07**

**STUDENT CHAPTER
UPDATES
PAGE 09**

**MEET THE OFFICERS
PAGE 12**

RECENT HIGHLIGHTS

MAYOR'S BACK TO SCHOOL FEST

Our members volunteered in partnership with the University of Houston at the Mayor's Back to School Fest at the George R Brown Convention center in August. It was an impactful day of giving back as student pharmacists delivered **2,848** service encounters to the Houston community. The team from University of Houston provided **315** patient screenings and **2,533** educational encounters.



ANNUAL GAME NIGHT

Members had a fantastic evening at our Second Annual GCSHP Game Night at Saint Arnold Brewery in July. There were over a 100 members present which made for a great night of games, door prizes, food and professional networking. We hope to see you all again next year!



RESIDENCY GRADUATION

Our 19th Annual Residency Graduation was a smashing success as over 130 local residents and residency leadership celebrated the end of another successful residency year. Congratulations to all the residents as you embark on the next step in your careers!



UPCOMING EVENTS

LOCAL CHAPTER EVENTS

ALL MEMBER SOCIAL

Join your fellow GCSHP members for a game of Pickle Ball! Newbies, seasoned pros, or sideline supporters are all welcome for an evening of networking and sportsmanship.

[RSVP HERE](#)

SEPTEMBER 19TH
6 - 9 PM
PKL SOCIAL



RESIDENT GRAND ROUNDS

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

Mark your calendars for the 2024-2025 Grand Rounds dates! Invitations will be sent via email at a later date.

November 14
December 5
January 9
February 13
February 27
March 13
April 10
May 8
June 12

RESIDENT & STUDENT SOCIAL

Residents and students are invited to an evening of socialization and networking to kick-off the new academic year (sans preceptors!) Complimentary food will be provided!

[RSVP HERE](#)

SEPTEMBER 23RD
6 - 7:30 PM
AXELRAD BEER
GARDEN

STATE & NATIONAL EVENTS

tshp 2025 **ANNUAL SEMINAR**
SAVE THE DATE NEW
Thursday-Saturday | April 3-5, 2025
IRVING CONVENTION CENTER
AT LAS COLINAS
500 W. Las Colinas Boulevard
Irving, Texas 75039

Texas Reception
Save the date!
ASHP Mid-Year
New Orleans
December 8, 2024
tshp

GCSHP ANNUAL SEMINAR

SATURDAY, NOVEMBER 9

GULF COAST SOCIETY OF HEALTH-SYSTEM PHARMACISTS ANNUAL CONTINUING EDUCATION SEMINAR – FALL 2024



DATE/TIME: SATURDAY, NOVEMBER 9, 2024 – 7:30 AM TO 5:00 PM

LOCATION: THE WESTIN HOUSTON MEDICAL CENTER/MUSEUM DISTRICT - AZURE II AND III BALLROOM

ADDRESS: 1709 DRYDEN RD, HOUSTON, TX 77030

PROGRAM AGENDA

Registration, Coffee & Exhibits beginning at 7:30 AM

- 7:45 am – 7:55 am** **Welcome, Announcements & Introduction**
TSHP President Jeffery Wagner, PharmD, MPH, BCPS
- 8:00 am – 8:55 am** **Human Trafficking Prevention: Pharmacy Perspective**
Claire A. Latilais, PharmD, MS; Kerri Taylor M.S., ccc-slp; Sarah Kubes, PharmD, BCPPS
- 9:20 am – 10:15 am** **Addressing the Elephant in the Room: Develop Strategies to Align Goals**
Divya Varkey, PharmD, MS
- 10:20 am – 11:00 am** **Navigating Operational Changes in USP Chapters <797>, <800> & <795>**
Adam Smith, PharmD, MS, BCPS & Sunny Bhakta, PharmD, MS, BCPS
- 11:00 am – 11:55 am** **Leadership Panel - Pharmacy Practice Model Integration**
Emmanuel Enwere, PharmD, MS; Binita Patel, PharmD, MS; Judy Chase, PharmD; Jeffrey L. Wagner, PharmD, MPH, BCPS; & Gee Mathen

