

Have you renewed your license? Renewals with the Board of Pharmacy are due by June 30th!

ISHP Newsletter

Volume 28 #2

May 2018

**Idaho Society of
Health-System
Pharmacists**
Newsletter Volume 28 # 2



**ISHP President:
Rob Wills**

**ISHP Executive Director:
Caroline Merritt**

**Newsletter Editor:
Kent Quickstad**

**PO Box 7625
Boise, Idaho 83707**

**Phone: 208-342-2581
Fax: 208-321-4819**

<https://ishp.wildapricot.org/>

President's Message



Transitions of Care

Last month I found myself sitting in the main auditorium at Saint Alphonsus Regional Medical Center in Boise listening to a very engaging talk by Alex Adams, Director of the Idaho Board of Pharmacy. Dr. Adams was in the process of giving an annual update to the new rules changes to the 110 pharmacists and pharmacy techs attending the ISHP Spring Conference. Although I remember hearing again many of the great prescribing initiatives that the Board has put in place, what I remember more clearly is the quiet, wide-eyed look that many of the attendees had. It almost had the feeling of seeing the look on a 16-year old's face when a parent or uncle hands over the keys to a prized car (maybe a Porsche, or a Mercedes possibly) without any restrictions, just saying, "it's yours now, take good care of it."

Pharmacy has been a profession defined regulations and barriers. Over time the regulations have become more restrictive and more detailed requiring many 'look backs' and responses by Pharmacy Managers and Directors saying, "let me go look that up in the laws". A profession ruled by regulation leaves little room for creativity and advancement. Why should the professions of Nursing and Medicine have noticeably smaller rule books, instead favoring best practice and peer review to govern how the profession moves forward and takes care of patients? As Pharmacists move into the provider role, helping fill gaps in healthcare for the people of Idaho, why should we not adopt a similar practice standard, one that is governed by the profession and not by the legislature?

As we transition to a new level of practice and a new environment for pharmacy, ISHP is already working on ways to help advance the practice of pharmacists and technicians across Idaho. With education programs planned for helping pharmacy practitioners learn proper physical assessment and protocol development, we are answering the call from our members to help them prepare for the demands that lie ahead. Likewise, ISHP is also looking to develop future Clinical Leaders with the creation of an I-LEAD certificate program headed up by Lindsey Hunt, our ASHP Delegate for 2018. Lastly, our Board Members are committed to our mission to promote pharmacy as an essential component to the health-care team, acting as a reservoir of education and leadership, preparing our members for the pharmacy practice of 2020 and beyond. Now let's start the engine and take it for a spin.

Thank you,

Rob

Rob Wills
ISHP President

**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 – Lindsey Catlin Pocatello – Naomi Veloso
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:	Clark Brenisoltz
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



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



ISHP Fall Meeting

Sun Valley

September 28, 29 & 30 2018

And, It's a Wrap – Spring Meeting 2018

Empowering Pharmacists & Techs

On April 7 & 8th 100 pharmacists and pharmacy technicians gathered at Saint Alphonsus Medical Center in Boise for the ISHP Annual Spring Conference. Attendees were treated to a variety of local and national speakers that covered topics that provided key tools and information that were aimed to help with the issues we have each and every day at our sites of practice.

Erin Fox Calls for Transparency from Manufacturers

Erin Fox, Director of Drug Information from the University of Utah, delivered critical information relating to drug shortages that included the history behind where we are today and recommendations on where things need to move for improvement. It is clear that there are no easy solutions but Dr. Fox's talk really helped provide perspective on the true lack of transparency in manufacturing and whether or not local startups being proposed by Intermountain and Ascension will succeed in reducing generic drug shortages.



Litke & Pompey Provide Framework for Pharm Provider



Dr. Pompey and Dr. Litke presented a talk on how pharmacists can implement protocol-based care for patients with low risk UTI's, strep throat, and other areas highlighted in the new Idaho Pharmacy Law. This was the first of many that ISHP will begin to focus on that will provide true value to our members, helping them prepare and manage patients in the new health care arena. The talk included some nice dialog as to the perception of physicians to pharmacists moving into areas that help with gaps in care. Dr. Pompey was quick to point out that the patient-physician relationship will likely not change due to pharmacists providing this care. What is key to realize is that there are so many patients that never see a physician that will be more likely to come to a pharmacy. It is these patients that pharmacists can help achieve the care they need that will improve the overall health of the communities in Idaho.

