NoDak Pharmacy Journal

Volume 38, No. 1 February 2023

SAVE THE DATE

2023 NoDak Pharmacy Convention

April 20-22nd, 2023 at the Sleep Inn in Minot, ND

NDPhA Board of Directors

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

NDPhA President
Randy Habeck, PharmD
Hillsboro Drug
(701) 636-5231
hillsdrug@hotmail.com

NDPhA President Elect
Jamie (Vander Vorste) Nelson, PharmD
3026 Montana Dr.
Bismarck, ND 58503
jamievandervorste@gmail.com

NDPhA Vice President
Amy Werremeyer, PharmD
NDSU
701-231-7603
Amy.werremeyer@ndsu.edu

District 1 Officer
Chantal Helde, PharmD
5537 124th Ave Nw
Epping, ND 58843
cvance9@hotmail.com

District 2 Officer
Carolyn Bodell, RPh
Trinity Hospital Pharmacy
Minot ND 58701
(701) 838-2933
jbodell@min.midco.net

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

District 4 Officer
Tim Carlson, RPh
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, RPh
7500 Moonstone Lane
Bismarck, ND 58503
(701) 224-9521
Pat@gatewaypharmacy.com

District 7 Officer
VACANT

District 8 Officer
Elizabeth Skoy, PharmD
NDSU School of Pharmacy
Thrifty White
Fargo ND
(701) 231-5669
Elizabeth.Skoy@ndsu.edu

NAPT President
Adelle Casavant
701-388-0511
acasavant5@gmail.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 – Director, RPhTech
NDSCS Pharmacy Tech Department
800 N 6 St
Wahpeton ND 58076
(701) 671-2114
Melissa.krava@ndscs.edu

NDPSC President
Steve Boehning, RPh
Linson Pharmacy
4717 11th St. W
West Fargo ND 58078
(701) 541-5702
sboehning@ideaone.net

BOP Executive Director
Mark Hardy, PharmD
ND State Board of Pharmacy
1906 E Broadway Ave
PO Box 1354
Bismarck ND 58501
(701) 328-9535
MHardy@ndboard.pharmacy

NDSU College of Health Professions
School of Pharmacy
Charles Peterson, PharmD, FASHP
PO Box 6050 Dept 2650
Fargo ND 58108-6050
(701) 231-7609
Charles.Peterson@ndsu.edu

NDSHP President
Elizabeth Monson
Elizabeth.monson@ndsu.edu

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2023 Calendar

FEBRUARY:

February 14 . . . . .NDSHP Education Meeting -Virtual

February 15 . . . . .NDSHP Networking Meeting – Virtual

February 22-25. . .NCPA Multiple Locations Conference – Clearwater, FL

MARCH:

March 14 . . . . . .NDSHP Journal Club Meeting – Virtual

March 15 . . . . . .NDSHP Networking Meeting – Virtual

March 24-27 . . . .APhA Annual Meeting & Expo – Pheonix, AZ

APRIL:

April 20-22 . . . . .2023 NoDak Pharmacy Convention

April 22-25 . . . . .NACDS Annual Meeting – Palm Beach, FL

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NDPhA 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:
MARCH 4TH, 2023

NORTH DAKOTA PHARMACY JOURNAL

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

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NDPhA President's Message

Colleagues,

Please join us at the 2023 Annual NoDak Pharmacy Convention. This year's event will be held in Minot on April 20th-22nd at the Sleep Inn. Take this opportunity to meet with colleagues, make new friends and see what's new in our profession.

This year's convention won't disappoint, it's a great way to get CE hours and learn something new. Friday night will have a great meal followed by yard games such as Ax throwing. Following the evening meal on Saturday will be the NDSU student auction. Come bid on items and support the NDSU pharmacy program.

The 68th Legislative Assembly is upon us. The Governmental Affairs Committee is monitoring all the pharmacy related bills in both the House and the Senate. Mike Schwab, Mark Hardy and Jesse Johnson are all busy keeping an eye on all potential and proposed bills. I want to extend a Thank You to all 3 for their efforts. If you haven't received the legislative grid email from Jesse Johnson, please reach out to NDPHA and get on their e-mail list.

As my presidency comes to an end, I would like to thank all the people that make NDPHA such a great group. Mike Schwab and Jesse Johnson are great leaders and can always be counted on in a time of need. I would also like to thank Jeff Jacobson for showing me the ropes and providing me with guidance as the NDPHA Board Chairman. Lastly, thanks to all the pharmacists and pharmacy technicians that make our state the best place to practice pharmacy. I hope some of you get the opportunity to serve on the NDPHA board in the future. I am proud to have served our group and wish Jamie (Vander Vorste) Nelson good luck in her presidency.

Randy Habeck, Pharm.D.

NDPhA
NORTH DAKOTA PHARMACISTS ASSOCIATION

SAVE THE DATE
NoDak Pharmacy Convention

The 138th Annual NoDak Pharmacy Convention will be April 20-22, 2023 in Minot, ND at the Sleep Inn. For reservations, call the hotel directly at 701-837-3100 and reference the "ND Pharmacy Convention". Registration forms, agenda, student auction donation forms, and award nomination forms can be found on pages 10-16. Make sure to register with the early bird rates while you can! Also make sure to send in all award nominations by February 20th and send in all student auction donations by April 10th.

The PharmAssist Program: Effective Assistance for an Underserved Population of Pharmacy Professionals

Mike Riepl, RPh

When I ask pharmacists and pharmacy technicians, students, or interns if they can explain the purpose of the North Dakota PharmAssist Program, "Pharma-what?" is their most common response. At the time of this writing, relatively little awareness of the answer to my question exists among pharmacy professionals in that state, to whom PharmAssist offers a customized plan for recovery from substance abuse. To achieve that goal, participants are provided at no cost with support, nonmonetary assistance, education, and mentoring by compassionate and caring pharmacy colleagues.

In this article, the mission, values, and goals of the PharmAssist Program are defined; substance-abuse reporting requirements for disciplinary action against North Dakota pharmacy professionals are explained; types of impairment and behavior associated with drug or alcohol addiction are reviewed; the process of participation in PharmAssist-guided recovery is outlined; and answers to frequently asked questions are provided.

PHARMASSIST MISSION, VALUES, & GOALS

The North Dakota PharmAssist Program was established in 1988 by William "Bill" Grosz, ScD, RPh, past executive director of the North Dakota Board of Pharmacy, and registered pharmacists Tim Carlson, Herman Olig, George "Skip" Birkmaier, and Jack Southam after they recognized that other states provide services to help pharmacy professionals overcome drug and/or alcohol addiction. Today, the PharmAssist committee continues to offer North Dakota pharmacists and pharmacy interns, technicians, and students who are struggling with substance abuse a voluntary, confidential, noncoercive, and nonpunitive program of recovery assistance designed to prevent the loss of a professional career and reputation, restore the ability to function competently as a pharmacist, and (if necessary) assist reentry into pharmacy practice, with patient safety always in mind.

