

NJPhA2013 Spring
Issue 2**STUDENT PRACTITIONER NEWSLETTER**

New Jersey Pharmacists Association, 760 Alexander Rd, PO Box 1, Princeton, NJ 07543-0001. www.njpharmacist.org
 CEO: Elise M. Barry, MS, CFRE / President (2013-2014): Joe Tarallo, RPh / Co-chairs: Grace Earl & Timothy Nguyen

A Message from the CEO of NJPhA:

"Voice"

Everyone has a voice, whether it is expressed as an audible sound or a written word. Opinions, positions, and actions have voice. One need not hear voice to feel it or experience it. Creating a voice is not always a singular effort, but rather achieved through collaboration, like the songwriter and the singer coming together to deliver a message that resonates with the listener.

The fact that the Social Security Act of 1964 excluded pharmacists does not lessen their knowledge or expertise, but as a consequence

Elise M. Barry
Chief Executive Officer

Please see *CEO of NJPhA* on page 2



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*"We can respond in one voice,
but only if you are involved in
the conversation."*

A Message from the President.....

regarding Public Service: Recently there has been a surge in the growth of substance abuse which threatens public health. Certain portions of our society have become victims who continue to abuse or be dependent upon controlled dangerous substances (CDS). Individuals are held captive within a continuous cycle of behavior that must be better managed or stopped. This has placed greater demands on law enforcement to search for ways to combat this problem. Likewise, pharmacists in all practice settings have a professional obligation to uphold public safety.

We must be alert to identify and prevent any unlawful activities. Pharmacies must step up to control their drug inventories, as well as, increase their store security measures in order to ensure that there are no incidences of breach within their businesses. As future pharmacists, your commitment to your profession is to understand the importance of safeguarding the public and conducting yourself professionally. (*More on pg 2*)

Joseph Tarallo, Jr, RPh
President 2012-2013, NJPhA

Editor: Grace Earl, PharmD

Editorial Members: Timothy Nguyen, PharmD, BCPS, CCP

Contributors: Fairleigh Dickinson University, Long Island University, Rutgers University, Saint John's University, Temple University, University of the Sciences in Philadelphia, and Practitioners

(Message from the President, from page 1)

Your position in the healthcare field is highly recognized and respected because of your knowledge and oversight of drug therapy. Thus, pharmacists have achieved public trust and are held in high esteem.

Certainly, pharmacy colleges have instructed you on drug diversion and potential issues which could take place within a pharmacy. Pharmacists must be diligent, trustworthy, and accurate with regards to inventory management of CDS. The integrity of the system relies upon policies and safeguards that everyone connected to the pharmacy must follow. Prevention is the key.

Where do you fit in regarding problems beyond the pharmacy? Who are the most vulnerable that you might be able to connect with? How can you become more proactive in a leadership role?

As pharmacy students, how many of you ever thought about speaking to young students about drug abuse? Perhaps you might consider visiting your middle school or high school and arranging a meeting to have an open discussion. Another possible exercise would be to arrange for a group discussion (team approach) by having a panel discussion with some faculty and students on drug abuse awareness and prevention. Many of you may have previously been involved with local civic groups, e.g. Dare program, Rotary Interact Service Club, etc. Drug abuse education might be a great way to begin counseling patients by reaching out to local youngsters with an important message. It is also a way to further enhance your image within the community, as well as, a great way to promote your profession. In addition, drug abuse awareness is another topic of special importance to introduce to parents with young children. Finally, if you have not already done so, now is the time to become a proactive member in your state organization.

Joseph Tarallo, Jr., RPH, NJPhA President

(Message from the CEO of NJPhA from page 1)

this significant oversight in the law puts pharmacy at risk. While you are students, listen and hear the voice of change. Remember, there was a time when the tried and true practices in pharmacy today were new, radical ideas, most likely with proponents and opponents lined up on each side! Is there a proposed law or regulation that will significantly change an aspect of pharmacy, and affect you when you begin your practice? Would you know it? Look to our association for help navigating through the issues. Let NJPhA be a sounding board for your ideas and concerns. We can respond in one voice, but only if you are involved in the conversation.

Think about the recent petition begun by pharmacy student, Steve Soman from St. John's University. By creating a White House "We the People" petition to bring the provider status issue to the forefront, thousands of pharmacists mobilized to raise their voices in unison, illustrating their resolve to be heard and recognized as important contributors in the continuum of patient care.

