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NJ Pharmacists Association

Student Practitioner Newsletter

*New Jersey
Pharmacists
Association*

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Spring 2016



**FAIRLEIGH
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UNIVERSITY**

School of Pharmacy



March Madness



FDU Grant supports students at NJPhA March Madness March 12, 2016

Students from FDU School of Pharmacy attended March Madness at the College of St. Elizabeth on March 12 at no cost to them, thanks to a generous Curriculum Enrichment Grant from Fairleigh Dickinson University. In addition to networking, students participated in lectures and discussions on anticoagulation, transitions of care, mobile applications in pharmacy, and pharmacy law. Pictured are students and faculty from FDU at the conference with Moriah Weissman, NJPhA Chair of the Board and Elise Barry, NJPhA CEO.

I strongly value education and love learning. The March Madness event provided an opportunity to learn and become aware about the current problems pharmacists face in workplace settings such as language barriers and noncompliance to medication, and possible solutions. Some of the solutions discussed in the lectures were appointment based medication synchronization and mobile application with built in medical translators to help pharmacists communicate to patients in their language and help patients adhere to their medication regimen. In addition to the lectures, I had the opportunity to network with pharmacists and gain insight in their roles in numerous health sectors. I'm amazed at the work pharmacists do and their dedication to improving patients' health and quality of life. I'm appreciative of the opportunity to attend the March Madness event and meet inspiring pharmacists. Thank You.

- Christine Fung, FDU PharmD Candidate

.. it was really informative, educational and a good networking opportunity. It was exciting to know about new innovations and therapy in anticoagulation, but most of the all I enjoyed learning about the meds to bedside program being done by some retail pharmacies. I think it is a good way of advocating and caring more about patients and improving adherence.

- Cynthia Cele-Nnaeto, FDU PharmD Candidate

During the March Madness event, I was able to experience a variety of interesting topics that enhanced my knowledge of current pharmacy practice. The opening presentation by Dr. Colaizzi and Dr. Crochunis exposed me to new ideas and concepts in the way pharmacy is practiced including the idea of the appointment-based model, and medication synchronization to improve adherence. I found the event to be very beneficial and it motivated me to become more involved in professional memberships.

- Daniel Sievers, FDU PharmD Candidate

When I began my pharmacy school career, I heard a very eye opening statement from one of our deans, a statement I remember to this day, and that is: 'pharmacists are the only professionals that you can walk in and talk to, no appointment necessary, and the intellectual advice they give is free.'

Everyone from lawyers, doctors, car repairmen and plumbers —all require an appointment. During the opening seminar to March Madness, it was interesting to see this same topic resurface, refreshing to see the pharmacy profession thinking about the appointment based model of care. The exciting thing about appointment based pharmacy practice is the potential to prospectively help improve and maintain patient health, which is far better than reacting to new health crisis as they arise.

Lets focus on prevention, lets focus on spending quality time with our patients, let's encourage the appointment based model. It was refreshing to hear about this at March Madness.

- Nicholas Albano, FDU PharmD Candidate

NJPhA Rotation

NJPhA opens its doors as a rotation site for the area's pharmacy schools. Depending on the time of year, students may assist with grant proposals, attend legislative programs, visit a Board of Pharmacy meeting, or participate in whatever program NJPhA is planning.

I started my rotation when NJPhA's 145th Annual Meeting and Convention was six weeks away. This huge event was still in its planning stages, and program documents had to be developed, proofed and printed. I started with the convention program because its contents had to be typed and sent to the graphic designer. Because this required two rounds of proofs to be reviewed and approved, this had to be started as soon as possible.

I did not expect to use skills from my high school yearbook club; I had to overlay pictures on top of each other, format images, prepare large-scale posters and banners for display, and develop flyers and handouts, and the Installation Luncheon pamphlet. These projects were a huge reminder that skills should never be forgotten because one might need them again! Familiarity with programs like Adobe Photoshop, Microsoft Publisher, and Microsoft PowerPoint became an absolute necessity. The most frustrating project was the Practice Spotlight because it was an 11" x 17" spread but my text wrapping and formatting kept going the wrong way. Once I straightened them out, it looked great!