SUBSTANCE-ABUSE REPORTING REQUIREMENTS

Section 43-15-42.3 of Chapter 43-15 [1] in the North Dakota Century Code [2] states that a pharmacy professional who has actual knowledge that a pharmacist, pharmacy intern, or pharmacy technician has committed any of the grounds for disciplinary action provided by law or rules adopted by the North Dakota State Board of Pharmacy must promptly report (or self-report) that information in writing to either the PharmAssist Program or the state board of pharmacy, regardless of whether the actions of the licensee or registrant in question are under formal or informal investigation for any reason associated with possible professional incompetence, unprofessional conduct, or mental or physical impairment. Such grounds include the use of illegal drugs, signs of alcohol intoxication, conviction for offences such as "driving under the influence," etc. Those reporting options, which resulted from the codification of PharmAssist Program services into North Dakota law in 2007, are a legacy of the program's success in helping participants achieve their desired goals. If a report is filed directly with PharmAssist, then the state board of pharmacy is not notified in that regard: The client's report is considered confidential, and anonymity is preserved. Only when a client has been referred by the North Dakota State Board of Pharmacy does the PharmAssist Program provide information about his or her progress to that agency.

It is often preferable to alert the pharmacy owner or manager before filing a formal report, and those who neglect to report colleagues suspected of struggling with substance-abuse issues could be charged with a Class B misdemeanor and may be subject to administrative action by the North Dakota State Board of Pharmacy.

It should also be noted that the PharmAssist Program is not affiliated with and does not serve under the mandate of the North Dakota State Board of Pharmacy, which is legislatively charged to protect the public welfare. Over decades, however, that state board of pharmacy and the PharmAssist Program have, in some cases, coordinated their efforts with mutual trust to enable a client's entry into recovery, and many careers in pharmacy have been saved through that collaboration.

BEHAVIORS & SIGNS OF IMPAIRMENT & DIVERSION

Among the behaviors of impairment caused by substance abuse are severe mood swings; personality changes; frequent or unexplained tardiness; work absences; illness or physical complaints; elaborate excuses; underperformance; difficulty with authority (eg, overreaction to criticism); poorly explained errors; accidents or injuries; wearing long sleeves when inappropriate; confusion; memory loss; irritability; difficulty concentrating or recalling details and instructions; visible intoxication; refusal to undergo

drug testing, which is often considered a positive test result; requiring undue time and/or expending undue effort to perform routine tasks; unreliability in keeping appointments and meeting deadlines; relationship discord (e.g., professional, familial, marital, platonic), etc.

Behaviors and signs of drug diversion include consistently arriving early, staying late, frequently volunteering for overtime, taking frequent breaks or making frequent trips to the bathroom, heavy wastage of drug supplies, the presence of drugs and/or syringes in personal items and/or clothing, the removal of purchase orders or packing slips from business records, the presence of unauthorized individual orders for controlled substances (CSs) on stolen Drug Enforcement Administration Form 222, compromised product containers, the substitution of CSs by products of similar appearance when prepackaging or unit dosing, a decrease in the volume of premixed infusions, diversion of multidose vial overfills, the substitution of saline solution for other ingredients in prepared syringes, verbal orders for CSs that were not verified by a prescriber, the alteration of written prescriptions, CSs that have been withdrawn from an automated distribution device for discharged or transferred patients, diversion of wasted or broken tablets, removal of CS waste from an unsecured waste container, CS residue that is replaced with saline in a syringe, diversion of expired CSs from the holding area, etc.

THE PHARMASSIST PROCESS

After the PharmAssist committee has been notified of a pharmacy professional who is suspected of experiencing substance-abuse issues from any of several sources (eg, a colleague, a pharmacy owner, the North Dakota State Board of Pharmacy, a self-report), a PharmAssist member will interview that potential client to determine the validity of the report. If the report is deemed valid, then the committee will offer the client a cost-free comprehensive evaluation to identify drug and/or alcohol issues, which includes an assessment by a professional addiction-treatment specialist and testing to detect legal or illegal substances that may be causing impairment. The results sometimes yield a dual diagnosis (eg, a psychological condition such as depression or bipolar illness in addition to addiction) that could impede recovery and may also be addressed in the treatment plan.

If the client does not meet the criteria for addiction and is referred to the program by the North Dakota State Board of Pharmacy, then the PharmAssist monitor will seek guidance from the state board. If the client self-reported, then no further monitoring is needed.

THE PHARMASSIST CONTRACT

Pharmacy professionals in North Dakota who meet the criteria for substance addiction and enroll in the PharmAssist Program must sign a monitoring contract that clearly states the protocol to be followed and criteria that must be met to continue participation. The duration of that contract is usually 5 years from the date of signature. The client must also agree to submit to assessment by his or her assigned monitor at specified intervals, abstain from mood-altering drugs and alcohol during that 5-year period, pay for subsequent drug and alcohol testing, follow treatment recommendations, attend Alcoholics Anonymous or Narcotics Anonymous meetings as recommended by the PharmAssist monitor, and meet with that monitor as needed. Other recommendations may include meeting with a psychiatrist or licensed counselor, always obtaining dental or medical treatment by the same specified dentist or healthcare practitioner, filling prescriptions at only one specified pharmacy, providing copies of all filled prescriptions to the designated monitor, etc.

TERMINATION OF THE CONTRACT

The best possible reason for terminating participation in the PharmAssist Program is, of course, successful completion of the length and terms of the contract. It must be remembered, however, that recovery from addiction is a lifelong process that is never completed. Clients who prematurely terminate their participation in the program may be subject to administrative consequences from the North Dakota State Board of Pharmacy. In addition, the contract of a client who experiences multiple relapses may be terminated by PharmAssist-committee vote or by permanent revocation of the license granted by the state board of pharmacy to practice pharmacy (the worst possible outcome). However, we, as members of PharmAssist Program, never give up on a client. Our goal is a successful outcome, and we are dedicated to providing support and guidance even when multiple attempts are required before successful completion of the contract.

FREQUENTLY ASKED QUESTIONS ABOUT PHARMASSIST

Can I volunteer to be a PharmAssist monitor?

The short answer is yes, if:

- You are 21 years of age or older.

- You are a pharmacist or a pharmacy intern, student, technician, or technician in training, unless otherwise approved by the PharmAssist Committee Advisory Board;

- You are not under current contract with the PharmAssist Program; or

- Your pharmacy license is either active or retired in good standing with the North Dakota State Board of Pharmacy.

To serve as a PharmAssist monitor, you do not need to be in recovery unless you are addicted. No experience or certification in addiction medicine is necessary, and training is provided: An experienced monitor will serve as your mentor until you feel that you're ready to monitor alone.

How can I contact PharmAssist for additional information?

At the conclusion of this article, the names of PharmAssist members and their contact information are provided according to geographic location. The North Dakota State Board of Pharmacy can also refer you to a PharmAssist member.