Use your voice to make a difference in pharmacy. Voice your opinion-- be vocal, share your thoughts, speak up on legislative and regulatory matters, protect patient rights, add to the discussion on the pharmacists' role in the continuum of care.

Where is your voice? Find it, raise it, and be heard!

Elise M. Barry, CEO, NJPhA



The Arnold and Marie Schwartz College of Pharmacy and Health Sciences' NJPhA Student Chapter continues to grow as the 2012-2013 school year progresses. During the Fall Semester, we participated in Long Island University's Annual Club Fair. Our informative display attracted both students and faculty members to our booth. This gave us the perfect opportunity to truly discuss the organization and what we have to offer. As a result, we were able to recruit many new interested members.

Further along in the semester, AMSCOP-NJPhA was buzzing with excitement to once again attend the NJPhA's Annual Convention in Atlantic City during October of last year. The LIU team consisted of current officers, Olga Parshikova and Mansi Kansagra, and 2 team members. They were all very excited to represent LIU in the NJPhA Student Competition with pharmacy students from Rutgers University, Temple University, and University of the Sciences in Philadelphia. Olga also had the honor to volunteer and help with the organization and conduction of the convention. This has been a very beneficial and fun experience for LIU students, as well as a strong milestone in our ladder of growth as a chapter of NJPhA.

As the Spring semester moves forward, we hope to continue the development of our branch by promoting NJPhA and increasing our membership. We plan on aiding humanitarian organizations by hosting a Fundraiser Bake Sale within the next few weeks. In addition, AMSCOP's NJPhA hopes to build relationships

with other organizations throughout the Brooklyn Campus in an effort to collaboratively work on future events.

NJPhA-LIU's Student Chapter Officers

Long Island University

NJPhA's 143rd Annual Meeting & Convention

Attend this year's annual convention! The event is expected to be scheduled in late September or mid-October, 2013.

The NJPhA student members are a vital element to this organization and the program organizers were pleased at the attendance rate last year. So, when you return to campus in the Fall of 2013, consider how you can reach out to others at your school. Consider developing a promotional event on campus to generate interest in attending the convention, or holding your own "mock" pharmacy competition to prepare students for the state competition.

Sign up to participate in the pharmacy competition! It is a fun event and everyone who participates will benefit from the networking opportunities. Everyone who participated can include the event on their resume illustrating their involvement in the profession.

Long Island University:

NJPhA student activity



2012 Annual Convention

Trump Plaza

Atlantic City, NJ

Student Competition

LIU, RU, Temple, USciences



2012 Annual Convention

Student Competition

Winners:

Temple University School of
Pharmacy

with Dr. Sandra Moore of NJPhA





For most people, the concept of “substance abuse” or “addiction” conjures up a quick association. Unfortunately, I have experienced that – even among seasoned health professionals – there exist presuppositions that are often prudish, ignorant, and rarely compassionate. So how can we prepare student-pharmacists to intelligently address issues like pharmacotherapy for the recovering addict, helping a professional peer who is impaired by addiction, or perhaps recognizing if they personally need to seek help? The University of Utah School on Alcoholism and Other Drug Dependencies (known by the abbreviated “Utah School”) offers a holistic answer.



The Utah School is quite unique among typical conferences or seminars, in that it addresses its subject through both an academic and personal process. The former is about what you would probably expect: Students and faculty from pharmacy schools across the nation gather for a week to hear scientific researchers, physicians, and social workers lecture about the etiology, epidemiology, pathophysiology, and manifestation of addiction. But as the attendee is introduced to the process of recovery from addiction, they are taught by intimate personal example. They listen to stories from recovering pharmacists who at one time jeopardized their livelihood and career on account of addiction problems. (Notably, the majority of pharmacists who regularly attend the Utah School do so as a part of their continued recovery.) The attendee will also take part in open Alcoholics Anonymous and Narcotics Anonymous meetings, as well as observe an actual psychologist-led group

therapy session with recovering addicts. All of these experiences – coupled with the proper grounding in the parlance, theory, and clinical manifestation of addiction provided by the school’s lecturers – very personally introduce the attendee to many of the tools used to treat addiction. But just as importantly, this introduction to the recovery process greatly expands the students’ perception of addiction. Beyond the physiological process and legal issues lies the story of personal damage. By making a connection to the emotional and relational problems associated with substance abuse, the student increases their ability to give help to those who need it and act as compassionate and effective healthcare professionals.