Mid-Day Lunch, Exhibits & Door Prizes

- 1:00 pm – 1:55 pm** **Accreditation Update: Regulatory Focus from Joint Commission, DNV, ACHC, and CIHQ**
Patricia C. Klenle, RPh, MPA, BCSCP
- 1:00 pm – 1:55 pm** **From Pharmacy Tech to Pharmacy Director – My Journey and Lessons Learned**
Gee Mathen
- 2:00 pm – 2:55 pm** **If I Could Turn Back Time: Updates in the Use of Fibrinolytic and Antithrombotic Agents in Ischemic Stroke**
Ashley Crouch, PharmD, BCPS & William Towers, PharmD, BCPS
- 2:00 pm – 2:55 pm** **Student-New Practitioner Career Development Session**

Reception, Exhibits & Door Prizes

- 3:45 pm – 4:40 pm** **Texas State Board of Pharmacy Law and Rules Update 2024**
Compliance Officer Terri Burrows, PharmD
- 4:40 pm – 4:50 pm** **Closing Remarks, Awards & Announcements**
GCSHP President Chib Amuneke-Nze, PharmD, MBA

Early Bird Registration Rates

GCSHP Members

Pharmacists: \$30

Students/Residents: \$15

Technicians: \$15

Non-Members

Pharmacists: \$50

Students/Residents: \$30

Technicians: \$30

Register Here!

****Early bird registration ends on October 18, 2024****

GET INVOLVED

DINNER WITH A PHARMACIST

Dinner with a Pharmacist is an initiative partnering the Gulf Coast Society of Health-System Pharmacists with local pharmacy schools to expose pharmacy students in a small-group setting 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 may sign up to be contacted to have dinner with a small group of interested students. Student sign-ups to participate will be sent out later in the year via their respective schools.

[PHARMACIST SIGN-UP HERE TO VOLUNTEER](#)

TSHP ANNUAL SEMINAR CALL FOR SPEAKERS

The Texas Society of Health-System Pharmacists is seeking educators and experts in pharmacy to speak at our 2025 Annual Seminar, April 3-5, in Irving, TX at the Irving Convention Center!

Innovative presentations on a variety of topics are sought. We are looking for sessions that engage, enrich, and entertain attendees.

Interested parties should complete the application no later than Thursday, Oct. 31, 2024, at 5 PM CT

[APPLY HERE](#)

TSHP AWARD NOMINATIONS

The TSHP's Award Review Committee and Nominations Committees are issuing their annual "Call for Nominations for TSHP Awards." Award recognitions are presented to pharmacy professionals and departments that demonstrate exemplary support of advancing pharmacy practice. Recipients are honored annually at the TSHP Annual Seminar each April.

TSHP recognizes outstanding individuals through a variety of award options. Awards options are available for pharmacists, technicians, students, industry associates, and residency programs.

[LEARN MORE & SUBMIT HERE](#)

NOMINATIONS FOR TSHP BOARD OF DIRECTORS

The TSHP Committee on Nominations is issuing its annual "Call for Nominations for TSHP Board of Directors." The Board positions for which they are seeking nominations are the TSHP President-Elect Designee and the TSHP Secretary-Elect.

To learn more about the duties and expectation, and how to submit your name for consideration, please click the button below. The deadline date to submit TSHP Board of Directors nominations is November 15.

[LEARN MORE & SUBMIT HERE](#)

EVALUATING THE USE OF TRANEXAMIC ACID FOR UPPER GASTROINTESTINAL BLEEDING IN PATIENTS WITH CIRRHOSIS

WRITTEN BY:



DAMARIS JACOTA
UNIVERSITY OF TEXAS AT AUSTIN
PHARM D CANDIDATE 2025



RACHEL MIKHAIL
UNIVERSITY OF THE INCARNATE
WORD PHARM D CANDIDATE 2025

SPECIAL THANKS TO
MARIAH SIGALA, PHARM D
FOR PRECEPTING THIS REVIEW

Cirrhosis is one of the most common causes of liver disease with increasing mortality in recent years. Cirrhosis is characterized by fibrosis of the liver tissue causing hardening and organ dysfunction. Complications of cirrhosis include esophageal varices and variceal bleeding caused by resistance from fibrous tissue and portal hypertension. This resistance causes collateral vessel formation to relieve pressure, but these vessels are prone to rupture and bleeding due to their superficial nature. Additionally, patients with cirrhosis may experience nonvariceal upper gastrointestinal bleeds (UGIB) from lesions due to portal hypertensive gastropathy or gastric antral vascular ectasia (GAVE).