FARGO

Agnes Harrington
Advisory Member
Home: 701-232-2034
Home: 218-512-0457

Kelly Brodsho
Cell: 701-200-2223
Office: 701-499-7123
klbrodsho@gmail.com

Brianne Wilcox
Cell: 701-866-1983
briwilcox80@gmail.com

Mary Stende Miller
Cell: 701-793-6009
stende@msn.com

Melissa Halvorson
Cell: 701-793-8421
Melissa.m.halvorson@ndsu.edu

Melissa Fiedler
Cell: 701-793-3868
melfiedler@hotmail.com

BISMARCK

Mike Riepl
Advisory Member
Work: 701-224-9521
Home: 701-989-1804
flintlock@bis.midco.net

Erik Nelson
Cell: 218-371-8276
Work: 701-224-9521
n_erik@hotmail.com

MINOT

Kerri Ring
Advisory Member
Work: 701-857-5550
Cell: 701-720-5393
kerriring@gmail.com

Marla Erickson
Advisory Member
Cell: 701-720-0222
a2mjack@srt.com

GARRISON

Kim Essler
Advisory Member
Cell: 701-661-0031
Work: 701-463-2242
runodak@restel.net

GRAND FORKS

Tim Carlson
Advisory Member
Cell: 701-620-0417
tcar@gra.midco.net

STANLEY

Terry Dick
Advisory Member
Work: 701-628-2255
Cell: 701-240-3362
ttdickllc@yahoo.com

VALLEY CITY

Amanda Olauson
Work: 701.845-1763
Cell: 701-840-5284
olauson0922@icloud.com

References

1. *North Dakota Legislative Council. Reporting requirements – Penalty. Section 43-15-42.3. Chapter 43-15. North Dakota Century Code. North Dakota Legislative Council website. Available at: https://www.ndlegis.gov/cencode/t43c15.pdf#nameddest=43-15-42p3. Accessed January 8, 2023.*
2. *North Dakota Legislative Council. Century Code. North Dakota Legislative Council website. Available at: https://ndlegis.gov/general-information/north-dakota-century-code/index.html. Accessed January 18, 2023.*

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NAPT Chairperson Message

As we move into 2023, I want express my appreciation to the pharmacy community for their commitment in assisting the pharmacy technician profession and NAPT. The collaboration by the profession of pharmacy is exemplified across North Dakota each and every day.

In this issue of the NoDak, you will find key information for upcoming items of interest from our Executive Board to North Dakota Pharmacy Technicians and Pharmacists.

Be sure to check out these submissions:

* **NAPT Survey Article TWO** contains valuable information on advance/expanded roles and the satisfaction of pharmacy technicians in North Dakota.
* **LAST CALL** for individuals wishing to serve on the NAPT Executive Board.
* **SAVE the DATE** for the 2023 NAPT Fall Conference! Celebrating 30 years of networking and CE!
* Get those **AWARD NOMINATIONS** in for the pharmacy technician that goes ABOVE! Deadline is February 20th, 2023 and is approaching fast!

AND still, a reminder to please continue to watch for emails from NAPT. Add nodakpharmacy@wildapricot.org or jjohnson@nodakpharmacy.net to your safe sender list. This is how you will receive important information from NAPT.

Sincerely,

Mandy (Amanda) Chase, RPhTech, CPhT

NAPT Chairperson

NAPT ANNUAL CONFERENCE
September 22-23, 2023

Submitted by: Diane Halvorson NAPT Annual Fall Conference Chairperson

Greetings to you from the NAPT Annual Fall Conference Committee. We are excited to start planning the 30th Annual NAPT Fall Conference to be held on Friday, September 22nd and Saturday, September 23, 2023.

If you live in Fargo and want to be a part of the planning committee, please contact Diane Halvorson at dhalvorsonrphtech@gmail.com. We will be holding our first planning meeting the end of February and hope to see you there.

Make sure you mark your calendar and start making plans to attend the conference! Look forward to seeing you there.

SERVE ON THE *NAPT Executive Board*

Fellow colleagues, As we near the end of the 2022-2023 term, we are looking for Registered Pharmacy Technicians to join the NAPT Executive Board.

Our North Dakota technicians are an important part of the profession of pharmacy and we need your voice! Join some of the most dedicated technicians in our state and promote growth within our practice. Contact an Executive Board Member today! Ballots will be sent by email in March.

Northland Association of Pharmacy Technicians

NAPT Award Nominations

It's time again to submit nominations for the NAPT Annual Awards. The purpose of such awards is to acknowledge outstanding performance within the profession. Please take a moment to read through the criteria and consider someone in your professional environment deserving one of these awards.

PAST ANNUAL AWARD RECIPIENTS

DISTINGUISHED YOUNG TECHNICIAN

2008 Beena George
2009 Kerri Ring
2010 Kristen Bonness
2011 Christina Bohl
2012 Jennifer Joyce
2013 Anne Revier
2014 Brittany Sanders
2016 Alexandra Spilman
2017 Arlene Monson
2018 Amanda Chase
2019 Cheri Roth
2020 Susan O'Brien
2021 Stephen Philmon
2022 Lauren Jackson

PHARMACY TECHNICIAN OF THE YEAR

1996 Kathy Kochevar
1997 Robin Nelson
1998 Barbara Lacher
1999 Kim Durben
2000 Becky Prodzinski
2001 Diane Halvorson
2002 Jeanette Bleecker
2003 Sarah Meyer
2004 Denise Arends
2005 Brittany Coughlin
2006 Marisa Dolbeare
2007 Shayla Maier
2008 Danika Braaaten
2009 Lana Bernhardt
2010 Kristen Striha
2011 No recipient
2012 Kristina Foster
2013 Darcy Speidel
2014 Lindsay Prochnow
2015 Donna Kisse
2016 Sharon Kupper
2017 No recipient
2018 Heather Mikkelsen
2019 Tammy Burquist
2020 Ashley Mauch
2021 Allison Hauge
2022 Kera Hagen

FRIEND OF NAPT

2008 Dr. William Grosz
2009 Al Schwindt
2010 Dakota Drug
2011 Howard Anderson, Jr.
2012 Irsfeld Pharmacy
2013 Mike Schwab
2014 Gerald Finken
2015 Chris Jerry
2016 Craig Lawler
2017 Diane Halvorson
2018 Kim Essler
2019 Mark Hardy
2020 TCT Pilot Sites
2021 Heidi Eukel
2022 Kathy Zahn

DIAMOND AWARD

2008 Barbara Lacher
2009 Kathy Kochevar
2010 Diane Halvorson
2011 Kerstin Sand
2012 Mary Krogh
2013 Patricia Olson
2014 Eileen Darkow
2015 Michelle Goodman
2016 Robin Nelson
2017 Kerri Ring
2018 Kristina Larson
2019 Brianne Nelson
2020 Alexandra Spilman
2021 Vicki Schultz
2022 GerriAnn Ellingson

Nominations are to be sent to:
NDPhA, Attn: NAPT Awards Nominating Committee, 1641 Capitol Way, Bismarck ND 58501
- Or Fax: 701-258-9312 or e-mail: jjohnson@nodakpharmacy.net

DEADLINE FOR NOMINATIONS IS: FEBRUARY 20TH, 2023

DISTINGUISHED YOUNG TECHNICIAN

Minimum Selection Criteria:
- The nominee shall be a practicing Pharmacy Technician of less than 10 years.
- The nominee shall be registered as a Pharmacy Technician in North Dakota.
- The nominee displays passion to the Pharmacy Technician profession and strives for excellence in the Profession of Pharmacy.
- The nominee exemplifies work ethic in the Profession of Pharmacy

Nominations accepted from:
- North Dakota Registered Pharmacy Technician
- North Dakota Licensed Pharmacist
- Practicing professional in the medical field

The Executive Board of NAPT will choose the recipient from the nominations received.

