

Spring 2009 – Record Number of Programs

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Eight programs kept the Wake AHEC Pharmacotherapy Team quite busy this spring!

Code Blue! and the Pharmacist provided a great review of the ACLS algorithms and focused on the importance of pharmacist involvement in code situations. One participant commented “This program should be required for all pharmacists working in hospitals with decentralized pharmacies.”

On February 26, 2009, the program *Continuing Professional Development: A New Way to Learn in North Carolina* taught pharmacists how to become more self-directed learners. Participants who completed this training are now eligible to utilize the CPD portfolio as an alternative to submitting traditional Continuing Education (CE) hours to the NC Board of Pharmacy for their annual license renewal. More information on CPD can be found on page 3.

Keeping up and understanding the implications of the medical literature can be challenging. *The Evidence Based Medicine for Novices* program assisted participants in critically appraising a recent therapy study. Participants learned how to calculate the number needed to treat or harm, basics of trial design, and red-flags to look for when reading trials.

The spring *Pharmacotherapy Update: The Medication Life Cycle* focused attention on new uses for old(er) drugs, medications in the development pipeline, how/which medications receive black boxed warnings and are withdrawn from the market, and proper disposal of

unused medications. The presenters of this program were all pharmacy residents; each brought great enthusiasm and active learning activities to reinforce the key concepts of their topic.

Advancing Patient Care: Quality Measurement and Payment Reform was a “first” for Wake AHEC Pharmacy CE. This program was video-teleconferenced to two other AHECs. The national speakers provided insight into the Pharmacy Quality Alliance (PQA) and pharmacy’s place in the proposed healthcare reform.

New Pharmacologic Agents Spring 2009 highlighted new agents that have entered into the market during the last quarter of 2008 and first quarter of 2009.

ADHD in the Elementary School Aged Child was a multidisciplinary program that provided a great review of both the behavioral and pharmacologic therapies used to help children with the disorder.

Basic Spanish for Community Pharmacists and Technicians has been postponed to fall.

Thank you to the CE attendees and the 2008 Advisory Board for selecting great topics for 2009!



Looking forward to Fall 2009 and Beyond



Thanks to the great work of the 2008 Advisory Board we have a solid line up for fall.

Basic Spanish for Community Pharmacists and Technicians is being rescheduled from the spring. It will consist of two daytime sessions and will provide 8 hours of continuing education credit. Exact date, time, and location are pending.

New Pharmacologic Agents Fall 2009 is planned for Thursday, October 29, 2009 beginning at 5:45pm. The program will feature two presenters and be divided into Outpatient Medications and Inpatient Medications based on attendee feedback.

Pharmacotherapy Update: OTCs and Herbals is planned for Saturday, November 14, 2009 and will provide participants with 6 hours of continuing education credit. The OTC portion will focus on use in special patient populations (infants/children,

pregnancy/lactation, chronic conditions, and elderly). The herbal section will be led by a pharmacist who specializes in the benefits of combining prescription medications with herbal and nutritional remedies.

7th Annual Infectious Diseases Update: Bugs/Drugs/Resistance is planned for Tuesday, December 15, 2009 beginning at 6:00pm and will focus on the most common bacterial infections encountered in both the community and acute care settings. Helpful tools and resources will be discussed to aid pharmacists in collaborating to provide optimal outcomes for patients.

REMEMBER: Wake AHEC also offers CME courses that can be used for continuing education credit in NC and several other states. Check the calendar at www.wakeahec.org for additional programs that may interest you!

For the Statewide AHEC CE calendar and a free copy of your transcript, visit www.myahec.net

Become a Preceptor to Teach and Learn

It is no secret that North Carolina is fortunate to have 3 excellent schools of pharmacy in addition to non-traditional students taking advantage of distance learning to earn their PharmD degree.

To ensure all students receive the BEST training possible, the experiential programs are vitally important. In NC, any pharmacist in good standing with the board is eligible to be a preceptor. So, are you a preceptor? If not, why not?