Obtaining ACPE CE

Attendees please don't forget to answer the post test questions and evaluation. Once completed ISHP will then send your ACPE credit to the NABP monitor that the Idaho Board of Pharmacy uses to validate that you have completed the necessary CE for re-licensure. **Per ACPE requirements, you must complete the post test and evaluation within 60 days of attending the CE or it will be no longer valid...so don't wait!**



Huge Shout Out goes to the ISHP Education/Programs Team of Kasidy McKay and Tyler Osgood for designing such great programs with top notch speakers!

We'd also like to give a big *Thank You* to *ISHP Executive Director, Caroline Merritt*, who was running the conference for the first time in her new role. Caroline almost singlehandedly pulled together a tremendous conference, from registration to recycling of the badges, the feedback from attendees was tremendously positive throughout.

Lastly, a thank you to our vendors. Without their help we would not be able to keep costs down while also pulling in national and local speakers to provide ACPE CE. They really stepped up to make this a success!

ISHP Spring 2018 Poster Competition

Thank you to all of the poster judges and poster presenters who participated in the ISHP Spring 2018 Poster Competition! Following a careful deliberation by our team of judges, a winner was selected. ISHP would like to congratulate Dr. Kori Wittrock for achieving the highest marks! The competition was close as all of our applicants had excellent projects:

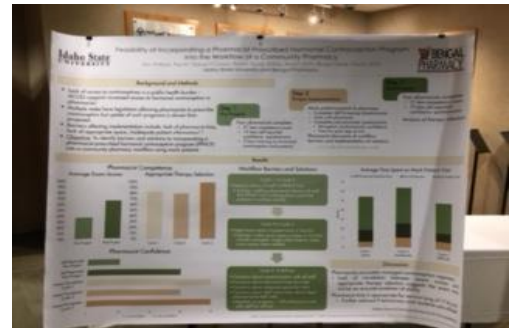
Kori Wittrock, PharmD

Poster Title: *Feasibility of incorporating a pharmacist-prescribed hormonal contraception program into the workflow of a community pharmacy*



Kailee Morton, PharmD

Poster Title: *Implementation of a population health tool at a federally qualified health center*



Justin Bell, PharmD

Poster Title: *Programmatic assessment: Retrospective analysis of anticoagulation protocol implementation within a family practice clinic*

Thank you again to everyone who helped make the spring poster session a success. We look forward to posters showing the impact our students, technicians, residents, and pharmacists have on Idaho pharmacy practice at the ISHP 2018 Annual Fall Meeting next September in Sun Valley!

Trivia Night – Another Success!

ISHP Trivia Night was a great hit amongst our spring conference attendees with 11 rounds of fast paced questions centered on pharmacy with a little bit of a twist. If you missed the debut of pharmacy trivia night you can sleep easy knowing we will be putting together a second event for our Fall Meeting in Sun Valley. Don't miss out on this fun filled night of pharmacology and pop culture.



Night at the Movies: Can you name the movies from the pictures below?



Quackery: A round exploring the wild frontier of alternative medicine. Was it a product endorsed by Dr. Oz or a potion from Harry Potter?

Spelling Bee: We give you the brand you spell the generic. You can't get by with bad handwriting here.

Not so legal: From overdoses to law to origins.

Vender appreciation: A small shout out to the folks who helped make this event possible. Matching the product to the manufacturer

Commonality Round: What does bipolar disorder, Nirvana, and batteries have in common?

Odd Origins: A round exploring the surprising natural origins of many of our commonly used drugs.

History: Did you know Listerine was invented as a surgical antiseptic, floor cleaning product, and cure for syphilis?

Visual Round: From drug commercial mascots to zoomed in pictures of common pharmacy items.

Random Knowledge: For the folks who excel on and off the court of pharmacy

Who did it first: Benzyl penicillin or George Gershwin's Rhapsody in Blue? Unasyn or Michael Jackson's Thriller? Vancomycin or Stevie Wonders' Songs in the Key of Life?

*Many thanks to Tyler Osgood who put this all together.
And just in case you did not know all of the answers, Tyler has supplied them!
Please go to page8 of this newsletter.*

New Website Committee Chair Named: Clark Brenisholtz To Take Reins of IT Committee

The ISHP Executive Board have named **Clark Brenisholtz, CPhT** to the position of IT Committee Chair effective March 1st, 2018. In this role Clark will oversee the ISHP website and social media platforms working alongside the ISHP Executive Director.