NAPT PHARMACY TECHNICIAN OF THE YEAR

Minimum Selection Criteria:
- The nominee shall be registered as a Pharmacy Technician in North Dakota.
- The nominee exemplifies the work ethic in the Profession of Pharmacy.
- The nominee has not been a past recipient of the award.
- The nominee demonstrates the key elements of the Pharmacy Technician Profession and demonstrates an outstanding record of pharmacy service.

Nominations accepted from:
- North Dakota Registered Pharmacy Technician
- North Dakota Licensed Pharmacist
- Practicing professional in the medical field

The selection committee shall consist of the 10 most recent recipients of the award who currently are a Registered Pharmacy Technician in North Dakota.

FRIEND OF NAPT

Minimum Selection Criteria:
- The nominee has not been a past recipient of the award.
- The nominee has been an advocate of NAPT & the Profession of Pharmacy Technicians.
- The nominee can be a person(s) working in the Profession of Pharmacy; a person, group, or organization.
- North Dakota Licensed Pharmacist
- Practicing professional in the medical field

Nominations will be accepted from any ND Registered Pharmacy Technician.
The Executive Board of NAPT will choose the recipient from the nominations received.

DIAMOND AWARD

Minimum Selection Criteria:
- The nominee shall be registered as a Pharmacy Technician in North Dakota.
- The nominee must be living, awards are not made posthumously.
- The nominee has not been a past recipient of the award.
- The nominee is not currently serving as an officer of NAPT.
- The nominee has compiled an outstanding record of community & pharmacy service.

Nominations accepted from:
- North Dakota Registered Pharmacy Technician
- North Dakota Licensed Pharmacist
- Practicing professional in the medical field

The Executive Board of NAPT will choose the recipient from the nominations received.

Nomination Application for NAPT Awards

1. Complete the nominee's name and answer the appropriate questions related to the award you would like to nominate them for.

2. Feel free to use additional paper to expand on the highlights of your nominee.

3. Applications received are subject to meeting the minimum selection criteria.

4. Any application not meeting the criteria will be disqualified.

5. Submit your nomination(s) to NDPhA, ATTN: NAPT Awards Nominating Committee

Fax to: (701) 258-9312 or Email to: jjohnson@nodakpharmacy.net

All applications must be submitted by: February 20th, 2023

Nomination(s) submitted by: Name: _____

Phone Number: _____ Email address: _____

Title (circle one): North Dakota Register Pharmacy Technician
North Dakota Licensed Pharmacist
Practicing professional in the medical field

DISTINGUISHED YOUNG TECHNICIAN • NOMINEE NAME: _____

Describe how the nominee displays passion to the Pharmacy Technician profession and strives for excellence in the Profession of Pharmacy:

_____

_____

_____

Describe how the nominee exemplifies work ethic in the Profession of Pharmacy:

_____

_____

_____

FRIEND OF THE NAPT • NOMINEE NAME: _____

Describe how the nominee has been an advocate of NAPT:

_____

_____

_____

Describe how the nominee has been an advocate for the Profession of Pharmacy Technicians:

_____

_____

_____

Nomination Application for NAPT Awards

1. Complete the nominee's name and answer the appropriate questions related to the award you would like to nominate them for.

2. Feel free to use additional paper to expand on the highlights of your nominee.

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Fax to: (701) 258-9312 or Email to: jjohnson@nodakpharmacy.net

All applications must be submitted by: February 20th, 2023

Nomination(s) submitted by: Name: _____

Phone Number: _____ Email address: _____

Title (circle one): North Dakota Register Pharmacy Technician
North Dakota Licensed Pharmacist
Practicing professional in the medical field

NAPT PHARMACY TECHNICIAN OF THE YEAR: • NOMINEE NAME: _____

Describe how the nominee exemplifies work ethic in the Profession of Pharmacy:

_____

_____

_____

Describe how the nominee demonstrates the key elements of the Pharmacy Technician Profession and demonstrates an outstanding record of pharmacy service.

_____

_____

_____

DIAMOND AWARD: • NOMINEE NAME: _____

Describe how the nominee has complied an outstanding record of community service.

_____

_____

_____

Describe how the nominee has complied an outstanding record of pharmacy service:

_____

_____

_____

CALLING FOR NDPhA AWARD NOMINATIONS

All award nominations are due by February 20, 2023

Mail: NDPhA - 1641 Capitol Way – Bismarck, ND 58501

E-mail: jjohnson@nodakpharmacy.net

A list of past recipients can be found on our website at North Dakota Pharmacists Association - Awards (nodakpharmacy.net) Scoring details for nominations can also be found on our website listed above. Nominations should be submitted along with biographical information.

PHARMACISTS MUTUAL DISTINGUISHED YOUNG PHARMACIST AWARD

The goal of this award is to encourage the newer pharmacists to participate in association and community activities. The award is presented annually to recognize one such person for involvement and dedication to the practice of pharmacy. The recipient must: have received his/her entry degree in pharmacy less than nine years ago; be a pharmacist licensed to practice in North Dakota; a member of NDPhA; have practiced community, institutional, managed care or consulting pharmacy and who has actively participated in national pharmacy associations, professional programs, state association activities and/or community service.

Nominee: _____ Submitted by: _____

UPSHER-SMITH LABORATORIES EXCELLENCE IN INNOVATION AWARD

The recipient should be a practicing pharmacist within North Dakota and a member of NDPhA who has demonstrated Innovative Pharmacy Practice resulting in improved patient care.

Nominee: _____ Submitted by: _____

AL DOERR SERVICE AWARD

The recipient must be a pharmacist licensed to practice in North Dakota. The recipient must be a member of the North Dakota Pharmacists Association, be living (not presented posthumously); not have been a previous recipient of the award; has compiled an outstanding record for community and pharmacy service.

Nominee: _____ Submitted by: _____

APHA/NASPA BOWL OF HYGEIA

The recipient must: be a pharmacist licensed to practice in North Dakota; a member of NDPhA; be living (not presented posthumously); not have been a previous recipient of the award; is not currently serving, nor has he/she served within the immediate past two years as an officer of the association in other than an ex-officio capacity or a committee; have compiled outstanding record of community service, which apart from his/her specific identification as a pharmacist, reflects well on the profession.

Nominee: _____ Submitted by: _____

NoDak Pharmacy Convention Agenda

THURSDAY APRIL 20, 2023

6:00 PM – 9:00 PM	Registration
6:00 PM – 10:00 PM	ONE Program Welcome Social

FRIDAY APRIL 21, 2023

DATE/TIME	TITLE	SPEAKER	ACPE INFO	CEU
7:00 AM – 6:00 PM	Registration			
7:00 AM – 8:00 AM	Breakfast			
7:30 AM – 8:30 AM	Psychotropic Pharmacology in a 21st Century Behavioral Health Epidemic	Michael Rayel, M.D.		0.1
8:30 AM – 9:30 AM	Navigating DSCSA	Josh Bolin		0.1
9:30 AM – 9:45 AM	Break			
9:45 AM – 10:45 AM	Updates in Acute Stroke Management. The increasing role of tenecteplase and the important role of chronic medication management	Mike Peterson Jerilyn Alexander		0.1
10:45 AM – 11:45 AM	DEA Update	Daniel McCormick		0.1
11:45 AM – 1:30 PM	Vendor Fair			
12:00 PM – 1:00 PM	Lunch			
1:00 PM – 2:00 PM	Emerging Treatment of Macular Degeneration and other Eye Disorders	Darren Hill, M.D.		0.1
2:00 PM – 3:00 PM	Lifestyle Medicine	Stefanie Meyer		0.1
3:00 PM – 4:00 PM	Vaccine Update	Molly Howell		0.1
3:30 PM – 4:00 PM	Ice Cream Social			
4:00 PM – 5:30 PM	NDPhA First Business Meeting			
5:30 PM – 6:00 PM	Social			
6:00 PM – 8:00 PM	Memorial Service & President Elect Awards Banquet			
8:00 PM onward	Social & Entertainment			

