

NoDak Pharmacy *Journal*

Volume 32, No. 4 August 2019



NDPhA Board of Directors

NDPhA Board Chairman

Kim Essler
Chase Pharmacy
PO Box 1206
Garrison, ND 58540-1206
(701) 463-2242
runodak@restel.net

NDPhA President

Dan Churchill
Churchill Pharmacy
1190 W Turnpike Ave Ste. 2
Bismarck, ND 58501
(701) 224-0339
dan@churchillpharmacy.com

NDPhA President Elect and District 1 Officer

Ramona Sorenson
Trinity Hospital Minot
1 Burdick Expressway W
Minot, ND 58701
(701) 857-5000
goodspirit1202@gmail.com

NDPhA Vice President

Jeff Jacobson
2301 34 1/2 Ave S
Fargo, ND 58104
jeffdjacobson1@gmail.com

District 2 Officer

Carolyn Bodell
Trinity Hospital Pharmacy
Minot ND 58701
(701) 838-2933
jbodell@min.midco.net

District 3 Officer

Megan Hursman
805 3RD Street
Langdon, ND 58249
(701) 256-3330
Megan.J.Lutman@gmail.com

District 4 Officer

Tim Carlson
3825 Clearview Cir
Grand Forks, ND 58201
(701) 795-3498
tcarlson@thriftywhite.com

District 5 Officer

Dan Duletski, PharmD
ND Pharmacy
Dickinson, ND
(701) 225-4434
Daniel.Duletski@gmail.com

District 6 Officer

Pat Brunelle
7500 Moonstone Lane
Bismarck, ND 58503
(701) 224-9521
Pat@gatewaypharmacy.com

District 7 Officer

John Fugleberg
The Medicine Shoppe Jamestown
703 1st Ave S
Valley City, ND 58072
Ph: (701) 252-3002
E-Mail: 0545@medicineshoppe.com

District 8 Officer

Elizabeth Skoy
NDSU School of Pharmacy
Thrifty White
Fargo ND
(701) 231.5669
Elizabeth.Skoy@ndsu.edu

NAPT Academy Chairperson

Tracy Lindsey
tlindsey101@yahoo.com

ExOfficios

Executive Vice President

Michael Schwab
NDPhA
1641 Capitol Way
Bismarck ND 58501
(701) 258-4968
mschwab@nodakpharmacy.net

NDSCS Pharmacy Tech Program

Melissa Krava – Assistant Director
NDSCS Pharmacy Tech Department
800 N 6 St
Wahpeton ND 58076
(701) 671-2114
Melissa.krava@ndscs.edu

NDPSC President

David Olig
Southpointe Pharmacy
2400 S 32 Ave
Fargo ND 58103
(701) 234-9912
davidjolog@gmail.com

BOP Executive Director

Mark Hardy
ND State Board of Pharmacy
1906 E Broadway Ave
PO Box 1354
Bismarck ND 58501
Ph: (701) 328-9535
MHardy@ndboard.pharmacy

NDSU College of Health Professions School of Pharmacy

Charles Peterson
PO Box 6050 Dept 2650
Fargo ND 58108-6050
(701) 231-7609
Charles.Peterson@ndsu.edu

NDPhA Vice President Elect

Randy Habeck
Hillsboro Drug
(701) 636-5231
hillsdrug@hotmail.com

NDSHP President

Jesse Rue, PharmD
jesserue@hotmail.com
(701) 430-0731

NDPhA FOOD FOR THOUGHT

Your smile is your logo. Your personality is your business card. And how you leave people feeling after an experience with you becomes your trademark. By: Jay Danzie

Thanks! - Mike

Table of contents

NDPhA President's Message4
 NAPT President's Message.....6
 NAPT 2019 Annual Fall Convention 7-9
 ND Board of Pharmacy.....10
 NDPhA, NDSHP & NDSU Sponsored Leadership Workshop 14-15
 NDSU School of Pharmacy..... 16-22
 NDPhA Pharmacy Time Capsules23



NO DAK PHARMACY JOURNAL Submission Policy

The ND Pharmacists Association is pleased to accept submissions for the Journal. Submissions should be reasonable in length due to space considerations. In order to ensure the quality of our publication, editing for grammar, spelling, punctuation and content may occur. Articles, photos, and advertising should be submitted in electronic form.

To submit, please email NDPhA at:
mschwab@nodakpharmacy.net

The deadline for the Next Issue is:
November 8th, 2019

NO DAK PHARMACY JOURNAL

1641 Capitol Way • 701-258-4968
www.nodakpharmacy.net
mschwab@nodakpharmacy.net

ADVERTISING CONTACT INFORMATION

Joe Sitter - joe.sales@qpsnd.com
Quality Printing Service, Inc • 701-255-3900

Journal Circulation 1,300

Journal is published five times a year by Quality Printing Service, Inc.

All rights reserved. Information contained within may not be reprinted wholly or in part without the written consent of the publisher.

2019 Calendar

SEPTEMBER

- September 11th** NDPhA Sponsored "Opportunities Night" at NDSU
- September 13th** NDSU Career Fair – Fargo Dome
- September 13-14** NAPT Fall Conference in Bismarck
- September 14th** White Coat Ceremony for new pharmacy students at NDSU
- September 28th** NDSU, NDSHP and NDPhA sponsored Leadership Workshop in Fargo

OCTOBER

PHARMACISTS MONTH

- October 26th** NASPA Fall Meeting – San Diego, CA
- October 26-29th** NCPA Annual Meeting – San Diego, CA
- Oct 31st** Happy Halloween!

SAVE THE DATE

**ND Annual Pharmacy Convention
April 23-26, 2020 in Minot at the
Grand Hotel**



Change is Constant

Greek philosopher Heraclitus is credited with the phrase “change is the only constant in life.” What does it mean? How do we interpret it? I suppose for myself I have embraced this statement by putting it into the context of good and bad. When times are tough, just remember that things can and will change, and it won't always be this difficult. And when times are good, you should be preparing yourself for when times aren't so good, and looking for ways to improve upon what you are doing.