Clark comes to ISHP with over 20 years of experience as a pharmacy technician for both Albertsons Pharmacy and now St. Luke's Outpatient Pharmacies. He currently serves as a lead technician for the discharge prescription program, Meds2Beds, at St. Luke's Boise and Meridian Outpatient Pharmacies. Clark was instrumental in developing the pilot for this program which has now grown to multiple sites and has reduced 30 day readmissions for high-risk patients.

Clark has also been an active member of ISHP having been featured as a speaker at the 2017 ISHP Fall Conference and for his work presenting a poster on Meds2Beds and patient outcomes.

Besides pharmacy, Clark has a keen interest in photography, which includes collecting vintage cameras as well as taking stunning pictures of his travels and posting them to his social media sites. When not behind the counter or camera you will find Clark browsing the local book store with his wife, April, and his serious dogs, Steve McQueen and Hamilton.



ISHP also wishes to thank Jim Nguyen for his efforts over the past years with this Committee

ASHP Delegates Attend 2018 Phoenix Regional Delegate Conference



State Affiliate

During the ASHP Regional Delegate Conference (RDC) meeting in April, ISHP Delegates Paul Driver and Lindsey Hunt presented 5 of the 31 ASHP policies that will be voted on this June at the Summer Meeting. Some of the more controversial or extensively discussed topics included:

- Patient Access to Pharmacist Care Within Provider Networks
 - This was well received, but one of the key components of this is that advocating for laws that cannot exclude pharmacists from reimbursement for services that would have been paid for by another provider (ex. NP adjusting insulin results in payment). This has helped Washington pharmacists gain payment for medication management.
- Responsible Medication-Related Clinical Testing/Monitoring
 - This was discussed at length to place significance on interconnectedness that would reduce duplicative or excessive procedures that are due to lack of access to other records. For example, if a pharmacist is managing DM at one health care system and the PCP is managing at another, the providers should not duplicate testing.
- Clinician Well-being and Resilience
 - Although there was overall agreement on this push for ASHP to support and research burnout among pharmacy personnel, the discussion was rich with personal reasons that this is critical to our profession and other health care professions.
- Use of International System of Units for Patient related Measurements
 - This was well received. There was some discussion on infrastructure changes required to integrate this into healthcare and it was felt that these changes are necessary for safety.
- Availability and Use of Appropriate Vial Sizes
 - There was quite a bit of discussion on this policy in regards to concerns about increased cost if manufacturers are required to create vials to meet most if not all dose regimens. The general feeling however was that currently we waste drug due to vial sizes discordant with normal doses and this policy would help reduce waste and be consistent with the potential environmental impact on that waste.

All policies were refined by delegates participating in RDCs across the nation using ASHP Connect.

Please contact your delegates by the end of May if you have any concerns about the policies. Keep in mind that these policies may impact your practice.

Lindsey Hunt, Delegate 2017-2018 Lindsey.Hunt@VA.gov

Paul Driver, Delegate 2018-2019 Paul.Driver@sjrmc.org

For more information on the ASHP House of Delegates, the role of the delegate, the policy making process, or other activities, please go to the ASHP Delegate Webpage:

<https://www.ashp.org/house-of-delegates>

ASHP Appoints ISHP Member Michael Dickens to National Council

It was announced in mid-March that past ISHP President Michael Dickens was appointed as member of the *ASHP Council on Pharmacy Practice*.

There are five councils that are the primary bodies to initiate ASHP policies on professional issues. This council is concerned with ASHP professional policies relating to the responsibilities of pharmacy practitioners.

Mike and the Council will be tasked with (1) practitioner care for individual patients, (2) practitioner activities in public health, (3) pharmacy practice standards and quality, (4) professional ethics, (5) interprofessional and public relations, and (6) related matters.

The full list of ASHP Council/Commission appointments for 2018-2019 will be posted later on this Spring and can be found below.

<https://www.ashp.org/about-ashp/our-leadership/councils-and-committees>

Congratulations Mike!



Mike, front and center, and colleagues preparing for Council work

Technician's Corner

Kathleen O'Dell - ISHP Technician Representative

Happy Spring!

With the welcoming of another spring season we welcome and have completed our Spring Conference! It was, once again, another great success with techs from across the State coming to acquire their needed CE credits **AND** get certified to administer flu vaccines. It is always a great site to see so many technicians wanting to expand and further their careers by taking on this added responsibility and I can't wait to see where else we can push the advancement line for techs!