SATURDAY APRIL 22, 2023

DATE/TIME	TITLE	SPEAKER	ACPE INFO	CEU
7:00 AM – 6:00 PM	Registration			
7:00 AM – 8:00 AM	Breakfast			
7:30 AM – 8:30 AM	Recovery Reinvented	Jonathan Holth		0.1
8:30 AM – 9:30 AM	Women In Leadership	Allison Hursman, Elizabeth Monson		0.1
9:30 AM – 10:30 AM	NDPhA Second Business Meeting			
10:30 AM – 11:30 AM	Increasing Trends in Illicit Drug Use	Craig Sandusky		0.1
11:30 PM – 1:00 PM	NDPhA/NDSHP/NAPT Lunch Meetings			
1:00 PM – 2:00 PM	NAPT Update	Diane Halvorson		0.1
2:00 PM – 3:00 PM	Medicaid Update	Brendan Joyce		0.1
3:00 PM – 5:00 PM	Student/Resident/Professional Posters			
5:30 PM – 6:30 PM	Banquet Social			
6:00 PM – 6:30 PM	Past President's Social			
6:30 PM – 8:30 PM	President's Banquet & Awards Ceremony with Live Auction to follow (Silent Auction closes at 8:00 PM)			
13 Total Hours of CEU Available				

NDPhA Convention Registration Form

NORTH DAKOTA ANNUAL PHARMACY CONVENTION REGISTRATION FORM

(ONE PERSON PER FORM)

April 20-22nd, 2023 at the Sleep Inn, 2400 10th st. SW, Minot, ND 58703 - Ph: 701-837-3100

(A BLOCK OF ROOMS HAS BEEN RESERVED UNDER 2023 PHARMACISTS CONVENTION)

NAME: GUEST/SPOUSE NAME:

MAILING ADDRESS: CITY/STATE: ZIP CODE:

PHONE: EMAIL ADDRESS:

Entire Convention & Day Registration - Meals are included - please mark meals you will be attending below

	Before April 7th		After April 7th	
	Member	Non-Member	Member	Non-Member
Pharmacist	$200	$350	$250	$400
Technician	$100	$150	$125	$175
Student	$50	-	$75	-

Meals - Please mark meals you will be attending and additional Guest Meals to be included

Included in Registration	Breakfast	Lunch	Banquet	Guest Meals	Breakfast ($15 Each)	Lunch ($20 Each)	Banquet ($40)
Friday				Friday			
Saturday				Saturday			

Please note any special meal considerations or accommodations, call 701-258-4968

REGISTRATION TOTAL

Please mark if you plan on attending the welcome reception. ☐ YES ☐ NO

CREDIT CARD NUMBER: EXPIRATION DATE CVV (3 DIGIT CODE)

NAME ON CARD BILLING ADDRESS, CITY, STATE, ZIP CODE

SIGNATURE DATE

Mail completed forms and payment to NDPhA, 1641 Capitol Way, Bismarck, ND 58501
Register online at www.nodakpharmacy.net, select Convention Tab and click on On-line Convention Registration

STUDENT AUCTION DONATION FORM

PLEASE EMAIL TO JJOHNSON@NODAKPHARMACY.NET OR PRINT INFORMATION BELOW & RETURN TO:

PhAC AUCTION, NDPhA, 1641 Capitol Way, Bismarck, ND 58501-2195

Fax: 701-258-9312 • Ph: 701-258-4968 • Email: jjohnson@nodakpharmacy.net

If you have items that you would like to donate to the live or online silent auction, please photograph each item separately and e-mail the information requested to jjohnson@nodakpharmacy.net for addition to the auction website. Please send in all item info by April 10th, 2023.

Early submission of items (photograph and descriptions) is **STRONGLY ENCOURAGED** and appreciated. The online silent auction will be open April 14th, one week prior to the start of the convention, and will close on April 22nd at 8:00PM. More info on how to access the online silent auction will be coming soon.

A live auction will follow the President's Banquet and Awards Ceremony on Saturday night.

DONOR NAME

ITEM TITLE

ITEM DESCRIPTION

RETAIL VALUE

LOCATION OF ITEM *(for deliver arrangements following convention):*

ITEM PHOTOGRAPHS *(multiple pictures are encouraged)*

Please fill out the information above separately for each item

Please contact Jesse at jjohnson@nodakpharmacy.net or call 701- 258-4968 if you have any questions about the auction or the submission of donations.

Thank you for your continued support and participation! We look forward to another outstanding auction!!

Changing Diabetes Education: Putting Yourself In The Patient's Shoes

By Allison Hursman, PharmD, BCGP, Assistant Professor of Pharmacy Practice, NDSU School of Pharmacy

Third-year pharmacy students in the NDSU School of Pharmacy, facilitated by faculty member Allison Hursman, PharmD, BCGP, participated in a re-vamped course offering two weeks of in-person learning to provide additional hands-on opportunities for students, preparing them for the key role that pharmacists play in helping patients manage diabetes.

"This lab was a once in a lifetime experience for me," stated one third-year pharmacy student following completion of a two-week diabetes series in the NDPhA Concept Pharmacy.

According to the Centers for Disease Control and Prevention (CDC), over 34 million Americans have diabetes. Specifically in North Dakota (ND), diabetes affects almost 55,000 people or 9.1% of the adult population in the state.1 Pharmacists play a key role in the management of diabetes.2 Therefore, ensuring education of pharmacy students on the wide variety of products available for the treatment and monitoring of this disease is vital.

Historically, third-year pharmacy students have spent one week doing online modules to familiarize themselves with the products used for diabetes management and one week in the NDPhA Concept Pharmacy further enhancing their knowledge. The course was revamped this year to offer two weeks of in-person learning, offering additional hands-on learning time for the students.

"This experience will help me be more equipped to work with patients in the future because I have experienced it for myself," reflected another third-year student. During the first week of the lab series, students learned about ways to monitor blood sugars, manage blood sugar extremes, and experienced simulated microvascular complications.

Students had the opportunity not only to check their blood sugars using the finger-stick method, but also to wear a continuous glucose monitor (CGM) for 10-14 days. CGM's were obtained at no cost though generous donations from Dexcom® and Freestyle.®

NDSU School of Pharmacy (Continued)

"I gained a great amount of empathy for patients with diabetes after wearing the CGM," acknowledged a student. By wearing the CGM devices, students were able build empathy for patients with diabetes and experience firsthand not only the application process, but also the associated apps, alarms, and reports.

"I was most surprised by how little the CGM hurt to put on," one student stated in their reflection. Many students commented that they were nervous about the application of a CGM. Similar to how patients often feel, they were concerned that it would be painful. However, the majority stated that they barely felt the application at all, encouraging their classmates to take advantage of the option to wear a CGM.