This concept applies to everyone's workplace. And the profession of pharmacy is no different. We are in a constantly evolving profession and marketplace. Technology is constantly changing and we are bombarded with new products and services that we are told we “need to do” or that will improve our workflow, reimbursement, satisfaction, etc. etc. All of our funding sources: PBM's, government entities, and others are changing formularies, coverage rules, cost-sharing amounts. The products that we dispense are changing, new products emerge, old products fade away or are otherwise unavailable. The vendors that we source our products from change, the computer programs we use change, the bosses change, the co-workers change. This is only but the tip of the iceberg of all the types of change we deal with in our workplace.

Change can be difficult. It creates a level of stress in addition to the daily stressors that we normally deal with. Sometimes when we work through a period of change and get familiar with the modifications, things can be better than before (Ideally). And sometimes things are not better, and we need to make even more changes before we can say things are improved.

I bring this up because I think sometimes we harken back to the good-old days and we don't want to deal with change. And maybe it gets harder to change as we get older. But I think the only way to live up to our potential is to turn and embrace change. This doesn't mean we change just for the sake of changing. But we need to be thoughtful and mindful about what we can do to improve upon the actions we take every day. Will the change improve patient care? Will the change increase employee satisfaction? Will it improve our financial picture? Is the change worth the cost? These are just a few of the thoughtful questions that we should be asking ourselves about potential changes.

I believe one of the greatest ways to stay abreast of all the changes in our industry is to be involved with our association. Networking amongst association members will keep you in the know as to what changes your colleagues are making to improve their practices.

Embrace change, we have no choice but tackle change head-on to make improvements to our daily work. Be thoughtful and ask questions. And reach out to the NDPhA and your pharmacy colleagues about what they are doing to change their profession.

Sincerely,

Dan Churchill

Dan Churchill, Pharm.D., R.Ph.

**"I'M ALWAYS
WATCHING OUT
FOR MY PATIENTS,
BUT WHO'S
WATCHING OUT
FOR ME?"**



WE ARE.

We are the Alliance for Patient Medication Safety (APMS), a federally listed Patient Safety Organization.

Our Pharmacy Quality Commitment (PQC) program:

- Helps you implement and maintain a continuous quality improvement program
- Offers federal protection for your patient safety data and your quality improvement work
- Assists with quality assurance requirements found in network contracts, Medicare Part D, and state regulations
- Provides tools, training and support to keep your pharmacy running efficiently and your patients safe

Pharmacy Quality[™]
COMMITMENT

A program designed to
reduce medication errors.

Call toll free (866) 365-7472 or visit www.pqc.net

PQC IS BROUGHT TO YOU BY YOUR STATE PHARMACY ASSOCIATION

2019 AUGUST NAPT JOURNAL ARTICLE

Whoa! This summer has zoomed by fast!

The NAPT Executive Board met in June. We are excited to continue the Mission of NAPT and serve our members. We look forward to our continued projects and commitments through this term.

Here is your reminder once again: Be on the look-out for Pharmacy Technicians deserving of one of the NAPT awards that are awarded at the NDPHA Convention in the spring. You are encouraged to nominate! Nomination forms will be available at Fall Conference and in an upcoming NoDak publication.

Whether you are currently working in the Pharmacy Technician profession or not, take a moment to think

NAPT MISSION STATEMENT

The Northland Association of Pharmacy Technicians (NAPT) is the professional organization representing all Pharmacy Technicians and Technicians-in-Training, and is an academy of the North Dakota Pharmacists Association (NDPhA).

We strive to provide leadership, continuing education, and collaboration among technicians and other providers in the healthcare industry.

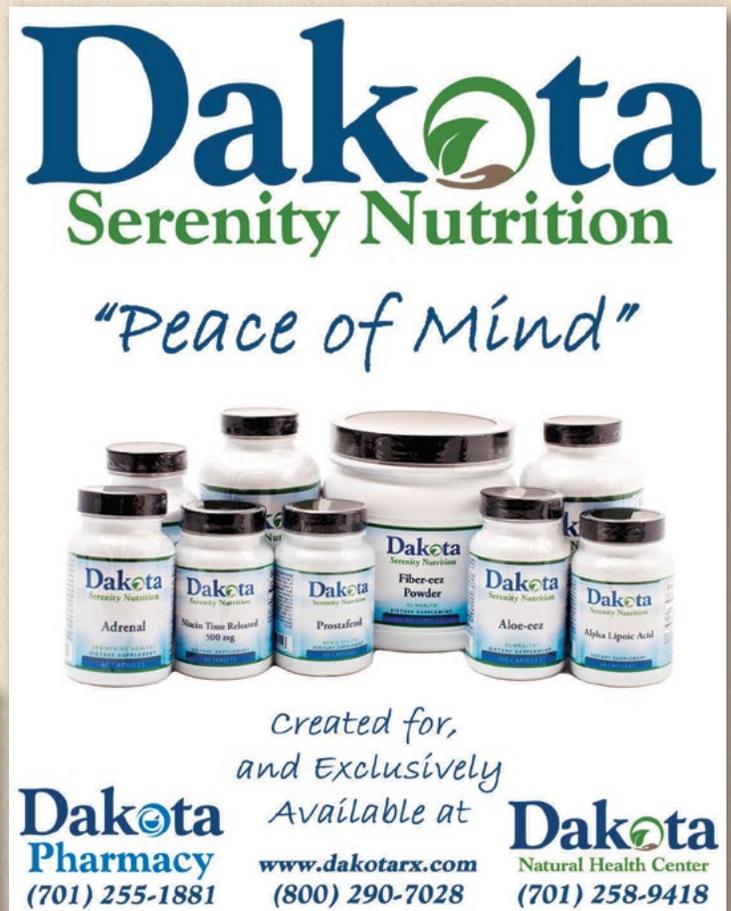
Our goal is to meet the expectations of those it serves and promote Pharmacy Technicians as an integral part of the Patient Care Team, emphasizing the importance of Patient Safety.

All registered pharmacy technicians in North Dakota are members of NAPT.

about where you started in this career, where you are now and what the future holds. Think about the change that has occurred! Our profession is constantly evolving along with the roles of the pharmacists we work with.

I hope everyone considers attending the 2019 NAPT Fall Conference September 13-14, 2019 in Bismarck. I would love to see you there! Besides earning valuable CE, it is always fun to visit with Pharmacy Technicians from across the state.

