

# ISHP Newsletter

Volume 27 #4

November 2017

## Idaho Society of Health-System Pharmacists

Newsletter Volume 27 # 4



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## President's Message Value Based Pharmacy

**Rob Wills**



The death toll from drug overdoses in 2016 is estimated to be well over 59,000 cases, an increase from the previous year with 2017 expected to be even higher.<sup>1</sup> On the flip side, both nationally and locally, patient access to medications continues to worsen. Barriers to prescription medications resulting from prior authorization requirements and rising costs from high deductibles,<sup>2</sup> not to mention nationwide drug shortages following the fall hurricanes, have left many without lifesaving medications.<sup>3</sup>

Now, more than ever, pharmacy is called to action to help manage this crisis through effective management and stewardship of prescription medications. Pharmacists and technicians can play a key role in finding alternatives to help stem the tide of critical drug shortages through partnership and the sharing of ideas and techniques that limit the shortage effects. Technicians and pharmacists have the tools to also help patients and providers navigate the prior authorization mine field to speed access to needed medications. Lastly, with the new rules in place to allow pharmacies to partial fill CII medications and for sites to install Take-Back bins, pharmacies can help reduce the community burden of opioid medications that are available for misuse and abuse, and possibly helping to hold back the flood of drug overdose deaths.

None of these actions will necessarily reverse or fix all of our community's troubles in the short term, but if pharmacy doesn't step up worsening outcomes are expected.

### RISING UP

On October 25<sup>th</sup> the Idaho Board of Pharmacy brought forward the newly revised Idaho Pharmacy Law Book. Proposed changes that will divide up the book into 6, easy to use, chapters which include the highlight of the term, Chapter 4 on Pharmacist Prescribing.<sup>4</sup> ISHP brought these proposed changes to you over the summer for your feedback and Idaho Pharmacists responded! The majority was very positive about the ability to help prescribe such things as statins for patients with diabetes, antibiotics for non-complicated urinary tract infections, and even lice treatments! Of course, the expectation isn't that we are going to give you the keys to the Tesla without providing you with the tools for safe and effective driving.

(Continued on page 3)

**2017 – 2018 ISHP  
Officers and Directors:**

President:	Rob Wills
President-elect:	John Sullivan
Past President:	Lindsay Kaster
Secretary/Treasurer:	Jessie Litke
Executive Director:	Caroline Merritt
Administrative Affairs:	Debbi Burr
Education:	Kasidy McKay
Programs:	Tyler Osgood
Legal & Public:	Katie Erickson
Professional Affairs:	Andrea Winterswyk
Student Representatives:	Meridian – Heather Shannon Pocatello – Clint Housley
Technician Representative:	Kathleen O'Dell
ISU College of Pharmacy Representative:	John Holmes
Northern Idaho regional Representative:	Steve Crenshaw
Central Idaho regional Representative:	Elizabeth Duncan
Information Technology Committee:	Jim Nguyen
Newsletter Editor:	Kent Quickstad
ASHP Liaison:	Kimberlee Berry

**EZ contact information:**

**All of these Officers and  
Directors can now be  
reached at one place!**

**[ishpcontact@gmail.com](mailto:ishpcontact@gmail.com)**

***The mission of ISHP  
is to promote the highest levels  
of pharmacy practice by our  
members***



**ISHP Spring Meeting**

**Boise – Saint Alphonsus**

**April 6, 7 & 8, 2018**

(President's message – continued from page 1)

ISHP is working with the Board of Pharmacy to help draft representative protocol templates for the different disease states that are included in the prescribing chapter. These will be evidence based and easily adaptable to your practice setting such that you can then have the confidence that you are using best practice in managing your patients, along with documentation and communication to the patient's Primary Care Provider.

ISHP will also be partnering with ISU and ISPA to provide workshop and other educational activities to allow you to develop the tools to incorporate these protocols into your practice setting easily and efficiently. ISHP is already working on the agenda for the Spring Conference to be held at Boise's Saint Alphonsus medical center in early April which will certainly include technician immunization training but also many of the pharmacist prescribing areas.

Now is the time to put down the spatula and counting tray and look to reducing barriers to care for patients while at the same time improving patient safety in the misuse and abuse of medications. We are at a crucial crossroads in the profession of pharmacy. Let's rise up to take on these seemingly timeless challenges by being a leader and valued member of the healthcare team!