The American Journal of Gastroenterology guidelines for managing UGIBs and ulcer bleeding recommend red blood cell transfusion at a threshold of 7 g/dL and endoscopy for ulcers with active bleeding and for nonbleeding visible vessels. Patients with decompensated cirrhosis may experience local fibrinolytic activity in the mucosa of the esophagus and stomach, which may interfere with hemostasis and ulcer healing. Tranexamic acid (TXA) is an antifibrinolytic synthetic reversible competitive inhibitor of the lysine receptor found on plasminogen. By binding to lysine receptors on plasminogen, TXA prevents plasmin from binding to fibrin, therefore preventing clots from undergoing plasmin-mediated lysis and ultimately stabilizing the fibrin matrix to control bleeding. TXA decreases surgical bleeding and reduces death due to bleeding in patients with traumatic and postpartum hemorrhage; however, limited data exists for gastrointestinal bleeding.

A 2012 Cochrane systematic review and meta-analysis of randomized trials utilizing TXA in those presenting with UGIB demonstrated a significant reduction in mortality with TXA (RR 0.61, 95% CI 0.42-0.89; $p=0.01$). However, due to the internal and external validity of the evidence, a definitive recommendation for using TXA in UGIB could not be made. The larger HALT-IT trial (N=12009) aimed to validate this potential mortality benefit using smaller trials included in the meta-analysis as a basis. The HALT-IT trial investigated whether intravenous TXA (1g bolus followed by 3g maintenance dose infused at 125 mg/hour for 24 hours) could reduce 5-day mortality due to bleeding in patients with significant upper or lower GIB compared to placebo. Significant bleeding was defined by clinical indicators such as hypotension, tachycardia, signs of shock, or the need for transfusion or urgent endoscopic/surgical intervention. Ultimately, the HALT-IT trial found that TXA did not significantly reduce mortality due to bleeding within 5 days of randomization (3.7% vs 3.8%; RR 0.99, 95% CI 0.82–1.18). Venous thromboembolic events were higher in the TXA group than in the placebo group (0.8% vs 0.4%; RR 1.85, CI 1.15 to 2.98). Additionally, approximately 45% of patients included in this trial had variceal bleeding due to liver disease, and the 5-day mortality rate among them was approximately 5.5% in both arms. However, the trial did not perform a subgroup analysis based on the severity of cirrhosis and status of extensive fibrinolysis.

UGIB has high mortality rates in patients with Child-Turcotte-Pugh (CTP) class B or C cirrhosis, where decompensated liver cirrhosis often leads to systemic and local hyperfibrinolysis, exacerbated by acute UGIB. Until recently, there were no randomized trials evaluating the use of TXA for GIB in this patient population. Kumar et al. published their single center, randomized, placebo-controlled trial (N=600) evaluating the safety and efficacy of TXA for the treatment of acute UGIB in CTP class B and C cirrhosis. Patients were randomized 1:1 with well-matched baseline characteristics, maximum lysis values, CTP class distribution, MELD scores, and associated complications. The TXA active arm received treatment within 24 hours from onset of UGIB with a 1 g loading dose in 100 mL of normal saline (NS) followed by a 3 g maintenance dose in 1L NS infused over the next 24 hours. The interventions between treatment and placebo group were identical to the HALT-IT trial. Failure to control bleeding by day 5 occurred in 19/300 (6.3%) patients in the TXA group compared to 40/300 (13.3%) patients in the placebo group (p=0.006). Failure to prevent rebleeding after day 5 to 6 weeks occurred in 36/300 (12%) patients in the TXA group and 64/300 (21.3%) patients in the placebo group (p=0.001). Esophageal endoscopic variceal ligation (EVL) as a source of failure to control bleeding by day 5 in patients undergoing first-time EVL occurred in 4.9% of patients in the TXA group and 12% in the placebo group (p=0.005). There was no significant difference in 5-day and 6-week mortality between groups. Overall, one patient in the TXA group experienced a transient ischemic attack; however, no other thromboembolic events were seen in the TXA and placebo groups.