Tracy Lindsey, RPhTech, CPhT
NAPT Chairperson



Dakota
Serenity Nutrition

"Peace of Mind"

Created for,
and Exclusively
Available at

Dakota Pharmacy
(701) 255-1881

www.dakotarx.com
(800) 290-7028

Dakota Natural Health Center
(701) 258-9418

Join Us!
NAPT Fall
Conference
Sept. 13-14, 2019

**NORTHLAND ASSOCIATION OF PHARMACY TECHNICIANS
2019 ANNUAL FALL CONFERENCE
SEPTEMBER 13 & 14, 2019
RAMKOTA HOTEL AND CONFERENCE CENTER, BISMARCK ND**



EDUCATE BEFORE YOU MEDICATE – KNOWLEDGE IS THE BEST MEDICINE

FRIDAY, SEPTEMBER 13, 2019

TARGET AUDIENCE: PHARMACY TECHNICIANS AND STUDENTS

4:30 - 5:05

Registration (*Meal will be provided*)

5:05 - 5:15

Welcome

5:15 - 8:15

Combined Session #1

UAN: 0107-9999-19-225-L03-T (Knowledge) 0.3 CEUS

Mark Hardy, PharmD, R.Ph.

North Dakota State Board of Pharmacy Executive Director

Topic: *Updates from the Board of Pharmacy*

1. Identify recent changes in laws/rules which affect the practice of pharmacy.
2. Discuss potential changes that the Board should consider for improving patient care.
3. Define the ability to comply with changes in rules that the Board will look to implement.

Michael Schwab, Executive Vice President, ND Pharmacists Association

Topic: *Legislative Advocacy-Who, What and Why?*

1. Define the legislative process.
2. Define how a bill becomes law.
3. Define the different types of advocacy.
4. Identify the importance of getting actively engaged in the legislative process.
5. Describe ways to advocate and communicate with legislators.

Tyler Auck, Licensed Addiction Counselor and Daniel Donlin, Chief of Police (Ret)

Topic: *The Cop (Ret) and the Criminal (Ret): An Unlikely Friendship*

1. Describe the personal and professional impact of drugs and alcohol on a 30-year police officer.
2. Discuss risk factors in a child's upbringing that may contribute to addiction and criminal behavior.
3. Describe the personal journey of transitioning from adolescence into adulthood through the very dark world of heavy drug addiction and criminal activity.
4. Discuss strategies to help break down the stigma of drug and alcohol addiction.
5. Describe one person's path to recovery and explain that "hope" is ever-prevalent and change is always possible.
6. Relate Dan and Tyler's journey to identify and comprehend addiction in patients.



CEI is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. To obtain contact hours of continuing pharmacy education credit, participants must participate in the live activity, and then logon to the CEI website (www.CEImpact.com) to complete the evaluation located in My Profile. Once successfully completed, click on Submit CPE. You can access your CPE statement of credit at www.MyCPEMonitor.net.

7:30 – 8:00
8:00
8:00 – 11:00

Registration (*Breakfast provided*)

Welcome

Combined Session #2

UAN: 0107-9999-19-239-L04-T (Knowledge) 0.3 CEUS

KEYNOTE SPEAKER: Emily Jacobson

Topic: *Effects of Unregulated Supplements on the Liver: A Patient's Story*

1. Identify a patient population who may benefit from better knowledge of the risks of unregulated supplement consumption.
2. Describe how supplement use lead to complications of idiosyncratic hepatitis.
3. Recall one patient's warning signs of damage to the liver from supplement use.

Heidi Eukel, Pharm D, Associate Professor of Pharmacy Practice NDSU School of Pharmacy

Topic: *Expanding the Role of the Pharmacy Technician: Tech Check Tech*

1. Discuss the role of the pharmacy technician in tech-check-tech and continuous quality improvement.
2. Evaluate filled prescriptions in community, LTC, and institutional settings.
3. Discuss the application of policies and procedures for tech-check-tech in various pharmacy practice settings.

11:00 – 11:15
11:15 – 12:15

Break

Steve Irsfeld, RPh, BS Pharmacy, Pharmacist/Owner

Topic: *Nutritional Supplements: Safe Use and Their Role in Pain Management*

UAN: 0107-9999-19-227-L05-T (Knowledge) 0.1 CEU

1. Define GMP and how it pertains to supplement companies.
2. Define C of A and how can it be useful in our practices.
3. Discuss Eurofin testing and how it pertains to Omega 3 fatty acids.
4. Describe the mechanism of action of magnesium for pain.
5. Describe the process for how Omega 3 fatty acids help treat inflammation.

12:15 – 1:30

NAPT General Business Meeting (*Lunch provided*)

1:30 – 4:30

Combined Session #3

UAN: 0107-9999-19-229-L04-T (Knowledge) 0.3 CEUS

Jess Rue, PharmD, BCPS, Clinical Coordinator,

About the Patient Program

Topic: *USP 800 Primer for Technicians*

1. Discuss the development of USP 800 as a worker safety measure.
2. Define the six core requirements of USP 800 as they relate to implementation into pharmacy practice.
3. Compare the differences in USP 800 between different types of pharmacy sites.

Melissa Halvorson, Pharm D

Topic: *Diabetes: Clinical Pearls for the Pharmacy Technician*

1. Discuss the course of diabetes and its impact on patients commonly affected by this disease.
2. Summarize treatment goals recommended in current practice guidelines.
3. List common medication classes utilized in the management of diabetes.
4. Identify non-pharmacologic changes recommended for diabetic patients.

Alexi Murphy, Pharm D, Assistant Administrator, Pharmacy Services

Topic: *North Dakota Medicaid Update*

1. Discuss strategies to process common claim rejections and identify alternative products.
2. Describe resources to find information on new and upcoming coverage rule implementations.
3. Identify a patient who may benefit from the MTM program and list the required paperwork.

4:30

Basket Extraordinaire Drawing

GOING GREEN

To minimize paper waste, all speaker handouts will be available on the NDPhA website for each attendee to print as desired prior to the meeting.

Directions on how to access this information will be provided upon receipt of your registration.