Thank you,

*Rob*

1. Katz, Josh. Drug Deaths in America. The New York Times. June 6<sup>th</sup>, 2017.
2. Ofri, Danielle. Adventures in 'Prior Authorization'. The New York Times. August 3<sup>rd</sup>, 2014.
3. Thomas, Katie. US Hospitals Wrestle With Shortages of Drug Supplies Made In Puerto Rico. The New York Times. October 23<sup>rd</sup>, 2017.
4. The Idaho Board of Pharmacy. [https://bop.idaho.gov/board\\_meeting/](https://bop.idaho.gov/board_meeting/). Accessed Oct 25, 2017.

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## Welcome to the new ISHP Board of Directors Members

Please offer your congratulations and thanks to the following individuals who have recently been elected to the ISHP Board of Directors. These new officers were installed onto the 2017- 2018 Board in Sun Valley on September 30<sup>th</sup>.

**President-elect:**  
**Legal and Public Affairs:**  
**Professional Affairs:**  
**Programs:**  
**Technician Representative:**

**John Sullivan**  
**Katie Erickson**  
**Andrea Winterswyk**  
**Tyler Osgood**  
**Kathleen O'Dell**



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## ISU College of Pharmacy Recruiting and Exhibition Fair



ISHP was represented again this year at the Idaho State University College of Pharmacy Recruiting and Exhibition Fair. This event, held at the Meridian ISU campus, is an opportunity for students to meet with recruiters and residencies in the region. ISHP, represented by current Secretary/Treasurer **Jessie Litke**, had a booth in the exhibition including information about the society, current legislative efforts, and opportunities for student involvement. Numerous students stopped by the booth to learn more about ISHP, its role in pharmacy, and how they can become directly involved. This was a fantastic opportunity to discuss the benefits of society membership during and after school.

## From the ISHP Office - Executive Director's Message

**Caroline Merritt**

Dear ISHP members,

I'd like to take this opportunity to introduce myself as your new Executive Director for the Idaho Society of Health-System Pharmacists. I was honored to be selected for this position by the Board and I am very excited to be taking on this role. I look forward to working with you to help grow this organization, expand our influence, and support our health-system pharmacists and rising students in the state of Idaho.

I am coming to ISHP after having served as the Director of Public Relations for the Boise Metro Chamber of Commerce for the past five years. In this position, I led our media relations and communications efforts, oversaw many of our events, conferences, and programs, and served as the organization's lobbyist. In addition, I also administered the Idaho Chamber Alliance, the statewide organization for chambers of commerce. Prior to the Chamber, I worked for an international building products association as well as for former Idaho Governor Dirk Kempthorne at the U.S. Department of the Interior. I earned a Bachelor's of Political Science from James Madison University, a Master's in Communication from Johns Hopkins University, and am currently a Ph.D. candidate at Boise State University.



Before I close, I want to thank Ryan Fitzgerald for all he has done for this organization. In my initial conversations with ISHP members, it is very apparent that Ryan is well-liked and well-respected. Ryan and I are working together to ensure a smooth transition and I look forward to building on his work in the coming years.

If you have any questions, concerns, or would just like to introduce yourself, I would love to hear from you! I can be reached at [caroline@idahotruenorth.com](mailto:caroline@idahotruenorth.com) or (208) 515-6263. Thank you for this opportunity and I look forward to meeting each and every one of you in the months ahead.

*Caroline*

Caroline Merritt  
Executive Director  
Idaho Society of Health-System Pharmacists

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### *And from the FBI's 10 most wanted list:*

#### ***ISHP Past Presidents in Sun Valley September 2017***

**Back row left to right:**

**Chris Oswald, Kent Quickstad, Barb Mason,  
Mike Dickens, Jim Jurgens,  
Paul Driver, Rob Wills**

**Front row left to right:**

**Leo Nickash, Sam Hoagland**





## **Congratulations to the ISHP 2017 Annual Awards Recipients**

(Presented by ISHP Immediate Past President Lindsay Kaster)



**Pharmacist of the Year: Alex Adams**



**Technician of the Year: LeAnn Bolster**



**President's Leadership Award: Ryan Fitzgerald**

## **And the rest of the 2017 ISHP Award Winners:**

**Student Poster -Jordin Millward**     *Knowledge and attitudes of pharmacists regarding homeopathy*

**Residents/Fellows Poster - Dr. Ryan Dawe**     *Examination of current practices surrounding the inappropriate use of parenteral syringes to administer oral medications, and the development of a safety protocol to address this safety concern*