Using the corresponding apps on their smart phones, students were able to learn how to adjust the alarm parameters for high and low blood sugar readings. Many students were able to experience what it was like to have their CGM alarm at an inopportune time such as when they were in class or during their sleep.

One student summarized this experience in their final reflection and underlined the importance of keeping the perspective on the patient:

"One thing that really stood out to me … was when it would alarm in the middle of the night. This happened to a lot of my classmates and a lot of them were annoyed. However, we were able to just go straight back to bed, where a person with diabetes would have to wake up and correct. I think often we don't realize just how much of an impact this disease has on a person's life. This isn't a fun game you get to play and try and spike your blood sugar. This is someone's actual life, and I think it's important to remember that."

"I have also experienced a monumental increase in my knowledge of diabetes products and injectable GLP-1 products as well," reflected a third-year student. During the second week of the lab series, students focused on the different classes of medications typically used to manage Type II Diabetes. Students practiced counseling a peer on the different delivery devices for GLP1's, explored contraindications and side effects associated with the different medication classes and reviewed a CGM report to adjust a patient's medication regimen. The station containing GLP1 demonstration devices was one of the more impactful stations for students. This station emphasized the important role that pharmacists play in educating patients on proper medication use, especially with the expanding number of delivery devices available.

The addition of many new medications and devices to assist in the management of diabetes has warranted an additional week of content for students. Overall, students reflected positively on their experience in the NDPhA Concept Pharmacy, but when you see the third-year pharmacy students at convention, on rotations, or in practice, ask them about their experience as "a patient with diabetes" and see if it aligns with this student's final remarks: "Overall, this has been one of the most beneficial labs I have experienced in my time here at NDSU."

The NDPhA instructional lab at NDSU, made possible by generous donors, provides students hands-on experiences through leading-edge lab space and equipment. Features include community and institutional practice areas, simulated sterile compounding laboratory with ante room, non-sterile compounding laboratory, medication therapy management, and telehealth and telepharmacy options that are especially important to rural areas. Take a virtual tour of the lab at https://tours.bemorecolorful.com/v/eEB15eQn1gV.

TABLE 1. DIABETES LAB: WEEK 2 ACTIVITIES

STATION TOPIC	ACTIVITIES
Continuous Glucose Monitoring	- Explore CGM products - Option to apply and wear Dexcom G6® or Freestyle Libre 2® for 10-14 days (alternative option to create a food diary for 14 days)
Finger Stick Glucose Monitoring	- Check blood sugars using glucometer and test strips - Describe A1c and blood glucose goals
Hypoglycemia	- Define hypoglycemia - Investigate products to manage low blood sugars - Taste glucose tablets and gel
Insulin Pens and Vials	- Calculate insulin doses - Discuss insulin products including duration of action and storage recommendations
Insulin Pumps	- Explore insulin pumps and components - Calculate basal insulin rate

TABLE 2. DIABETES LAB: WEEK 2 ACTIVITIES

STATION TOPIC	ACTIVITIES
GLP1's	- After exploring the different GLP1 delivery devices, counsel a peer on proper use - Document FDA approved indications for all GLP1's - Determine which delivery devices would be preferred given a patient scenario - Review common side effects of GLP1's
SGLT2i's	- Discuss additional indications for SGLT2i's - Review adverse effects of SGLT2i's
GLP/GIP	- Delve into the mechanism of action, benefits and side effects of Mounjaro® - Examine the delivery device for Mounjaro®
Comprehensive Diabetes Care	- Explore medication pearls for metformin, sulfonylureas and TZDs - Discuss additional monitoring and medications used in patients with diabetes
e-care plan	- Use a CGM report to adjust a patients diabetes medication regimen - Document assessment and plan using an e-care plan

References:

1. *ADV_2021_State_Fact_sheets_North Dakota.pdf. Accessed October 17, 2022. https://diabetes.org/sites/default/files/2021-10/ADV_2021_State_Fact_sheets_North%20Dakota.pdf*

2. *Pharmacists Play a Key Role in Diabetes Management. Pharmacy Times. Accessed January 4, 2023. https://www.pharmacytimes.com/view/pharmacists-play-a-key-role-in-diabetes-management*

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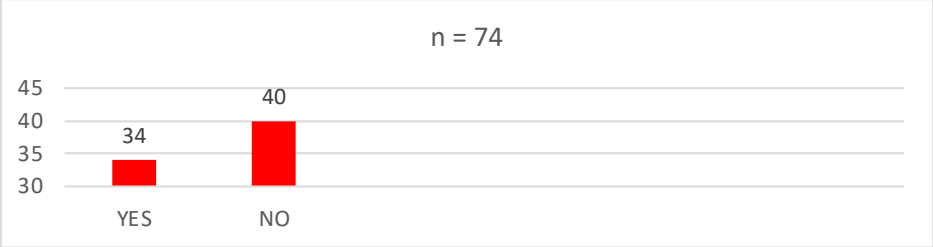
2022 North Dakota Registered Pharmacy Technician Survey

With the growing demands placed on pharmacy, there have been recent questions related to pharmacy technician job satisfaction, wages, and commitment. The Northland Association of Pharmacy Technicians (NAPT) Executive Board, on behalf of its members, decided the best way to gain an understanding of Pharmacy Technicians in North Dakota was to conduct a survey of all North Dakota Registered Pharmacy Technicians. In collaboration with the North Dakota State University (NDSU) Center for Collaboration and Advancement in Pharmacy (CAP), NAPT created a survey that was distributed to active North Dakota Registered Pharmacy Technicians in May of 2022. Once the results were received, the NAPT Survey Committee and the NAPT Executive Board reviewed and discussed the best way to distribute this information. The survey has been broken into two parts. PART ONE was shared at the NAPT Annual Fall Conference in September of 2022 and an article was published in NDPhA's (North Dakota Pharmacist Association) December 2022 NoDak Journal. If you have not reviewed PART ONE, we encourage you to take the time to do so. Below you will find the breakdown of results from PART TWO.

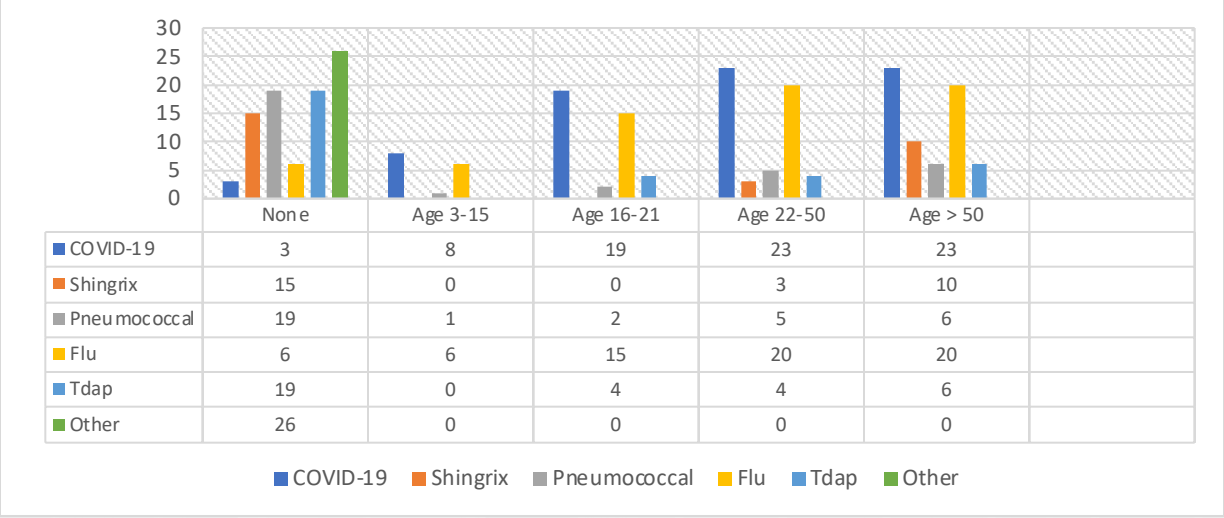
2022 NORTH DAKOTA REGISTERED PHARMACY TECHNICIAN SURVEY RESULTS PART TWO:

A total of 896 surveys were sent to current North Dakota Registered Pharmacy Technicians. The first question on the survey asked if the participant gave consent to the survey. With a total response of 294, 289 consented to the survey.

PART TWO focuses on pharmacy technicians in advanced or expanded roles. When asked if the participant is a qualified pharmacy technician (based on the criteria as outlined by the North Dakota State Board of Pharmacy) to administer vaccines, subcutaneous, and intramuscular medications of the 259 participants who responded, 74 (29%) stated they are qualified. To expand, diagram 1 shows of the 74 qualified, 34 (46%) responded that they are actively administering vaccines.

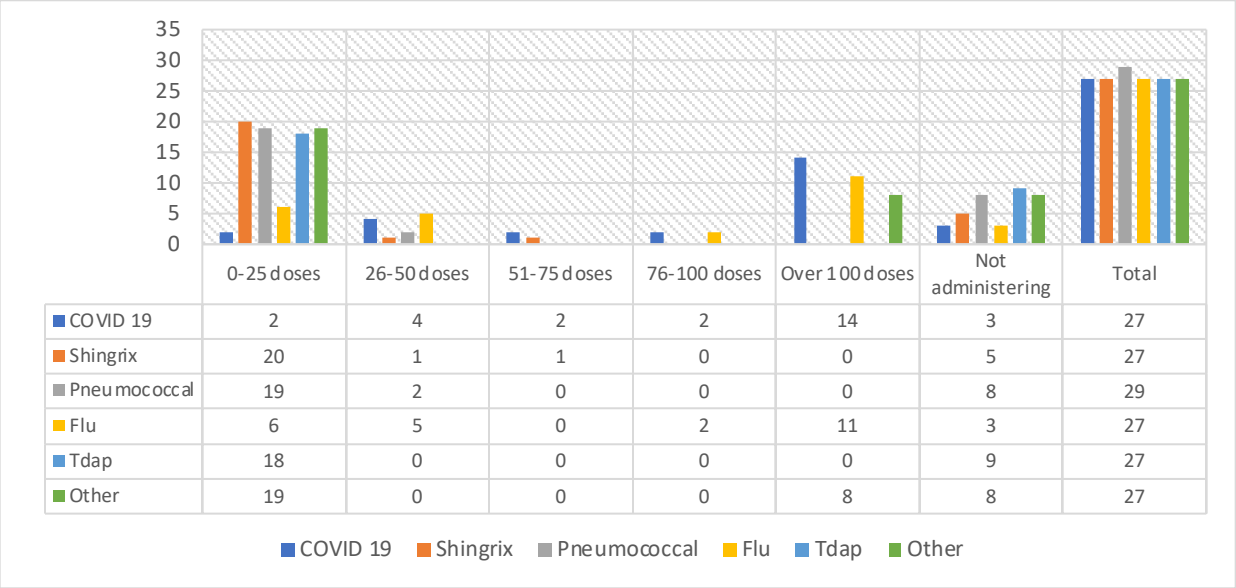


To get a better understanding of the types of medications being administered by pharmacy technicians, the next question focuses on specifics. Diagram 2 shows the types of medications being provided as well as the ages of the recipients. Primarily, this data shows COVID 19 and flu vaccine were the top two vaccinations being administered by the participants.



NAPT Pharmacy Technician Survey Part 2 (Cont.)

Next, we wanted to quantify the number of vaccinations administered by qualified pharmacy technicians. In the first year of pharmacy technicians providing immunizations, diagram 3 shows many of the participants administered over 100 doses of COVID 19 and flu as well as other vaccines in smaller quantities.



	0-25 doses	26-50 doses	51-75 doses	76-100 doses	Over 100 doses	Not administering	Total
COVID 19	2	4	2	2	14	3	27
Shingrix	20	1	1	0	0	5	27
Pneumococcal	19	2	0	0	0	8	29
Flu	6	5	0	2	11	3	27
Tdap	18	0	0	0	0	9	27
Other	19	0	0	0	8	8	27

The next part of the survey focused on the participants who are actively administering such medications, specific to if they feel valued. With a response of 26, diagram 4 outlines the following questions asked.

1. I feel valued/satisfied with being able to administer vaccines/medications: 14 (54%) strongly agreed, and 7 (27%) agreed.

2. Working in this capacity has added value to my role: 17 (65%) strongly agreed, and 7 (27%) agreed.

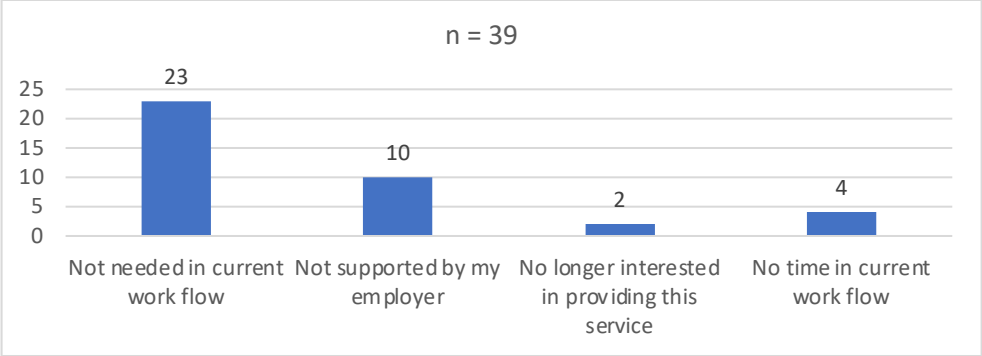
3. I feel I am adequately compensated for this additional responsibility: 6 (23%) strongly agreed, 2 (7%) agreed, 5 (19%) neutral, 5 (19%) disagreed, and 8 (31%) strongly disagreed.