HOTEL INFORMATION: RAMKOTA AND CONFERENCE CENTER 800 SOUTH 3RD STREET, BISMARCK, ND 58504

A block of rooms has been reserved until: August 16, 2019

Under the name: Northland Association of Pharmacy Technicians

\$ 109.00 per night plus tax

To reserve a room, call: 701.258.7700

Detach here:

Registration Form

(Please write legibly)

Name: _____ Phone Number: _____

Address: _____ Email address: _____

ND Registration number (if applicable): _____

I plan to attend the following days (**please circle one**)

FRIDAY ONLY

SATURDAY ONLY

BOTH FRIDAY AND SATURDAY

Do you have a food allergy or special needs? If yes, please briefly describe. *(We will do our best to accommodate your needs):*

How would you like your confirmation of receipt of registration (**please circle one**)

MAIL EMAIL

NAPT Pharmacy Technician (ND RPhTech)	\$50	_____	NON NAPT Pharmacy Technician	\$100	_____
STUDENT/ND TECH-IN-TRAINING	\$20	_____	Pharmacist	\$100	_____

Please make checks payable to NAPT

Please detach and send your registration and full payment to:

Sharon Kupper: Attention NAPT Fall Conference
4713 South Bay Dr SE, Mandan ND 58554

If you have any questions regarding Fall Conference or registration contact:
Diane Halvorson, Fall Conference Coordinator: dhalvorsonrphtech@gmail.com / 701.793.5773

REFUNDS

Only under extreme circumstances will refunds be made. All refunds are subject to the approval of the NAPT Executive Board

ND BOARD OF PHARMACY

By: Dr. Mark Hardy

Board's decision on enforceability of USP 800:

The Board of Pharmacy discussed the proposed rule changes requiring compliance with USP Chapter 800 (Handling of Hazardous Drugs) at the July 18th, 2019 Board Meeting. The Board determined that compliance with USP 800 will only be required for pharmacies engaged in compounding of Hazardous Drugs. The Board accomplished this by moving forward the changes to the compounding standards (61-02-01-03) requiring compliance with USP 800. However, the Board did not move forward the rule requiring compliance with USP 800 for pharmacies not engaged in compounding of Hazardous Drugs.

This approach is consistent with USP's interpretation on Chapter 800 with regards to the chapter's compendial applicability. Again, at this time, USP 800 will not be required for pharmacies that are not engaging in compounding (ex. tablet splitting is not considered compounding). For pharmacies that are engaged in compounding, at any level, of hazardous drugs, ensure that you are working towards compliance with the chapter. It is expected that the rule will be finalized in September with it being effective December 1st. A USP 800 Toolkit is provided on the North Dakota Board of Pharmacy website that will assist pharmacies in North Dakota to comply. This was developed by Dr Jesse Rue, PharmD and provides a straightforward road map with template documents to modify to comply with USP 800.

Even if your pharmacy is not required to comply with USP 800, the Board still recommends every pharmacy look at the processes built in USP 800 to look at ways to properly educate staff and take steps to minimize the exposure to Hazardous Drugs in your location.

Rule Hearing Scheduled for September 19th

The Board is proposing to make administrative rule changes to account for three pieces of legislation which were passed by the legislature and signed by Governor Burgum during the last legislative session. This legislation includes SB 2306 - Provisional Licensure for Members of the Military or Military Spouses, HB 1498 - Pharmacist's Administration of Medications and SB2231 Limited Prescriptive Practices for Pharmacists (Collaborative Agreements).

Military & Spouses Provisional Licensure:

Legislation was enacted to allow members of the military and their spouses to be eligible for provisional occupational licenses to assist in the movement of these families to North Dakota. The legislation allows an individual licensed in

another state and working under that license for at least 2 of the last 4 years to apply for provisional licensure for that occupation in North Dakota.

Our proposed rules will contain changes to outline a process for provisional licensure for a pharmacist and a separate proposal to allow for provisional registration for a pharmacy technician. Fees for this license apply 1 year after the first renewal period (i.e. upon second renewal). Additionally, it is proposed for a pharmacist applicant to have 3 months to pass the MPJE upon obtaining of a provisional license. Each would still need to be working toward meeting the qualification for licensure during the 2 year provisional license.

Collaborative Practice Agreements:

Revisions have been made by the legislature to remove the Boards of Pharmacy, Nursing and Medicine from approving collaborative practice agreements. This was meant to help streamline the process for professionals to work together to advance patient care. In response to this, the Board is proposing to repeal Administrative Code Chapter 61-04-08, Limited Prescriptive Practices, which allows the law to be the sole standard to follow. As always, the Board encourages our pharmacists to look at the opportunities to advance models of care utilizing collaborative practices agreements in your pharmacy especially now without the administrative process.

Administration of Medications:

The sections of the law pertaining to the pharmacist ability to provide medication administration were modified by the legislature to remove the requirement for a separate injection/immunization certification and broaden the authority for a pharmacist to administer medications to the patient. The Board will still grant authority to a pharmacist who has completed the appropriate training and/or education to administer medications to a patient. This approach will likely require a pharmacist to attest to meeting the standards to provide medication administration to their level of knowledge and expertise. This is a move toward the standard of care in the profession of pharmacy and remove the need for a separate certification to be carried for these duties.

The Rule Hearing for the above changes will occur on September 19th, 2019. Each rule draft is available on our website for review. If you have comments or suggestions, please reach out to the Board of Pharmacy so they can be considered by the Board in their deliberations.



Pharmacy Professional Liability



Sheila Welle CIC® LUTCF® LTCP
sheila@superior.agency
701.361.1067

Jorin J. Johnson CFP®
jorin@superior.agency
701.356.3256

SUPERIOR 
insurance

Make sure you have the right protection today. Don't let a malpractice suit jeopardize the future of your business.

As a pharmacist, your customers rely on your expertise to get them the medication they need. With Auto-Owners, you can expect the same when it comes to your insurance.