**Pharmacists Poster - Dr. Rob Wills**     *Improving Transitions of Care and Reducing Re-admissions in Patients with COPD*

**ISU College of Pharmacy Clinical Skills Winners - Jason LaFlamme and Heather Walser**



**ISHP Spring Meeting April 6, 7 & 8, 2018**

**Saint Alphonsus Regional Medical Center**

**Boise, Idaho**



The Spring Meeting will focus on the **advancement of pharmacy practice** and preparing pharmacists and technicians with the skills and knowledge to provide expanded services. Because of the overwhelming interest and positive reception at the Fall Meeting, we plan reprise the **smoking cessation workshop** to pharmacists and **immunization certification workshop** to technicians for those who were unable to attend in the Fall. The education committee also hopes to offer **our first-ever student pharmacist track**. We look forward to seeing you at the Spring Meeting!

**Registration for the meeting will be available in February**



### **Posters at the Spring Meeting!**

Present a poster...show your colleagues all of the great work you are doing.

**Call for Speakers:** If you have interest or expertise in the disease states covered in the proposed expansion of pharmacist prescribing and would like to participate in the Spring Meeting as a speaker or workshop facilitator—or if you have a colleague you think would be great—please reach out to Kasidy McKay (mckakasi@isu.edu) or Tyler Osgood (osgoodt@slhs.org). As always, we welcome your input on meetings topics.



*Future ISHP pharmacist*



**“Cookie or brownie? Both!”**



*And another future ISHP pharmacist*



**Lindsay and McKena Kaster**

# Legal and Public Affairs Update

## Katie Erickson

In preparation for the 2018 legislative session the Idaho Board of Pharmacy has undergone a rules re-write discussed at the ISHP fall meeting. The proposed rules re-write includes 6 distinct chapters:

1. General Provisions
2. Rules Governing Licensing and Registration
3. Rules Governing Pharmacy Practice
4. Rules Governing Pharmacist Prescriptive Authority
5. Rules Governing Compounding
6. Rules Governing DME, Manufacturing, and Distribution

Chapter 2 on licensing and chapter 4 on pharmacist prescriptive authority contain the majority of changes impacting practice.

Under chapter 2, licensing and registration, it is proposed to remove the need for a separate pharmacist controlled substance registration changing the pharmacist renewal fee to \$130 with the renewal deadline as the last day of birth month. This chapter also changes pharmacist CPE requirements to 15 general hours with at least 12 ACPE approved and a maximum of 3 from CME. The proposed rule impacting CE requirements would read:

### **PHARMACIST LICENSE RENEWAL: CPE REQUIREMENTS.**

Each pharmacist applicant for license renewal must annually complete fifteen (15) CPE hours in the time period commencing on the issue date of the current license and concluding on the date of submission of the license renewal.

**01. ACPE.** At least twelve (12) of the CPE hours obtained must be from programs by an ACPE that have a participant designation of “P” (for pharmacist) as the suffix of the ACPE universal program number. ACPE credits must be reported to and documented in CPE Monitor in order to be accepted.

**02. CME.** A maximum of three (3) of the hours may be obtained from CME, if the credits are:

- i. Obtained from an ACCME accredited provider; and
- ii. A certificate is furnished that identifies the name of the ACCME accredited provider and a clear reference to its accreditation status, the title of the CME program, the completed hours of instruction, the date of completion, and the name of the individual obtaining the credit. All CME certificates must be submitted with the pharmacist’s renewal application in order to be accepted.

Chapter 4 on pharmacist prescribing capitalizes on House Bill 191 signed by the Governor earlier this year. House Bill 191 permits the Board of Pharmacy to add drugs, drug classes, or devices for pharmacist prescribing through rule making. Currently pharmacists can prescribe immunizations, fluoride, opioid antagonists, epinephrine, TB skin testing, and tobacco cessation medications. This chapter proposes the introduction of more medications and disease states pharmacists can prescribe for such as:

- Minor ailments: lice, cold sores, uncomplicated urinary tract infections, motion sickness prevention
- CLIA-waived tests: influenza, strep throat
- Devices: spacers, nebulizers, diabetes testing supplies, pen needles, syringes
- Gaps in care: Short acting beta agonists for patient with long-term controller inhaler, statins for patients with diabetes
- International travel prophylaxis
- Supplement to infusion order: flush, devices, supplies
- Emergency use: epinephrine, diphenhydramine, short acting beta agonists

It is important to note the proposed rules specify in order for an Idaho pharmacist to prescribe medications under chapter 4 they need to follow an evidence based protocol with inclusion, exclusion, and referral criteria. Additionally, the prescription needs to be pursuant to a patient-prescriber relationship, the pharmacist needs to be educated on the topic, and notification is sent to the primary care provider within 5 business days.