Pharmacists encounter the problems of addiction through a variety of avenues. Substance dependence may become a personal struggle, as stressful work environments, a perceived imperviousness to addiction, and ease of access combine to form a unique temptation to substance abuse. For the same reasons, many pharmacists will encounter peers with this problem. More universally, since pharmacists act as the distributors of addictive medications, they occupy a key position to mitigate substance abuse by judicious dispensing practices, public health education, and adding insight to public policy discussions. As the number of dispensed opioid painkillers and stimulants continues to increase, the problem of substance abuse will only grow more relevant to pharmacy practice. It will therefore be all the more necessary for addiction to be addressed in the pharmacy curriculum.

Ben Pullinger, PharmD Candidate 2015

Temple University School of Pharmacy



Legislative Day

By Rita Habib (2013) and Ashley Brower (2014)

On Thursday October 18, 2012, a group of pharmacists and student pharmacists from the tri-state area arrived at the New Jersey State House fully equipped with white coats and medication expertise. As members of the American Pharmacists' Association and their state counterparts, student pharmacists are involved with patient care projects including operation healthy heart, immunization, and smoking cessation. Aside from initiatives directed toward patient care, students play a critical role in advocating for the profession through lobbying and maintaining contact with legislators. On local, state, and national levels, pharmacists are encouraged to communicate with lawmakers in order to demonstrate the evolution of the profession, from dispensing to clinical patient care.

With NJPhA facilitation, the day was organized by the Rutgers University APhA-ASP legislative liaison, Ashley Brower, and consisted of an introductory briefing with Elise Barry, the chief executive officer of the New Jersey Pharmacists' Association as well as Laurie Clark, the association's legislative counsel. Students and professors represented Rutgers University, Temple University, and the University of the Sciences (Philadelphia). Following the meeting, attendees had an opportunity to meet and greet legislators and staff in the annex tunnel of the state house. The location was ideal for introducing the schools of pharmacy

to legislators and displaying posters that highlighted patient care projects. In addition, students were able to receive a tour of the New Jersey State House. The day culminated with students attending the New Jersey General Assembly Session.

During conversations with legislators, the association also promoted safe medication disposal, a prominent question among patients in the community.

As collaborative practice, medication therapy management and pharmacist-provided immunization take hold in current practice, it is essential to update legislators on the added value



to healthcare.

In the future, students and professionals can maintain this communication by collaborating with NJPhA. By conducting office visits and similar measures including letter-writing campaigns, pharmacists can relay the value they add to their patients' well-being on a daily basis.

Picture: Clinical Assistant Professor Lucio Volino, PharmD, (on left); Ashley Brower (4th from left); Rita Habib (6th from left); Rutgers Students



Giving Back:

One of the five core tenets of the Fairleigh Dickinson University School of Pharmacy is advocacy. It is highly important for pharmacists to advocate for their patients through their professional practices. Honing in on this value, the FDU School of Pharmacy student practitioner's organization, *Advocates for Future Pharmacy* (AFP), has created a service partnership with a local assisted living facility in nearby Florham Park, New Jersey.

This past February, students began volunteering their time at Wynwood of Florham Park on a monthly basis. Wynwood is a facility that provides personalized assisted living along with Alzheimer's and dementia care options for senior citizens. As part of their service, students take time to get to know residents through social events and help administrative staff prepare future programs for the residents. Most recently, a group of students visited to help the administrative staff create decorations for an upcoming event to celebrate Easter at the facility.

"It was rewarding and fun," says Nicholas Albano, president of AFP. "One of the reasons I wanted to become a pharmacist is to help people, and even though I'm not a pharmacist yet, I can still engage in the community and special populations through ways such as this."

AFP secretary Veronica Feltrin adds, "Service projects like this help make us more well-rounded professionals. When we're practicing pharmacists, we'll need to be empathetic of others, and the way we'd communicate with a child is different from how we'd communicate with someone elderly."