Auto-Owners
INSURANCE

LIFE • HOME • CAR • BUSINESS

Membership has its benefits

NDPHA IS NOW AN
AUTHORIZED RESELLER OF
TRC HEALTHCARE,
OFFERING SAVINGS ON THE
REFERENCES YOU USE
EVERY DAY

Included in the Bundle:

- Pharmacist's Letter
- Pharmacy Technician's Letter
- Learning Management Portal
- Natural Medicines
- Immunization Package

Contact Mike Schwab to sign up.

mschwab@nodakpharmacy.net

701.258.4968

trc healthcare 

NDPhA
NORTH DAKOTA
PHARMACISTS
ASSOCIATION

**ONLY \$300 PER
PHARMACY**

All staff gain
access!

It takes a local business owner to protect one.



Terry M Richter CLU, Agent

201 N 19th Street | 324 2nd Ave SW
Bismarck, ND 58501 | Jamestown, ND 58401
Bus: 701-223-8757
Fax: 701-223-7440
terry.richter.gj27@statefarm.com
Mon-Fri 8:30AM to 5:00PM
Evenings & Saturday by Appt

As a small business owner in our community, I understand what it takes to protect your small business. Let me help you get insurance for your business at a great value. Stop in or give me a call.



State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
State Farm Florida Insurance Company, Winter Haven, Florida
State Farm Lloyds, Richardson, TX

1706446

**Sept.
28th
2019**

**ADVANCE
YOURSELF,
YOUR
PRACTICE
AND YOUR
CAREER:
Pharmacy
Leadership
Workshop
2.0**

SCHEDULE OF EVENTS:

9:00-9:15: Welcome

9:15-10:15: *Secrets to a Successful Side Hustle*

- Eric Christianson, PharmD, BCGP, BCPS

10:15-10:30: Break

10:30-11:55: *Mindfulness and Self Compassion*

- Melissa Dahl, MS, LPC, NCC

11:55-1:25: *Networking Lunch & Roundtable Discussions*

- Facilitated by: Lisa Richter, PharmD, BCPS, BCCCP &
Allison Hursman, PharmD, BCGP

1:25 - 1:35: Break

1:35-3:20: *The Bridge Between Confusion and Clarity*

- Matt Skoy, M.Ed., B.S.

3:20-3:30: Closing/Wrap-Up

WHERE:

The Plains Room
1401 Administration Ave
Fargo, ND

WHEN:

Saturday, September 28th
9am-3:30pm

REGISTER:

<http://www.ndshp.org/event-3496067>

Students: \$20

Technicians: \$20

Pharmacists: \$40



**PHARMACISTS AND
TECHNICIANS EARN:**
5.5 hours of CE

Join us for a day of personal and professional growth by attending this leadership workshop. Network and form valuable connections with area pharmacy leaders. Learn about starting a side hustle, apply well-being strategies and improve communication skills in the workplace and at home. Everyone is welcome - it doesn't matter where you are in your leadership journey, there is something for you!

UAN: 0107-9999-19-274-L04-P and 0107-9999-19-274-L04-T



Sponsored By:

NDSU



NDPhA
NORTH DAKOTA
PHARMACISTS
ASSOCIATION

'ADVANCE' PHARMACY LEADERSHIP WORKSHOP ADVANCE YOURSELF, YOUR PRACTICE AND YOUR CAREER

By: Allison Hursman, PharmD, BCGP, Lisa Richter, PharmD, BCCCP, BCPS

Leadership was identified by NDPhA as a focus area in students as a way to further develop and strengthen the skills of future pharmacy leaders within the state. Due to the overwhelming attendance and support shown at the "Women in Pharmacy Leadership" CE session held at the state pharmacy convention in Fargo in 2018, pharmacists were also identified as a group that was desiring further leadership training. Therefore, a partnership was formed between NDPhA, North Dakota State University (NDSU) and the North Dakota Society of Health System Pharmacists (NDSHP) to offer a hands-on leadership development workshop for both pharmacists and pharmacy students. The 5.5 hour workshop held in November of 2018, focused on both personal and professional growth.

The goal of the Advance Pharmacy Leadership Workshop was to have attendees gain the knowledge and skills necessary to implement a new service or position into their workplace. Participants attended sessions focused on goal setting, visioning for the future, time management, communication and how to pitch an idea. Jay Peltier, owner of Dale Carnegie of ND and MN, facilitated these interactive sessions, pushing participants outside their comfort zones to allow change. Tim Weippert, COO Thrifty White Pharmacy, shared his knowledge on the financial analysis of implementing new services or positions, having attendees complete a proforma worksheet. Maari Loy, Pharmacy Operations Senior Manager, Essentia Health, inspired individuals by sharing the power of one and the impact a single person can have. Pharmacy leaders from throughout the state

headed tables during a networking luncheon and round table discussions. A variety of instructional methods were used throughout the workshop including large and small group discussions, self-reflection, and case-based examples to ensure active involvement and benefit for all attendees.

To assess the impact that a leadership workshop can have on self-perceived leadership abilities, a pre- and post-workshop questionnaire was distributed to attendees. All participants, both pharmacists and student pharmacists, reported an increase in their self-perceived leadership ability in each area surveyed. Surveyed participants self-perceived leadership ability increased in the areas of ability to change practice and skills in goal setting and time management. However, the greatest increase in perceived ability was seen in the area of financial analysis and idea pitching. Additional studies are needed to determine if these improvements in perceptions translate into improved leadership skills and if these gains are retained long term.

If you are interested in advancing your leadership skills, please consider joining us for the Advance Leadership Workshop 2.0 to be held on Saturday, September 28th from 9am-3:30pm at NDSU. This year's topics include secrets to a successful side hustle, increasing self-worth, and communication strategies in personal and professional environments. More information can be found within this NoDak Pharmacy Journal issue.



ALDEVRON TOWER NEARS COMPLETION

By Carol Renner, Office of the Dean, Marketing/Communication Coordinator, NDSU College of Health Professions

Thanks to generous donors who are investing in the future of pharmacy and health professions, the six-story Aldevron Tower next to Sudro Hall at NDSU is on schedule to open soon. Faculty, equipment and furnishings will be moving into the 74,000 sq. ft. space by January 1, 2020, with opening of the building and classes in spring semester 2020.

The new North Dakota Pharmacists Association Concept Pharmacy and Instructional Laboratory comprises the entire fourth floor of the tower, doubling in size from the previous concept pharmacy.