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Other projects included setting up the Guidebook app for iOS and Android devices. This included the schedule in an electronic version if a person did not want to refer to the printed program. I filled in other sections like Speakers and Sponsors, and added maps for the event. I prepared print jobs for the Installation Luncheon business cards and banners for the Boardwalk Bash's game booths.

I learned that an extraordinary amount of diplomacy is required on the part of my preceptor and her staff. The three of them were fielding constant phone calls regarding the event and trying to make sure each detail and potential disaster was being addressed ahead of time. They want their members to have the best programming that can be offered; NJPhA's entire focus is on their members and their needs.

I also learned that flexibility is key to preparing for an event like this; always be prepared for it! I enjoyed working with my preceptor and her staff and looked forward to joining them at the convention. I returned to see all of my materials in their final print form and displayed for the attendees. I can definitely say that I had a one-of-a-kind experience.

**FDU –
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Muhammad Effendi, VP of LIU Student
NJPhA Chapter

My Two Year Experience in NJPhA

It began with a seemingly overwhelming opportunity; the offer to take the position as Vice-President for the upcoming student chapter at LIU Pharmacy. I did not realize it at the time, but accepting this position and the ensuing experiences over the next two years would become a catalyst for my development as a pharmacy student.

In pharmacy school, professors often emphasize the importance of attending professional meetings and conferences. Now that I've attended two NJPhA annual conferences, I can speak volumes as to the benefits attendance to such events carries. Being able to network with outstanding professionals from different areas of pharmacy practice is a really invaluable experience. Gaining insight from their experiences can be extremely useful for a pharmacy student. In addition, being able participate in an array of different opportunities, such as poster presentations and clinical competitions, is a great way to showcase yourself and your respective pharmacy school. It was a tremendous honor for my team and me to represent LIU Pharmacy as winners of the 2015 NASPA/NMA Student Pharmacist Self-Care Championship.

The mission for NJPhA, "to advance the profession of pharmacy, enabling our members to provide optimal care to those they serve", is something pharmacy students should be on board with no matter what level of education they are at. Incorporating this mission into my work as a student leader for the LIU Pharmacy student chapter has helped developed not only myself, but those involved in the organization. Hopefully this can continue to be the case for upcoming members of this great organization.

It's a new school year, and a new beginning for the NJPhA chapter at Temple University School of Pharmacy. In the beginning of the fall semester last year, the chapter evolved by expanding its executive board positions to include an event coordinator, a historian, and a membership chair. These new additions to the organization's leadership roles have allowed the chapter to easily build a strong foundation of new student members. The chapter has become more active in school activities by hosting IPPE events for pharmacy students to practice their counseling knowledge on various health care topics such as medication adherence, pharmacy provider status and flu vaccinations with poster presentations.

The chapter also had a successful t-shirt fundraiser, raising over \$400, as well as a delicious bake sale. The highlight of the fall semester was the opportunity for NJPhA's members to attend the 145th Annual NJPhA Meeting and Convention hosted at Harrah's Resort in Atlantic City, NJ. It was a wonderful networking experience for students as they got to hear from various professionals from unconventional pharmacy career paths. As part of the convention, student members participated in the OTC competition against other pharmacy schools in a game of jeopardy that challenged the students' knowledge on various retail drug products.

The fall of 2015 was a rewarding semester marked by exponential growth for NJPhA's chapter at TUSP. Not only did the chapter expand its numbers in the executive board, it increased its number of active members. The chapter took the initiative at every opportunity in order to promote the pharmacy profession. During one of the IPPE event topics on GERD, pharmacy students were able to educate patients on foods that cause heartburn.

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Temple... continued



Pharmacist Provider Status Campaign
during Pharmacy Week



NJPhA 145th Annual
Convention

Two patients even bought the OTC product Nexium after they were consulted about all the medications in its class. At the same event, a patient with diabetes was not aware how important immunizations are for patients with his disease state and at the end of the day, he received his first ever annual flu shot. At the medication adherence IPPE event, a patient didn't know the reason her doctor prescribed her a certain medication and the students there were able to explain the possible reasons for being on that medication. Finally, during an event hosted celebrating Pharmacy Week, NJPhA members collected 25 signatures in two hours for a petition to recognize pharmacists as health care providers. Temple University's chapter, along with its peers from across the nation, will continue in its efforts to get pharmacist provider status.