4. I make a positive difference by being able to administer vaccines/medications: 17 (65%) strongly agreed, and 7 (27%) agreed. Diagram 4

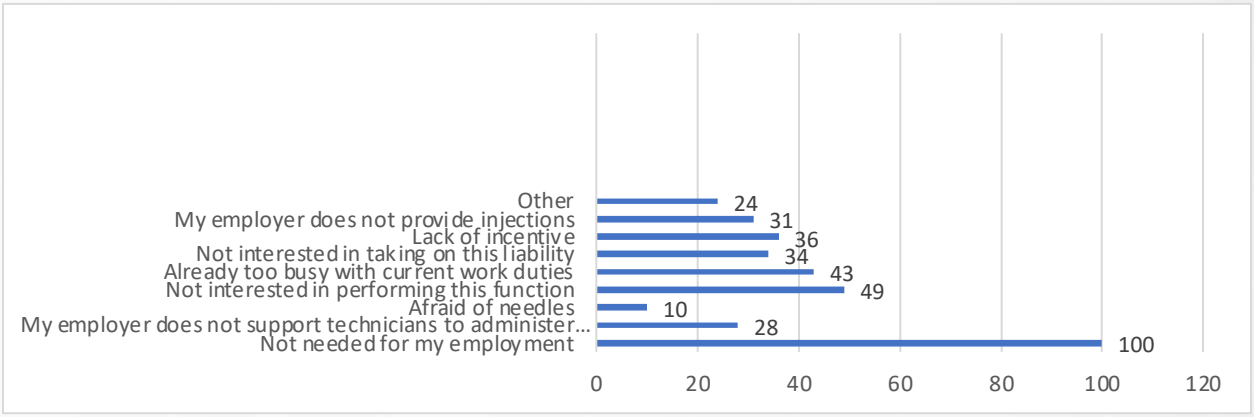
QUESTION	STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE	TOTAL
I feel valued/satisfied with being able to administer vaccines/medications	14	7	3	0	2	26
Working in this capacity has added value to my role	17	7	2	0	0	26
I feel I am adequately compensated for this additional responsibility	6	2	5	5	8	26
I make a positive difference by being able to administer vaccines/medications	17	7	2	0	0	26

NAPT Pharmacy Technician Survey Part 2 (Cont.)

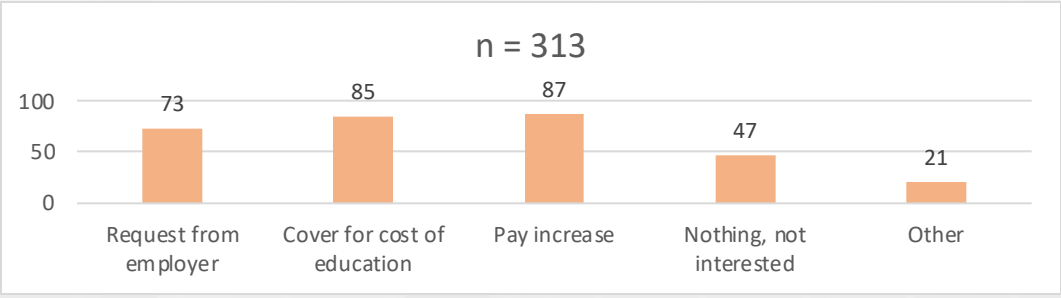
The next part of the survey focused on the participants who answered NO to being a qualified North Dakota Registered Pharmacy Technician to administer vaccines. Of the 39 participants, as outlined in diagram 5, 23 (59%) responded not needed in current work flow, 10 (26%) responded not supported by employer, 4 (10%) responded no time in current work flow, and 2 (5%) responded no longer interested in providing this service.



To further expand as to why the participant may not be interested in becoming qualified to administer medications, diagram 6 outlines the responses to include: not needed for employment, not interested in performing this function, already too busy with current work duties, and lack of incentive. The participant was able to answer more than one reason, so we were unable to quantify the number of participants responding to this question. From the data, we concluded that many respondents stated medication administration is not part of their daily workflow.



Our next question asked the participants who are not currently qualified to administer vaccines, what would it take to consider obtaining education to become qualified. Diagram 7 shows of the 313 responses, 73 (23%) stated if the employer requested they would become qualified, 85 (27%) stated they would consider if the cost of education was covered, 87 (28%) stated they would consider if they received a pay increase, and 47 (15%) had no interest.



NAPT Pharmacy Technician Survey Part 2 (Cont.)

The next part of the survey focused on specific advanced practice/expanded roles of the participants. This helps us better understand the areas that participants practice in, do not practice in, and whether they feel they have a strong knowledge and/or proficiency in each of the areas identified. Diagram 8 highlights the results. From the data, we concluded some pharmacy technicians are fulfilling expanded roles in the course of their work, yet in 60% of the ten areas, fewer pharmacy technicians report not having strong knowledge or proficiency in that role.

QUESTION	What Areas Do You Not Practice In Your Current Work Setting?	What Areas Do You Practice In Your Current Work Setting?	What Areas Do You Have Strong Knowledge And/Or Proficiency?	TOTAL
Sterile Compounding	146	51	85	282
Non-Sterile Compounding	87	96	108	291
Hazardous Drug Management	79	110	99	288
Tech Check Tech	127	66	79	272
Billing and Reimbursement	71	92	119	282
Controlled Substance Diversion Prevention	69	104	101	274
Immunizations	162	48	31	241
Point of Care Testing	187	29	18	234
Medication History	116	80	62	258
Medication Therapy Management	144	65	38	247
Other	172	37	43	252

To further explore the interest of the participants, we not only wanted to gage the current knowledge and/or proficiency, but also wanted to look at their plans for future expansion. Diagram 9 highlights the interest of the participants based on their current abilities and future plans for expansion. The areas that respondents indicate future interest were Tech Check Tech, Medication History, and Medication Therapy Management.

NAPT Pharmacy Technician Survey Part 2 (Cont.)

QUESTION	I am not interested at this time.	What areas do you currently NOT practice in but plan to expand in the future?	What areas do you plan to obtain national certification?	What areas do you have national certification?	Total
Sterile Compounding	119	20	27	43	209
Non-Sterile Compounding	102	24	26	56	208
Hazardous Drug Management	101	37	35	37	216
Tech Check Tech	87	54	31	38	210
Billing and Reimbursement	110	29	28	46	213
Controlled Substance Diversion Prevention	96	41	37	38	212
Immunizations	116	41	24	29	210
Point of Care Testing	134	40	19	13	206
Medication History	104	53	20	33	210
Medication Therapy Management	111	51	26	25	213
Other	156	27	13	24	232

The last question focused on the satisfaction the participant received from working in advance practice/expanded roles. With a response of 192, diagram 10 highlights the majority of participants are neutral and/or agree and strongly agree that the ability to practice in such roles has a positive impact in their roles in pharmacy as well as makes a positive impact in the daily workflow. Of the participants, 8.9 – 16.1% did not find satisfaction with expanded roles and responded as disagree or strongly disagree to the 5 questions about satisfaction.

Question	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Total
Recognition for my achievements	46	49	73	14	10	192
Prestige and status within the pharmacy and/or the profession	36	55	70	22	9	192
The opportunity for independent thought and action at my job	48	56	66	11	11	192
The chance to do something that makes use of my abilities	61	60	53	10	8	192
The opportunity to positively impact our daily work flow	64	55	56	9	8	192

In conclusion, the participant responses were overall positive as well as identified potential areas of improvement. The NAPT Executive Board will use this information to continue expanding the role of the pharmacy technician in the profession. Additionally, the pharmacy technician has the opportunity to use the survey as a tool to better understand expanded roles and areas of growth when working as a pharmacy technician in North Dakota. Lastly, the information assists employers to identify areas that they can improve upon to engage, embrace, and retain their employees.

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