This state-of-the-art learning laboratory is made possible by a half-million-dollar contribution from NDPhA members. It will provide pharmacy students with hands-on experience as they learn about medication, patient care and applying their pharmacy education as future professionals.

"Pharmacy professionals support efforts to educate the next generation of pharmacists with state-of-the-art technology and methods," said Mike Schwab, executive vice president of the North Dakota Pharmacists Association. "This philanthropy represents our investment in the future of the profession."

The space includes both community and institutional practice areas, a sterile compounding laboratory, medication therapy management consultation room, telepharmacy and much, much more.

Pharmacy students will have the opportunity to use the latest advances in technology including high fidelity simulators, robotics, telepharmacy/telehealth delivery to medically underserved rural communities, and teaching students how to work together as a healthcare team with other health professionals via interprofessional team-based care.

"The combination of technology, facilities and exceptional faculty will result in students learning the profession of pharmacy to be team-ready as well as practice-ready,"



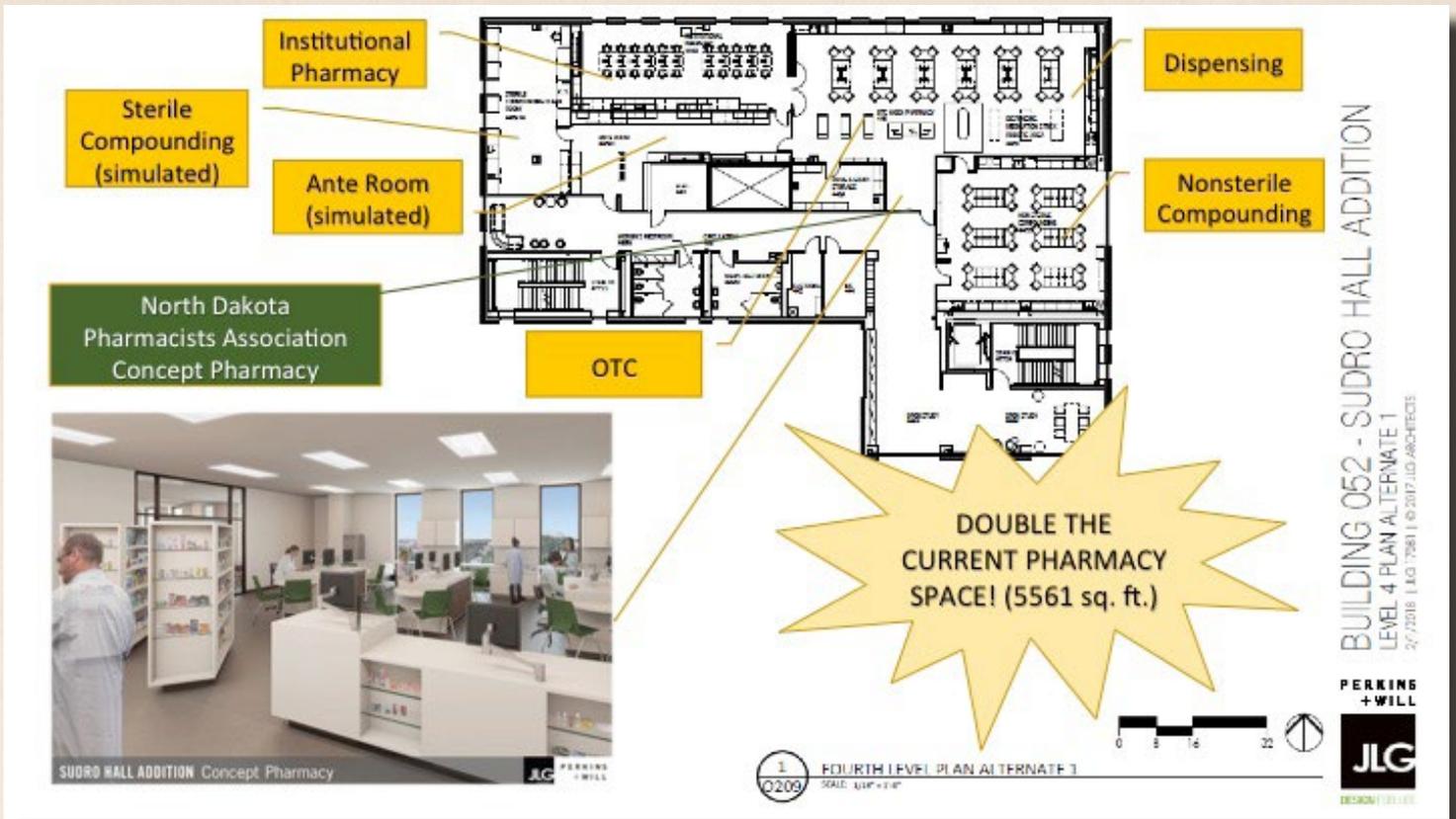
The new six-story privately funded Aldevron Tower at North Dakota State University is on track to open spring 2020 to students. The 74,000 sq. ft. building will include state-of-the-art instructional and laboratory space for pharmacy students.

said Charles D. Peterson, dean of the School of Pharmacy and College of Health Professions at NDSU.

According to the ND Workforce Intelligence Network, there will be more than 30,000 positions in healthcare practitioners and technical fields by 2024, a 21.6% increase from 2014.

"This facility is about providing our students with the highest quality education possible so that when they graduate they will not only succeed but they will be considered the best trained health professionals in the country," said Peterson.

The \$28-million privately funded building is part of a comprehensive project to expand research capacity within Sudro Hall to conduct research that improves health, including discovering new drugs and treatment strategies for diseases such as cancer, cardiovascular disease, Alzheimer's disease, diabetes, obesity and other topics.



“This facility is about serving our citizens by providing a future healthcare workforce that meets the needs of North Dakota, the region, and nation,” said Peterson.

NDSU National Pharmacy Advisory Board Member and alum John Mortensen considers the building project vital to continued program success. “It’s progressive. It shows innovation. It will help keep and attract outstanding professors. The students are going to be excited about having state-of-the-art classrooms and labs,” said Mortensen. “This building symbolizes how important

pharmacy is and how we as alumni care and believe in training future pharmacists.”