Legislative Day
Trenton
State Capitol
October 18, 2012

NJPHA advocate, Laurie Clark, and CEO, Elise Barry welcomed NJPHA student members and introduced them to many members of the assembly and senate.



Is it okay to thank interviewers via e-mail?

As future pharmacists, we look forward to finding our niche within the profession as we apply for internships, residencies, fellowships and, eventually, pharmacist positions. The key step in attaining our desired position is shining throughout the interview process, and successfully showcasing ourselves and our value to the organization. Once the interview itself is completed, another opportunity arises to set ourselves apart from the crowd and show the interviewer that we value their time and are serious about the position by writing a thank-you note to the interviewer. A debate has arisen as to whether this thank-you letter should be hand-written or sent via e-mail. In today's day and age where digital media reigns supreme and hand-writing letters seems an ancient practice, the act of writing a thank-you letter to your interviewer and sending it via e-mail is the way of the future in obtaining a job.

Technology and various forms of electronic communication are becoming a way of life for busy professionals. Communication has branched away from the archaic hand-written letter and turned to different media such as text messages, e-mails, and video chats. It is hard to complain, however, as electronic communication has become more convenient and fool proof than ever! An electronic thank-you to an interviewer assures the sender that an e-mail has been sent and received. Should it not be sent due to a typo in the address, there is an automatic error message, notifying us that something is not right. These typos can usually be corrected with a quick phone call or internet search, assuring that our e-mail was read. Further, the e-

mail is saved and dated. Having this information at hand can serve as a great convenience for working individuals.

E-mailing a thank you letter is faster and more reliable than hand-writing a letter. Most people are more likely to check their e-mail than their paper mail, and e-mail can easily be checked multiple times a day from any location. This ensures that potential employers are more likely to see our thank-you letters and remember who we are. An employer can easily respond to our e-mailed thank-you note because our contact information is documented and saved within their inbox. This allows for quick and efficient communication between the two parties.

Additionally, e-mail is preferred over hand-written letters because it ensures professionalism. Acting professionally shows respect to others and elevates our image in front of the interviewer. Emails provide spell check, word choice, and grammar options that will help to make sure our email is formatted appropriately in complete, grammatically correct sentences. Furthermore, emails provide a standard font that is easily read by everyone, as opposed to a hand written letter that could be misunderstood. Sending a thank-you email portrays our interest in the occupation at hand; making sure that email is written flawlessly increases our chances in obtaining the job and helps us to stand out from all other applicants.

Sending a thank-you letter via e-mail can also reinforce a company's initiatives to "go-green" by reducing paper waste. It is unlikely that interviewers will keep all of our thank-you letters, especially if we do not get the job. An e-mail can easily be deleted from an inbox or stored in an electronic file, whereas a hand-written note generates waste. We can include a footnote on our e-mails asking the recipients to avoid printing the

Continued from page 9..Thank you email

e-mail unless absolutely necessary to avoid pollution and waste. This illustrates our genuine concern for the environment in addition to conveying our thanks to the interviewer.

With the world moving ever forward into the digital age common practices must change and evolve to keep pace with the technological advances. Writing thank-you letters to our interviewers via e-mail shows that we are efficient,

resourceful and technologically savvy. E-mail provides for quick communication while maintaining a high level of professionalism that will give us an edge in the job-market. Following-up an interview with a thank-you note is a must, and it is more than okay to do so via e-mail.

By: Marwa Abouomar (2014), Amrik Boparai (2015), Ronald Brown (2015), Sabina Bukowska (2014), Matthew Ciapetta (2015) and Lea Posa (2014)

Pharmacy Students Sound Off:

NJPHA President Joseph Tarallo urges students to get involved with public service. Can your student group increase the proportion of students who report receiving information on alcohol and other drug use (substance use) on your campus? We want to hear from you. Please share your reports of how you got involved in a service project at your campus or in your community.