The chapter plans on hosting more IPPE events to offer students the opportunity to educate the general public around the city of Philadelphia with new health topics that have yet to be covered. Other school activities planned for the coming semester include guest speakers from various pharmacy professions and financial guidance for TUSP students. The momentum the chapter has gained is merely the beginning in paving a path to an even brighter future.



Kaitlyn Harper, PharmD Candidate 2017, is our current University of the Sciences NJPhA Liaison. Dr. Grace Earl and Dr. Hank Schwartz are our organization advisors.

The University of the Sciences maintains an active chapter by hosting programming on campus, as well as participating in community service and attending convention. This year, our students participated in the Self-Care Competition at Convention, a jeopardy style game where four pharmacy students from each university test their knowledge of over-the-counter medications. Kaitlyn Harper PharmD 2017, Dipal Patel PharmD 2017, Alexander Micale PharmD 2016, and Joseph Roselli PharmD 2016 faced off against students at three other universities; Long Island University, Fairleigh Dickinson University, and Temple University. Although getting off to a rough start in the first round (with only a measly 200 points), the University of the Sciences team came back strong to take second place behind Long Island University! Other events hosted on campus included an OTC competition with Pennsylvania Pharmacist's Association (PPA) to help prepare for the convention competition. NJPhA also hosted a teleconference with past NJPhA president Moriah Weissman to discuss how staying involved in state organizations helps students and pharmacists excel in their field. Dr. Weissman discussed her successes in NJPhA as well as helpful tips for students on what to do upon graduation. NJPhA also participated in the Philadelphia Heart Walk hosted by the American Heart Association. Students and advisors walked to help promote increased physical activity as well as ways to live more heart-healthy lifestyles.

So much focus is placed on understanding the pharmacist's role on the healthcare team that little, if any, focus is placed on learning the roles of the other teammates. The pharmacy curriculum is changing to emphasize interprofessional education. Interprofessional education (IPE) brings students from multiple healthcare professions together to work as a team. This approach has recently gained traction due to the Standards 2016 from the Accreditation Council for Pharmacy Education.¹

A widely accepted definition of IPE, endorsed by the Interprofessional Education Collaborative (IPEC) and the World Health Organization (WHO), is: "Students from two or more professions learn[ing] about, from and with each other to enable effective collaboration and improve health outcomes."^{2,3} IPEC was founded in 2009 by six national education associations, and included the American Association of Colleges of Pharmacy (AACP). IPEC defined four core competencies essential for practice (Table 1). By achieving these 4 core competencies, students will enhance their educational experience and improve patient outcomes by learning to successfully work together with colleagues from other healthcare professions.

A Cochrane review article analyzing 15 studies on the impact of IPE on concluded that "interprofessional collaboration was linked to ... improvements in patient safety, case management, and optimal use of the skills of each healthcare team member."⁴ IPE "breaks down professional silos while promoting

Interprofessionalism: The Future of Healthcare Education

By: Matthew Ciapetta,
PharmD (2015)

Past campus student
leader, NJPhA

University of the
Sciences, Philadelphia
College of Pharmacy

collaborative relationships."⁴ Many of the studies reported improvements in communication, collaboration, and patient outcomes.

As a student, I participated in an IPE experience with medical, nursing, physical therapy, occupational therapy, pharmacy, and social work students. The teams interviewed a standardized patient and worked together to resolve the patients' medical problems.

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*Interprofessionalism
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After completing the activity, I reflected on the experience. Initially, I was nervous and slightly intimidated. I was feeling skeptical about what I could contribute to the team. I quickly realized that I was not alone in these feelings, as this was a new experience for everyone in my group. After a rocky start, we grew more comfortable with the situation and each one of us was able to contribute to the conversation, relying on each other's expertise to fill in the gaps in our own knowledge. Even though I was initially intimidated by the activity, I walked away with a greater understand of each profession's role as part of the healthcare team, as well as a newfound confidence in my ability to communicate and work as team with a group of my colleagues.

IPE is among the latest trends in healthcare education. It makes sense to encourage interprofessional collaboration early in health professional education because students will need to work effectively within a team environment throughout their careers. I found that my personal experiences with

extremely beneficial and helped me to grow as a healthcare professional.

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NJPhA Student Practitioner Committee

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