The College of Health Professions continues to seek pledge commitments to complete the Sudro Hall renovation project to foster pharmaceutical sciences research and student opportunities. Naming opportunities within the Aldevron Tower also are available. Contact charles.peterson@ndsu.edu for more information.



ONE Rx SURPASSES 2,000 PATIENT SCREENINGS

By Carol Renner, Office of the Dean, Marketing/Communication Coordinator, NDSU College of Health Professions

The statewide collaborative program ONE Rx recently surpassed its 2000th screening for patients receiving opioid prescriptions in North Dakota. ONE Rx is a program to help address potential prescription opioid misuse from the time a patient picks up their first prescription from their local pharmacist.

Pharmacists and pharmacies enrolled in the statewide collaborative program receive education and tools to help them educate patients on safe use of opioids when prescribed by a physician.

The goal of ONE Rx (opioid and naloxone education), which began in October 2018, is to ensure that patients receiving opioid prescriptions are provided detailed patient education based on their personal need. Pharmacists in the program receive tools to screen for risk of opioid use disorder or accidental overdose and after identifying patient needs, to provide counseling and resources to safely use prescribed opioids.

“No one starts taking a prescription medication expecting to develop an opioid use disorder,” said Professor Mark Strand in the NDSU School of Pharmacy and NDSU Department of Public Health and a ONE Rx program leader. “These tools help pharmacists help their patients identify risks and how to manage them. ONE Rx is a tool for pharmacists to facilitate crucial conversations with patients using opioid medications.”

With more than 2,000 patients screened statewide through the program, Thrifty White Pharmacy #9 in Grand Forks provided the most patient screenings—more than 330 so far.

“The biggest impact ONE Rx has had on patient care is awareness about opioids. Many patients don’t understand the full extent of the risks associated with pain medications until they talk to pharmacists,” said Samantha Ketterling, pharmacist in charge of the Thrifty White location on 32nd Avenue South in Grand Forks, North Dakota. “ONE Rx has provided us with the tools to inform and protect our patients from the dangers of opioids. The knowledge and awareness about opioids has also increased immensely among the rest of my pharmacy team.”

ONE Rx benefits communities, as well.

“ONE Rx adds another opportunity for systematic prevention,” said Michael Dulitz, Opioid Response Project Coordinator for Grand Forks Public Health. “Universal screening reduces stigma; ONE Rx empowers pharmacists to identify individuals at risk and select the necessary tools to help address that risk. The program



has enabled our local pharmacies to take an increasingly active role in prevention. Our ONE Rx pharmacies have become an important component of our community opioid response,” said Dulitz.

ONE Rx is committed to optimizing the potential of pharmacists to prevent opioid misuse and accidental overdose in their patients, and ensuring safe medication use for each patient every time.

What the numbers show

Thus far, 240 pharmacists have been trained and 67 pharmacies are enrolled in ONE Rx.

- 28 percent of patients counseled identified at high risk for accidental opioid overdose
- 4.6 percent identified at elevated risk of an opioid use disorder
- 85 percent of patients were counseled on medication “Take Back” through MedSafe®
- 93 percent of patients at risk for misuse/overdose received one or more interventions for safe opioid use
- 4.0+ percent received naloxone

ONE Rx is the effort of multiple partners including North Dakota State University School of Pharmacy, North Dakota Department of Human Services, North Dakota Board of Pharmacy, North Dakota Pharmacists Association, and local public health units. The program received funding from the North Dakota Department of Human Services, the Alex Stern Family Foundation, the Blue Cross Blue Shield of North Dakota Caring Foundation and FM Area Foundation.

For more information about ONE Rx, contact participating pharmacies and local public health units in North Dakota or visit <https://onerxproject.org>



Opioid and Naloxone Education

MAKE A DIFFERENCE TODAY

28% identified at high risk for accidental opioid overdose

PATIENTS



4.6% identified at elevated risk for an opioid use disorder

IMPACT

67

pharmacies enrolled



Since October 2018

2,200+

completed screenings

85%

on medication take-back through Med-Safe

COUNSELED



INTERVENTION

93%



of patients at risk for misuse/overdose received interventions for safe opioid use

OVER 4%

received naloxone

PROACTIVELY HELP PATIENTS AND COMMUNITIES BY PROVIDING RESOURCES TO PHARMACISTS TO EDUCATE ABOUT OPIOID MISUSE AND ACCIDENTAL OVERDOSE

ONE Rx info: <https://onerpjproject.org>

@ONERxND





TAKE A LOOK

ABOUT THE PATIENT IS NEW AGAIN

Coming this fall: we've been working to bring you new programs and improve the ones you already know.

YOUR OPPORTUNITIES

There are over 60 pharmacies taking part in the About the Patient program today. If you aren't taking part, talk with us to learn more.

NDPERS DIABETES

- Revised for 2018 ADA Guidelines
- New visit schedule
- New education guides

NORTH DAKOTA MEDICAID (NDM)

- Diabetes
- Transitions of Care
- Asthma
- Non-Compliance

WORKFORCE SAFETY & INSURANCE (WSI)

- Chronic Pain Management Program
- For patients >90 days on opioids
- Naloxone reimbursement included

SANFORD MEDICAID EXPANSION

- Antibiotic Adherence
- Hypertension
- Glucometer Compliance
- ACEI/ARB
- Synchronized Refill

COLLABORATIVE PRACTICE

- Templates and support tools for over 10 CPAs
- Advance your practice today!

WWW.ABOUTTHEPATIENT.NET

Pharmacy Insurance

TOMORROW.
IMAGINE THAT.



TOMORROW. IMAGINE THAT.

Pharmacists Mutual Insurance Company | 808 Highway 18 W | PO Box 370 | Algona, Iowa 50511
P. 800.247.5930 | F. 515.295.9306 | info@phmic.com

phmic.com

All products may not be available in all states and territories.

ASSESSING SOCIAL DISTANCE BETWEEN PHARMACISTS AND PATIENTS WITH SUBSTANCE USE DISORDER

By Sydney Mosher, PharmD Candidate 2021

Some patients with Substance Use Disorder (SUD) may fail to receive treatment because they perceive healthcare professionals may have negative feelings towards them. This should be of concern to pharmacists, as we will interact with patients with SUD on a regular and recurring basis. The degree of stigma, or negative feeling towards patients with SUD, that pharmacists may possess is not well known. To further explore this topic, one hundred seventy-two North Dakota pharmacists that participated in ONE Rx (Opioid and Naloxone) training were surveyed prior to the training. The survey included six case-based social distance questions, along with demographic and work practice questions.