Every pharmacist has unique qualities to offer our future peers. Showing students the culture of pharmacy, providing networking opportunities, modeling

compassionate care, and advocating involvement in the profession are just a few.

Preceptors also receive much from having these eager learners at your site. Students are exposed to the most current therapeutic knowledge, and as a preceptor you can enjoy learning with them and from them. Because students are eager and motivated, they are extremely helpful in practice site advancement through their work on projects at your site. As a result of these mutual learning opportunities, pharmacists can receive up to 5 hours of live continuing education credit annually by taking students on rotation.

Finally depending on the university, your site could receive additional benefits such as complementary digital library access, preceptor development continuing education, and reimbursement to help seed site development.

Preceptors have the opportunity to take students from multiple schools. Contact the Experiential Director at any (or all) of the schools of pharmacy to learn more.



Continuing Professional Development: A New Option for North Carolina Pharmacists

Continuing Professional Development (CPD) is a process that helps pharmacists develop a self-directed, ongoing, systematic and outcomes-focused approach to learning and professional development. North Carolina was one of the first five states that participated in a national pilot program to introduce the CPD model of learning in the United States. Canada, New Zealand, and Great Britain currently use the model as a means of tracking pharmacists' growth.

North Carolina continues to charge forward with the further development and implementation of the CPD process.

The beauty of CPD is that it allows pharmacists to plan their own learning and "count" time engaged in obtaining their goals and outcomes as continuing education credit.

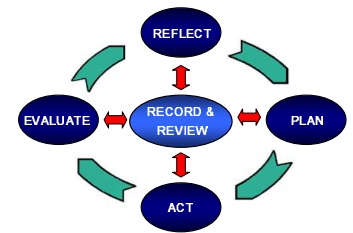
For example, your goal is to implement a new service at your practice. Then you would construct a learning objective and identify activities needed to help you achieve that goal. Those might include shadowing peers who have established that service at their

practice, reading journal articles to learn more about a particular disease state, or taking courses on writing business plans or conducting performance improvement projects.

Traditionally these types of activities were not eligible to "count" for your annual continuing education needs for re-licensure. However, if you receive CPD training and elect to follow the CPD process and document your learning activities as they relate to your objectives, you will be able to "count" these activities for continuing education credit.

The sky is the limit with what you can achieve by spending time reflecting on your learning needs, creating a plan, acting on the plan, evaluating your progress and documenting each step of the way.

The Board of Pharmacy has launched a web based portfolio tracking tool for pharmacists interested in following the CPD process. To utilize CPD, you must attend a training session.



CPD Training Sessions:

- August 2009: Eastern AHEC
- December 2009: Southern Regional AHEC
- January 2010 (tentative): Mountain AHEC
- Additional offerings to groups of 20 or more: Contact Wake AHEC to arrange

Innovative Practitioner Spotlight: Robin Zook, PharmD, CGP

Dr. Zook has a passion for assisting the aging population in utilizing their medications properly. Applying her entrepreneurial spirit to her passion, she began her Cary based company, MTM Pharmacy Associates, Inc. in January 2008. She provides Medication Therapy Management (MTM) services to patients in the comfort of their home. Additionally, she conducts medication education programs for senior groups around the Triangle area.

Before beginning this company, Dr. Zook completed her BS degrees in Chemistry and Science Education from NC State University and her PharmD from the UNC School of Pharmacy in 2003. Dr. Zook is currently recognized as a Certified Geriatric Pharmacist by

the Commission for Certification in Geriatric Pharmacy. She has current and prior experience as a community pharmacist with CVS/Pharmacy in Morrisville, Select Specialty Hospital in Durham, and as a clinical pharmacist with the UNC Eshelman School of Pharmacy where she is involved in several medication management research studies.

What makes MTM Pharmacy Associates, Inc. so special is that it is not affiliated with a traditional dispensing pharmacy. She receives payment for most of her cognitive services through the CheckMeds NC program that was recently extended through mid-2011. After meeting with the patient at their home, she documents the encounter and

collaborates with the prescribers to initiate change. If a new medication order is issued by the prescriber, Dr. Zook works with that patient's pharmacy to have the order fulfilled. Her patients are referred to her company through patient word of mouth, the group education programs, and physicians.