Along with administering vaccines there have been additions to many technician roles across the board including: clarifying orders, transferring prescriptions and Tech-Check-Tech. Has your institution established any of these roles on a regular basis? Do you have any tips, tricks or just a shining moment regarding a technician who has really stepped up and taken on these new advancements? You should share with us! The more we can share about what we know and what we are learning from actually using these new advancements on the job will only help us get better. Email us at: **ishpcontact@gmail.com** to share these experiences and tips so we can share with the rest of the pharmacy world.

Finally, we are already preparing for the Fall Conference in September so don't hesitate with telling us anything you may want to see or learn about- these conferences are for you! I hope you enjoy your summer activities and we will see you in the fall.

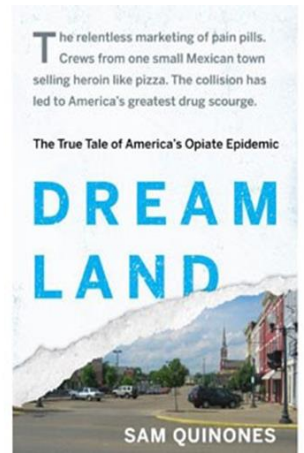
Kathleen

A Book Report on the Opiate Epidemic

Kent L. Quickstad

I am doing something here that I probably have not done since 9th grade... a book report. We all know of the current opiate epidemic in America, **Dreamland: The True Tale of America's Opiate Epidemic** by Sam Quinones published in 2015 takes us back to the roots of the problem.

Dreamland – a football sized swimming pool and center of the community of Portsmouth, Ohio was built in 1929. In the 1980s drugs and addiction however devastated Portsmouth as it did for cities across the country.



On January 10, 1980 the *New England Journal of Medicine* published the following letter to the editor:

ADDICTION RARE IN PATIENTS TREATED WITH NARCOTICS

To the Editor: Recently, we examined our current files to determine the incidence of narcotic addiction in 39,946 hospitalized medical patients¹ who were monitored consecutively. Although there were 11,882 patients who received at least one narcotic preparation, there were only four cases of reasonably well documented addiction in patients who had no history of addiction. The addiction was considered major in only one instance. The drugs implicated were meperidine in two patients,² Percodan in one, and hydromorphone in one. We conclude that despite widespread use of narcotic drugs in hospitals, the development of addiction is rare in medical patients with no history of addiction.

JANE PORTER
HERSHEL JICK, M.D.
Boston Collaborative Drug
Surveillance Program

Waltham, MA 02154

Boston University Medical Center

In 1984 Purdue Pharma released MS Contin® followed by OxyContin® in 1996. Purdue drug representatives detailed these drugs as safe and effective along with Porter and Jick's letter to physicians who were concerned about the potential for addiction. Pressed for time and the need to treat their patients, prescribing and over prescribing of opiates escalated. Pill mills surfaced. Contrary to Porter and Jick, addiction soared. Deaths due to overdose from opioids rose from 10 a day in 1999 to one every half hour in 2012. By the 2000s the United States consumed 83% of the world's oxycodone and 99% of the world's hydrocodone. OxyContin® was selling on the street for \$1.00 per mg (\$80 for an 80 mg tablet). Searching for a cheaper alternative to their addiction to prescription pain medications, addicts turned to heroin.

Out of the tiny area of Xalisco, Nayarit Mexico, cheap, potent black tar heroin had made its way into the US. Independent of any drug cartel, heroin cells spread across the country not only in the large cities but in the smaller communities as well. **One of those heroin cells was in Boise.** Young Mexicans were recruited to become drivers and deliver the black tar heroin in balloons they carried in the mouth. As the delivery networks spread, addicts in new cities were found in pill mills and methadone clinics. They were given a phone number to call and the heroin was delivered to them just like a pizza delivery service.

Dreamland is a very interesting, scary and enlightening read. In addition to retail book sellers, I found copies of the book thru the Boise Public Library.