The Social Distance Scale (SDS) was used in previous research to assess stigma towards patients with schizophrenia and was modified for this survey in order to evaluate stigma towards patients with SUD (Wark C, Galliher JF. Emory Bogardus and the origins of the Social Distance Scale. Am Soc. 2007;38(4):383-95. DOI: 10.1007/ s12108-007-9023-9). The SDS identifies a person's willingness to interact with an individual with SUD by utilizing a scenario and a 5-point Likert Scale ranging from 1-definitely unwilling to 5-definitely willing. Lower SDS scores represent a greater preference for social distance and a larger degree of stigma towards patients with SUD. An example of one of the questions is included here:

SCENARIO

Kelly is a 44-year-old acquaintance of yours who works for a roofing company. Kelly has chronic pain from an old car accident. Kelly takes oxycodone for back pain frequently fills the oxycodone prescription early. Kelly does not feel that oxycodone is very helpful for pain and wants to try fentanyl or methadone. Kelly's prescription drug monitoring program report shows that Kelly has had opioids prescribed by four different doctors and has filled prescriptions at 5 different pharmacies in the 6 months.

ANSWERS/SCORING

1=Definitely Unwilling, 2=Probably Unwilling, 3=Neutral, 4=Probably Willing, 5=Definitely Willing

Table 1: SDS questions and average scores (n=172)

SDS Questions Please indicate your willingness based on the information in the scenario:	Average
#1. How would you feel about renting a room in your home to Kelly?	2.09
#2. How would you feel about having Kelly live next door to you?	3.17
#3. How would you feel about introducing Kelly to your friends?	3.00
#4. How would you feel about your brother or sister getting married to Kelly?	2.17
#5. If Kelly were your patient, how would you feel about providing patient counseling to Kelly?	4.66
#6. If Kelly were your patient, how would you feel about discussing naloxone with Kelly?	4.59
Average Total SDS Score	19.69

The total SDS scores ranged from 13 to 27 (mean 19.69). The average SDS score total for women was 19.35 and for men was 20.76 (p-value 0.0081). This suggests that women have more overall stigma towards patients with SUD. When the questions were broken down further, it was found that women had less need for social distance in work-based situations (Table 1. Questions 5 and 6) compared to more personal contact-based situations (Table 1. Questions 1-4) with the average SDS scores of 4.65 vs. 2.52, respectively. This indicates that female pharmacists have less stigma towards patients with SUD in the pharmacy, but more stigma outside of the work environment than male pharmacists.

From these results, it is important that pharmacists ensure their personal feelings do not interfere with the provision of evidence-based, non-stigmatizing, professional care for patients they serve who may be struggling with SUD. These results can be used to design targeted interventions among specific groups of pharmacists to reduce stigma towards patients with SUD and improve the overall quality of care. Analysis of survey responses taken after the ONE Rx training is underway. Results from this analysis will suggest whether the ONE Rx training has had an impact on North Dakota pharmacists' stigma toward patients with SUD. The ONE Rx team plans to create and disseminate additional trainings aimed at increasing acceptance and reducing stigma toward SUD in order to decrease the stigma often associated with patients who have SUD.

NDPhA Pharmacy Time Capsules

PHARMACY TIME CAPSULES

By: Dennis B. Worthen, PhD,

One of a series contributed by the American Institute of the History of Pharmacy, a unique non-profit society dedicated to assuring that the contributions of your profession endure as a part of America's history.

1994

- The first organized movement to train pharmacists to provide immunizations began in Washington state
- Third Pharmacy in the 21st Century held in Leesburg, VA with the objective of seeking strategies to overcome barriers to pharmaceutical care
- Pharmacists Code of Ethics updated to require pharmacists to help individuals achieve optimal benefit from their medication.

1969

- Fentanyl marketed by McNeil in US
- Clinical pharmacy defined as dealing with patient care with emphasis on drug therapy
- Martin Luther King murdered in Memphis
- APhA Code of Ethics deleted the prohibition for pharmacists to discuss therapy contents or drug actions with patients.
- President Richard Nixon calls for a national anti-drug policy at the state and federal level and identifies drug abuse as "a serious national threat."

1968

- Alejandro Zaffaroni formed ALZA Corporation (the name is the first two letters of his first and last names) to pioneer new technologies for drug delivery leading to the introduction of dermal patch delivery systems.

- Denton Cooley performs the first successful heart transplant in the United States.
- Fentanyl, developed by Janssen and marketed by McNeil, was approved as an IV analgesic

1944

- The creation of Coppertone is usually credited to Benjamin Green, a pharmacist in the US Army Air Forces, who developed the prototype during WW II.

1943

- Mary Hunt, known as "Moldy Mary" was a lab technician at the Agricultural Research Station in Peoria, IN in 1943 when she discovered a cantaloupe with a *Penicillium chrysogenum* strain that was far more productive than earlier strains and was partially responsible for the increased output of penicillin.

1919

- Webb et al v. United States court case confirms that physicians and pharmacists cannot supply an addict just to maintain his or her addiction
- Ratification of the 18th amendment to the United States constitution, prohibiting the manufacture, sale, or transportation of intoxicating liquors. Special prescription blanks were required for alcohol.

1894

- The first bottles of Coca-Cola were sold in Vicksburg, Mississippi



Your Partner for Success.

Moving Business Forward.



Durable Medical
Equipment



Over-the-Counter
Items



Dietary
Supplements



Vitamins



Pharmaceuticals



Beauty Items

As the Midwest's only independent drug wholesaler, Dakota Drug has grown and developed by addressing the needs of you, the community pharmacist, and by providing experience to ensure your success. We are committed to personal service and welcome the opportunity to assist you.

Every customer counts!

Dakota Drug Inc.

1101 Lund Blvd • Anoka, MN 55303

phone: (800) 437-2018 • fax: (763) 421-0661

www.dakdrug.com