If you would like more information about this topic, please go to the following web sites:

<http://www.justice.gov/dea/pr/multimedia-library/publications/prevention4teens.pdf>

Community Education | The Partnership at
<http://www.Drugfree.org>
<http://www.acha.org/healthycampus>

Please send your "sound off" to the editor, g.earl@uscience.edu. We will feature them in the next issue, i.e., 2013 Fall. (please include name, class year, and school)



**Legislative Day
State Capitol in Trenton
October 18, 2012**



Provider Status for Pharmacists Requires Activism by Steve P. Soman, PharmD Candidate 2013, St. John's University

Pharmacy Provider Status petition was originally started by Dr. Sandra Leal, Director of Clinical Pharmacy at El Rio Health Center in Tucson Arizona, on the Change.org website. She inspired me after an interview with the Rho Chi Post, the student publication of the Rho Chi Beta Delta Chapter and St. John's University College of Pharmacy and Health Sciences. After signing the petition on Change.org, I realized an opportunity to further raise the publicity for this issue by posting the petition to the White House "We the People" petition site.

Initially, I never thought the petition would gain the momentum it did. The goal was to have 25,000 signatures by January 26th. I started the petition late at night on December 27th and by January 9th, I had met the goal for the needed signatures. I consider that impressive considering the holiday season. The rapid spread and momentum of the petition also suggests the desire for pharmacists and student pharmacists to expand their scope of practice and be recognized for their positive impacts on the healthcare system. The deadline for the petition was January 26th but the petition has not been archived or closed, thus it may be being considered by policymakers in the administration and provides opportunity for you to sign the petition if you haven't done so yet.

Personally, I take encouragement from this petition. Not only does it serve as a good publicity tool, it also helps keep practitioners and student pharmacists active on the issue. This petition won't have a legislative impact but having the Obama administration express support would further raise

the importance of this issue and help promote this issue in the advocacy and political circles. Further action and commitment by pharmacists and student pharmacists are required for the success of this legislation. American Pharmacists Association (APHA) has committed significant funds to advocate for pharmacists' provider status.

While our national organizations work with other healthcare professions and head up lobbying efforts, nothing sends a stronger message to our elected officials than grassroots activism. When you call your legislature and request a response on an issue, the policy makers may respond with a generic statement. When multiple people contact their elected officials, they begin to pay attention and educate themselves on the issue. This will further help the overall national strategy by our pharmacy organizations. Thus I encourage pharmacists to be active, take a few minutes out of your day to send an email to your members of congress and senate. Pharmacy, as a profession, needs to be more cohesive and more active – that process starts with you! Be involved, proactive, and vocal to be a positive impact on our profession and its future.

The petition is located the following URL:

<http://wh.gov/Q7lq>

Pharmacy Students,

This is your forum for connecting with local pharmacy students. You are encouraged to become active, participate, and share your learning experiences with your fellow students. Please share and submit your ideas and comments to the editor at g.earl@usciences.edu (please include name, class year, and school)

The Pharmacists' Role in Immunizations

Joseph Hydock, PharmD candidate, Philadelphia College of Pharmacy at University of the Sciences

Originally, the average person may picture a pharmacist as someone who stood behind a counter and just counted drugs and then dispensed them to patients. However, over the years the role of pharmacists vastly expanded to include other functions such as screening, public health advocacy, and of course immunizations. Pharmacists came into the **role of an immunizer** as a convenient and accessible means for immunization that would aid the efforts of other healthcare providers. The role of the pharmacist is still evolving in many positive ways today.

More than 175,000 pharmacists have been trained through educational programs to be able to immunize patients.(2) With these kinds of numbers, pharmacists are becoming known as immunizers. This has greatly improved the rates of immunizations. It is clearly evident that the public's utilization of pharmacists for immunizations is growing. Data indicates "that between 17 and 25 million doses of influenza vaccine were administered by pharmacists during the 2010-2011 season."(2) During the 2010-2011 influenza season, 18.4% of influenza vaccines were administered by pharmacists versus 7% in the 2006-2007 season.(2) In just a few years, the number of vaccines given by pharmacists more than doubled. By allowing pharmacists to provide immunizations, a patient's access to their medication is greatly improved. In most situations, the local pharmacy is much closer and more convenient than going to the family doctor for a simple immunization.



Aside from administering the immunizations, it is then also up to the pharmacists to educate the public about the advantages and risks of getting a certain vaccine. By

providing accurate information on any specific immunization and talking to the patient, their quality of care is certainly improved. In 2010, The Advisory Committee on Immunization Practices (ACIP) included everyone 6 months of age and older in their recommendation for the influenza vaccine.(2) Increasing the range of those who should be vaccinated also improves the quality of care, as well as general health and wellness. If pharmacists immunize more people, then there will be less of a chance for an epidemic.