Tranexamic acid in upper gastrointestinal bleed in patients with cirrhosis: A randomized controlled trial

Clinical Question

Dose IV TXA reduce the failure to control bleeding by day 5 in those with liver cirrhosis experiencing a UGIB?

Methods

- Single-center, randomized, placebo-controlled trial; randomized 1:1
- Patients were assessed for control of bleeding and rebleeding until discharge and then for up to 6 weeks

Inclusion

- Advanced liver cirrhosis (CTP class B or C) of any etiology
- Presents with UGIB within 24 hours from onset

Conclusion

TXA significantly reduces the failure to control bleeding by day 5 and failure to prevent rebleeding after day 5 to 6 weeks in patients with advanced liver cirrhosis (CTP class B or C) presenting with UGIB, by preventing bleeding from the EVL site.

Kumar, et al. *Hepatology*.

The observed reduction in the failure to control bleeding could be attributed by TXA's mechanism of inhibiting localized fibrinolytic activity in the esophageal mucosa, leading to prevention of bleeding from post-EVL sites. The lack of mortality benefit with the use of TXA in UGIB could be explained by the potential resolution of rebleeds through repeat endotherapy or other salvage procedures. Additionally, the deaths may have occurred due to nonbleeding-related reasons commonly seen in cirrhosis. A notable limitation of the study was the low use of pre-emptive TIPS across both arms, despite being standard practice to prevent rebleeding in acute variceal bleeding (AVB). Only 4 out of the 176 eligible patients in the TXA group underwent a TIPS procedure. Future studies should explore the risk of possible stent occlusion with routine use of TXA with UGIB in those who receive pre-emptive TIPS. In conclusion, TXA significantly reduces the failure to control bleeding by day 5 and failure to prevent rebleeding after day 5 to 6 weeks in patients with advanced liver cirrhosis (CTP class B or C) presenting with UGIB. However, larger studies are still needed to evaluate TXA for the use for UGIB in patients with advanced cirrhosis.

TXA N = 300		Placebo N = 300	
1g/100 mL NS loading dose over 10 min 3g/1000 mL NS maintenance dose over 24h		100 mL NS infused over 10 min 1000 mL NS infused over 24h	
19 (6.3%)	Failure to control bleeding by day 5, p=0.006	40 (13.3%)	
36 (12%)	Failure to prevent rebleeding after day 5 to 6 weeks, p=0.001	64 (21.3%)	
13 (4.3%)	6 weeks bleed-related mortality, p=0.575	17 (5.7%)	
239 (79.7%)	Transfused RBCs, p=0.135	254 (84.7%)	
1 (0.3%)	Any thromboembolic event, p=1.00	0	

Limitations: Low uptake of pre-emptive TIPS. Only 4 /176 eligible in the TXA arm and 3/184 in the placebo group underwent TIPS despite being standard practice. Also, there was an **absence of a difference in blood transfusion requirements** (both groups had similar amounts of blood products used throughout the duration of the study).

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STUDENT CHAPTER UPDATES

UNIVERSITY OF HOUSTON SSHP CHAPTER

WRITTEN BY: MEAGAN HUANG, PHARMD CANDIDATE

With the transition of new officers, our team is ready and dedicated to bringing fresh ideas and initiatives to the new year. We're excited to share what we have in store for this school year and can't wait to introduce events and activities that will continue to encourage professional development and enhance students' overall perspective of health-system pharmacy.

To kick off the school year, our officers volunteered at the annual Mayor's Back to School Fest in early August. We were able to educate the Houston community before students head back to school on important health topics such as nutrition, exercise, and more. Not only were we able to showcase our members' dedication to service but we made a meaningful impact by providing access to care for many individuals.

We also promoted the UH SSHP chapter to the incoming P1s at our Org Fair. Here, we were able to introduce our organization and explain what we have to offer to students. Being able to mingle with students and guide those who are interested in a residency post-graduation allowed us to cater our events better to this incoming class.