The next steps on Idaho pharmacist prescribing are to attend protocol writing sessions on 11/16/17 and/or 12/7/17 from 10am-12pm at the capitol in the health and welfare room. This is a unique opportunity to be involved in shaping the practice of pharmacist prescribing.

On a federal level, The Pharmacy and Medically Underserved Areas Enhancement Act (Senate Bill 109/HR 592) aims to include pharmacists on the list of recognized healthcare providers by amending section 1861 (s) (2) of the Social Security Act. Currently, Senate Bill 109 has 47 co-sponsors and HR 592 has 229 co-sponsors. Please take the time to reach out to Idaho Senators and Representatives to encourage their support. ASHP provides great templates to help you take action: <http://cqrcengage.com/ashp/app/write-a-letter?0&engagementId=287773>

*Katie*

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## Idaho ASHP House of Delegates Nominations – Now Open



State Affiliate

As ISHP is a state affiliate to the American Society of Health-System Pharmacists (ASHP), the ISHP and ASHP members residing within the state of Idaho have a right to be represented in the ASHP House of Delegates. The House of Delegates is the ultimate authority over ASHP professional policies.

Nominations are now open to elect one delegate to serve a two-year term. Lindsey Hunt, the current junior delegate, will continue to serve Idaho and transition to senior delegate for 2018. To nominate yourself or one of your colleagues, please contact Caroline Merritt at the ISHP office at [ishpcontact@gmail.com](mailto:ishpcontact@gmail.com). Nominees must be a member of ASHP. **Nominations are open until December 8.** ASHP residing in Idaho will then have the opportunity to vote early next year.

A huge thank you to **Mike Dickens** for serving as an Idaho delegate for the past three years!

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## *33 years of ISHP Annual meetings and counting...*



ISHP would like to recognize **Johnny Scheuerer** who has not missed the annual ISHP Sun Valley fall meeting for the past 33 years! Johnny retired from the Boise VA four years ago but continues to do part time work at Homedale Drug in Homedale, Idaho. Enjoying semi-retirement, Johnny currently lives in Nampa. Johnny takes pleasure in the annual trips to Sun Valley and seeing many of his old friends and colleagues.

ISHP looks forward to seeing Johnny sitting in the same chair for many more years to come.





*Hope to see you in one of these Sun Valley photos*

## Technician's Corner

### Hello Technicians!

Kathleen O'Dell - ISHP Technician Representative

As your new Technician Representative, I would like to take a moment and introduce myself. My name is Kathleen O'Dell and I am currently an Inpatient Pharmacy Technician at the Boise VA Medical Center. I have been a Certified Pharmacy Technician for over 10 years here in the Treasure Valley, having served in both retail and hospital settings. I look forward to representing you over these next two years and I am SO excited to see where the world of Pharmacy Technicians is headed and all of the great new possibilities our worlds will be granted.



A **HUGE** thank you to all the technicians that attend our ISHP Fall Conference in Sun Valley! We had over 50 technicians come out and attend our classes, as well as get certified to administer the Flu Vaccine—strong work guys! It was so great to see so many techs interested in what we could offer for CE courses and advancement in our field, and I hope the trend continues. If any of you have any suggestions on CE classes you would like to see at future conferences please make sure you send those to me and we will do our very best to get them in rotation. **Don't forget:** if you attended the fall conference, please log on and take your post-tests and surveys to make sure you get your CE credit!

Finally, I would like to thank Leann Bolster for all of her hard work and dedication she has given this role for the previous two years. She really dedicated a lot of her time and effort to making sure our voices as technicians were heard and we will all benefit from her hard work for years to come. I look forward to following in her footsteps, even though they are quite the shoes to fill!

*Kathleen*

**Another great turnout in Sun Valley!**

**235 pharmacists and 53 technicians**

**23 Industry Partners**

**15.5 hours ACPE**



## Student's Corner

Heather Shannon and Clint Housley – ISHP Student Representatives

ISU students had the wonderful opportunity to participate at **the ISHP Fall Conference**. We would like to thank all those who presented posters and recognize our P3 student, Jordin Millward, for winning the best student poster award. Students were also able to volunteer at the conference, introduce speakers and listen in on CE events. We also would like to thank all the Residency Directors and residents for taking the time to explain their sites and answer our questions.