The quality of care provided is improving as a result of pharmacy school requirements for immunization training. In 2009, a report showed that "approximately 38% of colleges and schools of pharmacy were providing immunization education and training as a component of their core curricula."(1) Training and educating pharmacy students on immunizations will improve the quality of care given because they will be better educated when they are out in the field practicing pharmacy.

1. Romanelli F. Immunization training: right or privilege. *American Journal of Pharmaceutical Education*. 2012 May;76(4):57.

2. Shelton C. The pharmacist as public health advocate: enhancing immunization rates. *Drug Topics*. 2012 Aug;156(8):28-37.

Response to the "Sound Off" Column, 2012 Fall, Issue 1:

SOUND OFF RESPONSE: I believe it is fine to thank people by email and if there is no alternative option to thank them in person. Taking the time to still "Thank" a person is what matters no matter how you deliver it.

Emanuel Mullokandov, P6, PharmD Candidate, LIU

IPPE meets IPE: Interprofessional Education Program

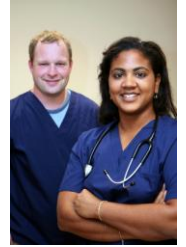
Deanna Bauerlein, PharmD candidate, 2016, Philadelphia College of Pharmacy at University of the Sciences

Starting this past August, the Philadelphia College of Pharmacy teamed up with Cooper Medical School of Rowan University to form an Interprofessional Education program (IPE). According to the World Health Organization, IPE is “when students from two or more professions learn about, from and with each other to enable effective collaboration and improve health outcomes (WHO, 2010).” Our IPE program is exactly as this definition describes. It is a collaborative experience where 25 first professional-year (P1) students from PCP, including myself, receive healthcare training with 50 first-year medical students.

We are grouped into teams of two medical students per pharmacy student and receive training in taking medical histories, vital signs, and performing physical exams. Teams meet throughout the semester every Thursday. We alternate between the student-run clinic and satellite sites. The students are in complete charge of this free clinic in Camden, New Jersey. We manage the front desk, run the appointments with each patient, as well as fill and counsel the patients on their prescriptions. We do all of this under the supervision of pharmacists, physicians, and residents of both fields. Being able to interact with the patients in this way has given me confidence in communicating with patients and has improved my clinical skills. With this I have learned about diseases, such as diabetes and how it is diagnosed and treated. In addition, working with a medically underserved population has been a very rewarding experience personally.

The satellite sites include Planned Parenthood, Pediatrics clinic, a senior citizen home, Family Medicine clinic, Gynecology clinic, an HIV clinic,

and a community pharmacy. At the physicians' offices we shadow the physicians to gain insight on the different specialties. At the senior citizen home each team is the different specialties.



At the senior citizen home each team is assigned a senior mentor. My team and I have interviewed our mentor on her life, taken her medication history, and assessed her home for safety. In the community pharmacy rotation we learned how to read OTC labels and how a pharmacist would recommend an OTC product. It is exciting that the medical students get to learn about my profession as I get to learn about theirs. This has created a bond between my team that exceeds the walls of our rotations. My IPE experience is something I wouldn't trade for the world and I look forward to continuing this collaborative education for my next three years of pharmacy school and beyond.

SOUND OFF RESPONSE: "Personally I prefer to thank my interviewer by emailing rather than sending cards. There are few reasons for that: Firstly it is a nice gesture to give someone a thank-you after you had conversation with him/her (especially if you had good time with them). Secondly, we usually send cards to someone we care a lot such as girlfriends, siblings, and friends. And finally sending email is much faster than sending cards which will allow me to quickly communicate to my interviewer." *Shaheed Ahmed, P6, PharmD Candidate, LIU*

Pharmacy Student Research and Scholarly Works

The following students from Long Island University worked on their research projects and published their manuscripts during their advanced pharmacy practice experience rotations with professor Timothy Nguyen:*

Hanna V, Joseph T, Chacko A and Timothy Nguyen. **“Medication Reconciliation Charts Reviewed by Pharmacy Students to Identify Patterns of Therapeutic Substitutions”**