Kent

Trivia Night Answers:

(From page 4)

Night at the Movies: Sleepless in Seattle, Hunger Games, Sex in the City

Commonality Round: Lithium

Who did it first: Rhapsody in Blue, Thriller, vancomycin



Student's Corner

Lindsey Catlin and Naomi Veloso – ISHP Student Representatives



The student track which debuted at this past Spring ISHP meeting was a success! Although in the future we hope to have more students attend those that were able to make it all provided positive feedback. They enjoyed having a smaller group of students being able to directly interact with current residents. Originally the time slot was slated for practice interviews but as there were only a few students who were also volunteers we opted for a Q&A session. The residents were very candid in their responses. As they have significantly different backgrounds it helped students learn that there are also nontraditional residencies in addition to different paths to get to their end goals. In the future we hope to promote more student awareness of the student track to increase participation and provide students with networking opportunities.

This month the College of Pharmacy hosted its commencement ceremonies. Congrats to all of the new graduates! Classes are currently out of session for the summer with some students heading into rotations while others will enjoy a brief reprieve.

We look forward to working with you all over the next year and aim to be great student representatives.

Lindsey and Naomi

From the ISHP Office - Executive Director's Message

Caroline Merritt

2018 ISHP Spring Meeting



On April 7-8, ISHP hosted our annual Spring Meeting at Saint Alphonsus Regional Medical Center in Boise with 100 pharmacists and technicians in attendance. Participation from our industry partners was strong and we'd like to thank all of our sponsors, including our **Titanium Sponsor, Genentech**. We received a great deal of positive feedback on this meeting, especially regarding our trivia night, spearheaded by **Programs Chair Tyler Osgood and Treasurer Jessie Litke**. I'd also like to thank Tyler and **Education Chair Kasidy McKay** for their hard work on putting together the schedule, securing speakers, and overseeing many of the meeting logistics. It was truly a team effort and I'd like to recognize everyone who made our ISHP Spring Meeting such a success! I hope to see everyone at our Fall Meeting September 28-30th, 2018 at the Sun Valley Resort.

Caroline

Titanium sponsor Phillip Sholian from Genentech speaks to the Spring Meeting attendees.



Genentech



Open Board Positions

President-Elect
Secretary/Treasurer
Education
Administrative Affairs

IHSP is currently recruiting for four Board positions which will be open this Fall.

Please visit <https://ishp.wildapricot.org/page-1863668> to learn more about the open board positions and submit nominations.

A facelift and still under construction - The ISHP website!



<https://ishp.wildapricot.org/>

If you have not been on the ISHP website recently – check it out!

Many thanks to Clark Brenisoltz and Caroline Merritt for their efforts to date – the website has been cleaned up and is now much easier to navigate with drop down menus on the top of the home page. If you have any suggestions for site improvement, please let us know – the website is for you!

(*Just kidding, slightly out of our budget, but we think that you will see that ISHP is Value Added)



Idaho Society of Health-System Pharmacists

- HOME
- MEMBER BENEFITS
- ABOUT ISHP ▶
- JOIN/RENEW ISHP ▶
- ASHP HOUSE OF DELEGATES
- CE/EVENTS ▶
- NEWS ▶
- ...



ISHP is Value Added

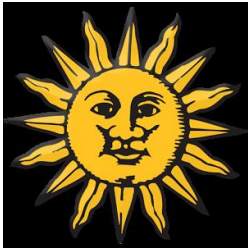
ISHP is dedicated to helping support Idaho Pharmacists and Pharmacy Technicians through education, advocacy, and value-based programs aimed at helping you take better care of your patients. If you are not yet a member, consider joining for the many benefits we offer.

 [Login Now](#)

Idaho Pharmacy News

Earlier this month John Holmes, PharmD, Assistant Research Professor at ISU COP, provided a great review on the diagnosis and treatment of hypertension. Those of you in attendance recall his discussion around differences in blood pressure measurement and whether clinic measures are truly the best way or if we should look to 24-hour ambulatory measurement.

A new study by Banegas and colleagues, published in the New



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



Mark your calendars for the 2018 Annual Fall Meeting:
September 28, 29 and 30th

Our Annual Fall Meeting will provide instruction on current, evidence-based, and patient-focused models by exceptional pharmacy experts regarding emergency and critical care. Through participation in this conference, you will have the opportunity to obtain approximately 15 credits for pharmacists and 13 credits for pharmacy technicians from ACPE-accredited courses.



And on the lighter side of pharmacy.....

A doctor is to give a speech at the local AMA dinner. He jots down notes for his speech. Unfortunately, when he stands in front of his colleagues later that night, he finds that he can't read his notes. So, he asks, "Is there a pharmacist in the house?"

A miracle drug is one that has now the same price as last year.

ISHP wishes you a happy summer!