This fall, we held the annual **ASHP Clinical Skills Competition** and would like to recognize our winners: 1st Place-Jason LaFlamme and Heather Walser, 2nd Place-Kayla Brawley and Zara Silvertsen, 3rd Place James Berain and Taylor Smith. Thank you to all those who competed.

Lastly, our **spring fundraiser** is right around the corner. We will be holding a spaghetti feed with trivia in Pocatello - February 9th, 2018 @ 6 pm and in Meridian - February 23rd, 2018 @ 6 pm. All proceeds go to supporting our outreach events and to Make-A-Wish Idaho.

Best regards,

*Heather & Clint*



### ***MORE Sun Valley 2017 pictures!***



*Everybody is happy in Sun Valley*

**Jessica Bowen, Mark Spaulding and Katie Vuong**



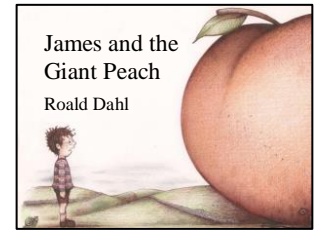
*Well, almost everybody is happy*

**Mark Hofstetter and Dave Wilson**

# James and the Giant Take-Back

## *Prescription Drug Abuse, Drug Disposal, and Drug Take-Back Initiatives*

James Hunt, PharmD Candidate – 2018



Prescription drug abuse, especially opioid abuse, has caught the attention of individuals locally, across the state, and even nationally. Many talking heads use powerful and alarming language such as crisis and epidemic in describing the statistical trends associated with prescription drug abuse.

Is the hype warranted? The CDC reports that prescription opioids accounted for over 22,000 deaths nationally in 2015, a 15 percent increase over the previous year. In comparison, only 16,000 deaths were attributed to the combined effects of heroin and cocaine. While most of the media attention has focused on opioids, it only represents about 42 percent of the mortalities associated with the broader issue of prescription drug abuse. Over 52,000 deaths were reported from overdose of all drugs during the same calendar year. This means an additional 30,000 individuals died due to the abuse of prescriptions not defined as an opioid. Collectively this death toll accounts for more deaths than gun homicides and car crashes combined, averaging 142 deaths daily. The trend is likely to increase with about 2,500 teens nationwide abusing a prescription pain reliever for the first time every single day. This translates to 17,500 teens experimenting with prescription drug abuse for the first time every week; a number nearly equivalent to the population of Kuna, Idaho!



In Idaho more than 1 in 5 high school students report being offered, sold, or given drugs on school property. What's more, nearly 17 percent of Idaho high school students report taking a prescription drug without a doctor's orders at least once in their lifetimes. The Idaho Office of Drug Policy reports that in 2013, an Idahoan died every 39 hours from drug abuse; averaging about 225 deaths annually. This number represents a threefold increase since 2000; an increase largely attributed to prescription drug abuse.

Addressing drug abuse is complex and warrants a wide variety of approaches, but at the core is access. How are those abusing getting their hands on these drugs? Over 52 percent of prescription drug abusers say they obtained their prescription opioid pain relievers from a friend or relative. Of those friends and relatives, 85.3 percent report their medications came from a single doctor. This means that over half of the access to prescription drugs comes from the diversion of medicine cabinets; the vast majority legitimately obtained through a singular relationship with their doctor. Beyond diversion and abuse, the adverse effects of unintentional medication poisonings are equally staggering. The CDC estimates 71,000 children are seen in emergency departments annually for this very reason.

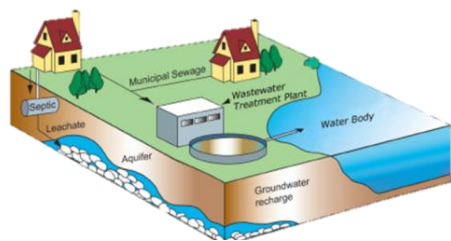


So how do we prevent diversion and medication poisonings from the prescriptions in our cabinets? Proper disposal. There are three accepted methods. According to The Office of National Drug Control Policy, mixing medications with undesirable products such as kitty litter or coffee grounds and putting them in a sealable container to be dropped into the garbage is considered the Drug Disposal Guideline.