- *Conclusion: Having a pharmacist evaluate each medication reconciliation report can significantly cut down on medication errors as well as unnecessary adverse effects experienced by patients during their stay as an inpatient. Pharmacists can play a proactive role in accurately investigating these therapeutic substitutions, additions and deletions and contribute to the overall goal of patient safety within a hospital setting. Higher-quality studies are needed to confirm these findings.*

Michael E. Kyriannis, Noah P. Silver, and Timothy Nguyen. **“Medication Utilization Evaluation in End Stage Renal Disease Patients”**

- **Conclusion:** *There is a high percentage of medication-related problems which appear to correlate with the amount of medications that each patient takes. Medication utilization evaluation proves essential in providing safe and effective therapy to patients with ESRD thereby controlling their co-morbidities and decreasing adverse events.*

Yat Sing Chan, Karina Kipnis, Margarita Pinkhasova, and Timothy Nguyen. **“Incidence of Medication Adverse Drug Reactions in Hospitalized Patients:**

- **Conclusion:** *Medication ADRs occur very commonly and early recognition and identification to prevent or alleviate them may improve patient outcomes and decrease length of hospital stay.*



Days with the Dog Meds

My Experience as a Veterinary Hospital
Pharmacy Technician
Maggie Marshall, Philadelphia College of
Pharmacy, PharmD 2017

Prior to July 2010, I never thought I would return to school to study pharmacy. That summer, I began working at the Veterinary Hospital of the University of Pennsylvania as a pharmacy technician. I thought it would be a starter job, a stepping stone, a way to get my master's degree. However, while working at VHUP, I discovered the world of veterinary pharmacy.



One of the most fascinating things I learned at VHUP was the fact that many of the medications we dispensed were the same as at "human" pharmacies. We regularly stocked clopidogrel, diphenhydramine, and fluoxetine for our furry patients. Many drugs, such as aspirin, could only be prescribed in small amounts. I often saw dosages as small as one-quarter tablet of an 81mg aspirin. Any more could be toxic.

The most jarring aspect of working at the veterinary hospital was learning aseptic technique when drawing up injections. Penn is one of the top animal hospitals in the world, and many surgeries require multiple sedatives and analgesics. Sometimes, the patient's family would have to say goodbye, and I would prepare the bright pink, viscous Euthasol. That was certainly something I never saw when I worked in community pharmacy.

Working at an animal hospital inspired me to pursue a PharmD at University of the Sciences, just next door to Penn. I'm excited to explore the various fields of pharmacy, particularly this specialized field. Still, with more and more community pharmacies offering pet medications, any pharmacist can benefit from studying veterinary medicine.

Pharmacy Advocacy:

Who did you  Share with ?

In this issue, Steven P. Soman from St. John's University writes about his efforts to start a White House Petition. Pharmacists want this to be a watershed moment that results in the recognition of pharmacists as health care professionals under the Social Security Act. When you received an email or a Facebook® post that invited you to sign the petition, did you take a stand to advocate for the pharmacy profession and share the invitation to others? Did you use this as an opportunity to reach out to other students? Did you share it with the people at work? How about family members and friends? These are important questions to consider as pharmacists strive to advance the profession and promote the "Pharmacy Practice Big 3": quality of care, patient safety and access to care.

Let's take a moment to reflect on our effectiveness in advocacy. As of March 1st, there were 36,288 signatures on the petition. This exceeded the goal by 10,000 signatures. We applaud the efforts and impact of one individual, a student at St. John's University, for taking the initiative and demonstrating leadership to start the petition.

According to the Bureau of Labor and Statistics, there are almost 275,000 jobs for pharmacists in the U.S. Considering this data, we engaged approximately 13% of the eligible audience. We can do better. And we will! As students, who are involved in your state professional organization, you are laying the groundwork to continue your role in advocacy in the future.

Consider how you can build a network of friends that will join us in sharing information, news, and petitions. This was an opportunity to reach out to other professional organizations and community groups.