The care Dr. Zook provides her patients is both professionally rewarding and needed by the patients and their providers. She has recently become a preceptor, which will no doubt provide student pharmacists with a great experience in an innovative practice model.

(Editor's note: Learn more about CheckMeds NC at <http://www.checkmedsnc.com/providers.aspx>)

Internet Resources: What's in My Favorites? (Part 1)

One of the recent program requests was for a CE program that focuses on Internet Resources. Below is a summary of a few personal favorites that will hopefully be of use in your practice. Most are available free; some are literature citations that can be retrieved through a Drug Information Center, Medical Library, or the AHEC Digital Library. This is not an exhaustive list and is based on editor opinion.

Drug Information:

AHEC Digital Library - The ADL is free to UNC affiliates/preceptors and employees of subscribing organizations. Individual subscriptions can be purchased. Members can search medical literature, retrieve articles, and have access to multiple databases and PDA tools. <http://library.ncahec.net>

Campbell Drug Information Center (DIC) - The DIC researches and answers drug-related questions for healthcare professionals. http://campbellpharmacy.net/resources/drug_info_center.html

CE Locators:

ACPE Pharmacists' Learning Assistance Network - P.L.A.N. is a searchable database to find any ACPE approved CE program in the nation. <http://www.acpe-accredit.org/pharmacists/programs.asp>

My AHEC - The statewide AHEC CE calendar can be found here with links to register. <http://my.ncahec.net>

NC Board of Pharmacy - Lists programs that have been requested for posting by the sponsor. <http://www.ncbop.org/conted.htm>

Guidelines and Therapeutic Information:

Antithrombotic Therapy -

- CHEST Guidelines: http://www.chestjournal.org/content/133/6_suppl
- Quick Reference: Venous thromboembolism (VTE) treatment - CHEST update. *Pharmacist's Letter/Prescriber's Letter*. 2008; 24(10):241009.

Asthma -

- Expert Panel Report 3: <http://www.nhlbi.nih.gov/guidelines/asthma/asthmaumm.pdf>
- Review article: Fanta CH. Drug Therapy Asthma. *NEJM*. 2009; 360:1002-14.

COPD -

- GOLD: <http://www.goldcopd.com>
- Summary article: http://uspharmacist.com/content/t/respiratory_disorders/c/12109/

Diabetes -

- American Diabetes Association: http://care.diabetesjournals.org/content/vol32/Supplement_1/
- American Assoc of Clinical Endocrinologist: <http://www.aace.com/pub/pdf/guidelines/DMGuidelines2007.pdf>
- New algorithm: <http://care.diabetesjournals.org/cgi/reprint/32/1/193>

Dyslipidemia -

- ATP III: <http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3xsum.pdf>
- ATP III Update: <http://www.nhlbi.nih.gov/guidelines/cholesterol/atp3upd04.pdf>

Hypertension -

- JNC 7: <http://www.nhlbi.nih.gov/guidelines/hypertension/index.htm>

Infectious Disease -

- HIV/AIDS: <http://www.aidsinfo.nih.gov/Guidelines>
- Bug/Drug: <http://hopkins-abxguide.org>
- Centers for Disease Control: <http://www.cdc.gov>

Vaccine Preventable Disease -

- Immunization Action Coalition: <http://immunize.org>
- CDC: <http://www.cdc.gov/vaccines> (Pink book, recommendation schedules, VIS, etc)
- NCBOP Rule: <http://www.ncbop.org/LawsRules/rules.2507.pdf>

Helping Your Patients:

Health Literacy -

<http://www.hrsa.gov/healthliteracy/default.htm> and <http://nnim.gov/outreach/consumer/hlthlit.html>

Patient Assistance Programs -

<http://www.needymeds.org> and <https://www.pparx.org/Intro.php>