Second, the FDA and EPA maintain a flushable medication list. For a printable pdf file, use the link below. Both the FDA and EPA suggest the risks of diversion and poisoning are greater than the environmental impact of flushing these medications down the drain. [Flushable Meds](#)

(Continued on the next page)





However, medications that end up in the land fill or are flushed down the drain leach into the ground water; culminating in our rivers, lakes, and aquifers. Even in municipalities that are equipped with waste water treatment plants, medications still end up in the water supply as they are not equipped to routinely remove them. Alarmingly, 40 million Americans across 24 major metropolitan areas are reported to have pharmaceutical chemicals and hormones in their drinking water. The

associated effects of this pollution may be considered less substantial than purposeful diversion, abuse, and inadvertent ingestion, but it does not represent an optimal means for drug disposal.

The third means of medication disposal is through properly licensed and managed drug take back programs. The National Take Back Day is a semi-annual event held every April and October with collection sites across every state in the country. For more information about these events visit the following link. [Drug Take Back Day](#)

April 2017's event collected 450 tons across the nation. In Idaho 3,746 lbs. were collected, a 22 percent increase over 2016. These semi-annual events provide an excellent and expanded resource for proper medication disposal. The amount collected is impressive, but speaks to the fact that many home medicine cabinets are excessively stocked providing easy access for diversion and misuse. Unfortunately take back day events are only available every 6 months leaving home owners on their own in the interim. To this point, permanent drug take-back receptacles may provide the optimal way to properly dispose of drugs.

Recently, The Idaho Office of Drug Policy and the Idaho Board of Pharmacy (IBOP) were awarded a grant from the state's Millennium Fund to expand permanent access to drug take back locations. Awardees receive funds to cover set up and one year of reverse distribution and marketing costs associated with establishing a dually licensed program. Grant funding has provided 22 new pharmacy-based take-back programs. For a comprehensive list of permanent drop off locations listed by county visit this link. [Drug Take Back Locations](#)



For information about obtaining collector status check out the IBOP's "How to Start a Drug Take-Back Program in Your Pharmacy" on their website. IBOP Executive Director, Alex Adams, says a limited amount of grant funds remain available. Interested parties should contact the IBOP for more information on grant availability. <https://bop.idaho.gov/>

The pharmacists and technicians at St. Luke's Boise and Meridian Out-Patient Pharmacies deserve a shout out for their efforts in obtaining two take back receptacles, one at each location. The receptacles are in place and actively being used; a testament to the public need and interest for appropriate means of medication disposal.

Drug abuse is real and as pharmacists we can play an important role in providing education and resources for appropriate disposal of medications. In doing so, pharmacists can make a significant impact in reducing negative environmental impacts, medication poisonings and minimizing drug diversion and abuse.

*Editor's note – ISHP thanks James for the above article and providing it ahead of the deadline he was given! If you have materials you would like to share with your ISHP colleagues thru this newsletter, please contact Kent Quickstad at [quickstad@msn.com](mailto:quickstad@msn.com)*



Although Sun Valley continues with its remodeling, ISHP will be back next fall.

Mark your calendars for the 2018 Annual Fall Meeting:  
September 21, 22 and 23, 2018





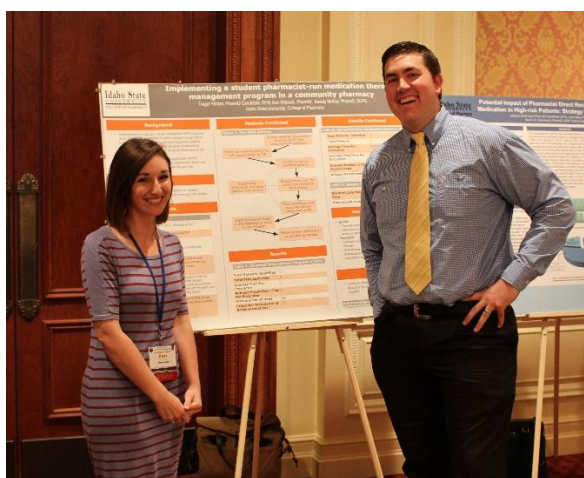
## *And some final images from Sun Valley 2017*



Outgoing Executive **Director Ryan Fitzgerald**  
and incoming Director **Caroline Merritt**



Two old guys with their morning coffee  
**Kent Quickstad and Tim Santos**



“Poster presentations are fun!”  
**Kori Wittrock and Trager Hintze**



“Sorry, the meeting is over, but we can come back  
back and do it again next year.”

*Hope to see you in Sun Valley next fall on September 21, 22 and 23<sup>rd</sup>*