Perhaps, some of you shared with friends who were nurses, physician's assistants, physicians, physical

NJPhA-Student Practitioner Committee (2012-2013)

Co-Chairs: Grace Earl, PharmD; Timothy Nguyen, PharmD, BCPS, CCP

CEO: Elise M. Barry, MS, CFRE

President: Joe Tarallo, RPh

FDU: Nicholas Albano, PharmD candidate; Adam Carlson, MS; Chadwin Sandifer, Dean

LIU: Timothy Nguyen, PharmD; Olga Parshikova, PharmD Candidate

RU: Ashley Brower, PharmD Candidate; Eric Chang, PharmD candidate; Jessica Chiu, PharmD candidate; Donna Feudo, RPh; Rita Habib, PharmD Candidate; Calvin Kwon, PharmD candidate; Lucio Volino, PharmD

SJU: Maria Leibfried, PharmD

Temple U: Loretta Brickman, RPh; Prof. Eileen Lichtenstein; Kevin Kalladeen, PharmD Candidate; Princy Pathickal, PharmD Candidate

USsciences: Matthew Ciapetta, PharmD Candidate; Grace Earl, PharmD

Practitioners: Linda Gooen, PharmD; Melissa King, RPh; and other members

Pharmacy Advocacy continued

therapists, and occupational therapists; or you took this as an opportunity to reach out to members of the community. This is another chance to network with members of community groups and join forces to influence legislation, thus improving the quality of health care services.

As pharmacists, we help our patients every day in the community as well as in other settings. By working at the state professional level, we collaborate with our legislators to help our patients on a larger scale. Together, we advance the laws that will affect our practice and the health care services we provide.

There will be more emails and messages coming your way, so next time, let's consider sharing this valuable information with your friends!

Grace Earl, PharmD, Assistant Professor, Philadelphia College of Pharmacy at the University of the Sciences

SOUND OFF RESPONSE: Due to technological progress I think it has gotten to a point where it is appropriate to thank people via email. The email will get to a person in no time and the receiver can read it at their leisure time. However it is missing a true personal touch, the one that is present in a follow up personal call or a post card.

Olga Parshikhova, P5, PharmD Candidate, LIU



**Legislative Day
Trenton
State Capitol
October 18, 2012**

NJPHA student members with
- Assemblyman Louis D. Greenwald
- Assembly Speaker Sheila Oliver

Effective Communication In A Multidisciplinary Patient Care Team

By: Rachel Staudt, Pharm.D., PGY1

As a pharmacist, one of the most important aspects of patient care is effective communication with members of a multidisciplinary team. According to a study by Ranell et al¹, insufficient communication between pharmacists and physicians occurs for several reasons. This includes pharmacists' lack of confidence in their ability to influence physicians to accept their recommendations, and ineffective communication initiated by pharmacists. In order for pharmacists to make recommendations and implement drug therapy changes it is necessary to bridge any communication gaps that may exist within the team.

When joining an interdisciplinary team for the first time, as a student on APPEs or as a pharmacist, it is important to understand and assert your role on the team. If the team is not accustomed to having a pharmacist present, a good place to begin is letting them know where you can be useful. This may be achieved by taking charge of any pharmacy related interventions (therapeutic drug monitoring, IV to PO conversions, drug interactions, missing medications, etc...) or offering additional services beyond rounding (i.e. medication counseling, medication reconciliation, answering drug information questions).

When making recommendations, remember that your approach is almost as important as the information you are trying to convey:

Confidence:

Be confident in your recommendations; however, be careful not to sound accusatory or some healthcare providers may feel their professionalism is being questioned.

Target Audience:

Identify the best healthcare provider to communicate with depending on the recommendation. For example, communicate with a nurse about a vancomycin trough level needs to be drawn at a specific time may be more effective than the doctor as the nurse will be the person to physically perform the task.

Choosing your battles:

Do not feel bad if the intervention is not accepted by the team because there may be other issues related to patient care. Also, pharmacists in the Northeast are somewhat limited in their scope of practice compared to other states.

Remember choose your word wisely when communicating to a busy health care provider. You can begin with the most pertinent and pressing information first in order to facilitate and enhance patient care.

1. Ranell P, Biss J. Physicians' Perceptions of Communication with and responsibilities of pharmacists. *J AM Pharm Assoc.* 2000;40:e1-e8



.....Editor's note.....

Students should submit updates on chapter activities, news, and share information with other schools. Please contact the editor, Grace Earl, PharmD, BCPS at g.earl@uscience.edu. (Please include name, class year, and school)

Special thanks to University of the Sciences members for editing the newsletter: Matthew Ciapetta (2015), Marwa Abouomar (2014), Sabina Bukowsky (2014)