For this school year, we are introducing a new co-chair position, Residency Outreach, where students will be able to get a better grasp of what areas of residency are out there. The goal of this position is to bring awareness to more niche areas through tabling, speaker events, social media posts, and more. We hope to engage and connect students with current residents/programs through this initiative.



This semester, we will continue to host our annual Residency Workshop and Residency Showcase, set to take place in October and November. Residency Workshop is an event held for students to allow them to hear from current residents and a program director about what residency is, a day in the life of a resident, and how to stand out as a candidate. Residency Showcase mimics the ASHP Midyear showcase where students will be allowed to walk around and network with programs in Texas and surrounding states to get a better idea of what they would like in a residency program.

As we begin the new year, our chapter remains committed to supporting our members' professional growth and enhancing their understanding of health-system pharmacy. We are confident that this year will be full of meaningful and valuable experiences. We look forward to seeing what impact this school year will have on students!



STUDENT CHAPTER UPDATES

TEXAS A&M UNIVERSITY SSHP CHAPTER

WRITTEN BY: WILLIAM PHAM, PHARMD CANDIDATE

As the new semester begins, TAMU SSHP's newly elected executive committee has been diligently working to advance ASHP's mission of advancing the professional practice of pharmacists and the pharmacy workforce. Over the summer, our dedicated executive team has been meticulously planning a comprehensive timeline of events for the upcoming academic year. Meanwhile, our passionate committee chairs have been planning and organizing monthly educational meetings, creating informative infographics for our members, and planning events for our local communities. Committee meetings include a variety of engaging topics and guest speakers, covering subjects such as CV/Resume tips and tricks, anticoagulation management, children's eye health and safety, and much more.



As we closed out the Spring 2024 semester, TAMU SSHP hosted a guest speaker who shared valuable insights into the role and impact of an Informatics Pharmacist and held a successful community service event. Our Ambulatory Care Committee partnered with the Church Unlimited West Side Mission in Corpus Christi, Texas to conduct free health screenings for patients including blood pressure, lipid, and blood glucose tests.

As we enter the new semester, we're thrilled to welcome back our dedicated members and to greet our new students who will be joining us this fall.



STUDENT CHAPTER UPDATES

TEXAS SOUTHERN UNIVERSITY SSHP CHAPTER

WRITTEN BY: PRINCILLAR AGYAPONG, PHARMD CANDIDATE

As we transition from our outgoing officers to the new leadership, the spirit, and traditions of our local SSHP chapter remain strong and vibrant. Throughout the summer, our team has been diligently preparing for the fall semester, setting the stage for impactful events that reflect the promise we see in our future healthcare providers.

This semester is packed with exciting plans. We are organizing speaker sessions to offer our members valuable insights from experts across various fields of pharmacy. Our clinical skills competition, scheduled for October, is designed to challenge and sharpen students' abilities. We will also continue our community outreach initiatives, including health fairs and diabetes awareness campaigns. Additionally, we are dedicated to supporting student professional development with residency preparation sessions, ensuring our members are well-prepared for their future careers.



We are excited to welcome new students through membership drives, helping them become an integral part of our dynamic SSHP-TSHP-GCSHP family. We also look forward to representing our chapter at the ASHP Midyear conference in New Orleans, Louisiana, where we will reinforce our commitment to professional growth and share our achievements on a larger platform as we continue to advance the Practice Advancement Initiatives. As we honor our chapter's history and embrace the journey ahead, we are filled with gratitude for GCSHP's support and excitement for the semester to come. Stay tuned for a semester filled with growth, connection, and a steadfast commitment to excellence.



2024-2025 BOARD OF DIRECTORS



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Chibuokem Amuneke-Nze, PharmD, MBA
Inpatient Pharmacy Assistant Manager at The
University of Texas MD Anderson Cancer Center



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Clinical Pharmacy Specialist in Internal Medicine at
Lyndon B. Johnson Hospital with Harris Health

2024-2025 MEMBERS-AT-LARGE



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Pharmacy Manager at CHI St Luke's Health



EDUCATION CO-CHAIR

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The University of Texas MD Anderson Cancer Center



SOCIAL MEDIA COORDINATOR

Atra Mouser, PharmD, MS
Pharmacy Manager at Houston Methodist Hospital

STUDENT SOCIETY REPRESENTATIVES



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