



LA HEALTH-SYSTEM PHARMACIST

Newsletter of the Louisiana Society of Health-System Pharmacists

Editor: Dana Jamero djamero@xula.edu

www.lshp.org

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FROM THE DESK OF THE PRESIDENT

I'd like to start this edition of the newsletter by introducing our Board of Directors for the upcoming year. Our executive board will consist of the president-elect, Past President Teresa Nash, Secretary Mike Cockerham, and Treasurer Tommy Mannino. Members at Large are Laurel Andrews, Camtu Ho, Michael Loftin, Helen Calmes. Chapter Presidents are Jeri Latham, North; Jessica Brady, Northeast; Brice Mohundro, South Central; Ty Ledet, Southwest; Lovie Lewis, Southeast. Our committees and chairs are as follows:

- **Committee on Education and Workforce Development** - Shawn Manor
- **Committee on Pharmacy Management**- Ed Stemley
- **Committee on Public Policy** - William Kirchain
- **Committee on Programming & Practitioner Education** - Jay Schwab
- **Committee on Pharmacy Practice** - Brice Mohundro and Michael Mohundro
- **Subcommittee on Publications** - Dana Jamero
- **Committee on Membership and Marketing** - Lisa Ross
- **Subcommittee on Public Relations** - Ernest Lawson
- **Committee on Technician Activities** - Winona Thomas
- **Committee on Organizational Affairs & Documents** - Mike Cockerham

The board will be meeting in Woodworth, La August 13th and 14th to plan our upcoming year. We invite your input as to what you expect from LSHP. One of the issues that will be brought up is the role LSHP can play in social media. With the advancements in technology, these programs have become part of our everyday lives. I believe that LSHP could also play a role in this. We invite your thoughts on this and any other pharmacy related items.

One of my goals this year as President is to attend a chapter meeting in each district. I have knocked one off this list with my home chapter, South Central. We were treated to an interesting talk on USP 797 and USP 795 sponsored by Ameridose. I had the privilege of installing new officers for the upcoming year. The event was very well attended, with a mix of veterans, newcomers, and students. I would encourage preceptors to bring their students to events like this. We are able to show the value of meetings like this, especially as a networking tool.

I will continue to mention through the year that the ASHP midyear meeting is December 4th through 8th. I encourage each member to take advantage of this opportunity. If anyone would like to be involved with one of committees, please let me know. I hope everyone has a safe and happy summer.

Sincerely,
Scott Dantonio, R.Ph.
LSHP President



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Announcing the
LSHP Mid Year Meeting
October 8, 2011
Sam's Town, Shreveport, LA

Approximately 12 contact hours are being planned for this program, of which you may earn a maximum of 7 hours. Tentative topics & speakers at the Mid Year are scheduled to include:

Incorporation of Pradaxa into the American Heart Association Atrial Fibrillation Guidelines
Brittany Florczykowski, Pharm.D.

Non-Opioid Analgesics for Post-Op Pain
Meg Tiller

Emerging and Dangerous Substances: Current Trend and Future Direction of "Bath Salts"

Teflaro "The New Cephalosporin"
Chad Davis

Call 877-429-0711 to make your hotel reservations. The discounted room block rate is \$145. Make your reservations before September 5, 2011 and mention group code S10LAS to get the discounted rate.

**See page 6-7 for
more information
and a registration
form. A detailed
agenda is coming
soon!**

**LSHP Bimonthly Newsletter****LA HEALTH-SYSTEM PHARMACISTS****Publisher Information**

The *LA Health-System Pharmacist* is published 6 times a year by the LSHP, 8550 United Plaza Blvd., Suite 1001, Baton Rouge, LA 70809. Subscription to the *LA Health-System Pharmacist* is a benefit of LSHP membership. All articles published represent the opinions of the authors and do not reflect the policy of the LSHP unless so specified. *All student submissions must be reviewed by a pharmacist mentor whose name will be included on the article.*

Copy, advertising and nonmember subscription inquiries should be directed to the Copy Editor, Heather Gremillion, at (225) 922-4520. Advertising rate sheets and deadlines are available upon request.

Please send article submissions to the newsletter editor, Dana Jamero, via email at djamero@xula.edu.

South Central Chapter Update

By Brice L. Mohundro, Pharm.D.

The South Central chapter of LSHP is delighted with the success the chapter has had over the past year. At the LSHP Annual Meeting, several of our chapter members were honored. Scott Dantonio was sworn in as LSHP President, Tommy Mannino was presented with the LSHP Outstanding Service Award and I received the Chapter President award. I wouldn't have been able to do it without the help of the South Central chapter! We are also proud

to announce that in July we had one of the largest meetings since I have been a member of South Central with 52 people in attendance. At this meeting we installed three new officers. Congratulations to Joni Folse (president-elect), Mary Gauthier-Lewis (secretary), and Jackie Lea (treasurer). We were able to offer members several CE opportunities over the past year and have already planned several more for the year to come.

From Nola to Doha

Justin Ritter & Robert Andrews, PharmD Candidates
Sara Al-Dahir, PharmD, BCPS, Fulbright Scholar

7870.3 miles due east from New Orleans, Louisiana lies the capital of the small Middle Eastern country, Qatar. As fourth year pharmacy students at Xavier University of Louisiana College of Pharmacy, we conducted our first summer rotation under the supervision of Dr. Sara Al-Dahir. This first rotation consisted of an intense 6 week rotation in Doha, Qatar. Qatar is a small oil and gas rich nation on the Arabian Gulf. In hopes of becoming a regional and global leader in education and health care, Qatar is developing several Western accredited programs in the fields of medicine, engineering and education. We worked with the first graduating class of the College of Pharmacy and were the first American pharmacy students to serve in an international exchange in Qatar.

During the first 3 weeks, we were at Qatar University's College of Pharmacy, which is a Canadian Accredited Pharmacy program. During our time there we gave lectures across the curriculum for P1 through P4 students in Pharmacy Skills Lab, Integrated Case Based Learning and Pharmacy Practice. Being novices in delivering formal lectures, especially to students for whom English was a second language, this allowed us to think of different ways to deliver familiar content. We also participated in journal club discussions; had nine 1-hour long discussions with the dean of pharmacy, Dr. Peter Jewesson, about the development of Qatar in social, economic, and medical aspects; attended lectures on topics such as "The Inter-relationships of the Medical Community"; and interviewed seven different faculty

members on pharmacy practice in the region. The interviews were intended to give us an idea of the varying backgrounds among faculty, a comparison of Qatar to other Middle Eastern and surrounding countries, and the global and regional influences on the practice of pharmacy in Qatar.

We spent the last third of our rotation experiencing community and clinic based pharmacy in Qatar. Qatar is the base of many multinational industries such as Qatar Petroleum and Qatar Gas. Qatar Petroleum has a dedicated Medical Building which provides all inclusive medical services for employees and their family. We learned about the



Continued as "Doha" on page 4



"Doha" continued from page 3

inter-relationships between the pharmacists, doctors, and nurses to ensure a better outcome for the patient. We also focused on how formularies work in a corporate setting. The pharmacy layout was unique to us because we had never worked in a setting where the doctors, nurses, and pharmacist were all working extensively together. We were expecting a similar pharmacy set up that would be in the vain of a clinical pharmacy. In this setting, the patient comes to see the doctor about a condition and the nurse and pharmacist counsel the patient.

We then had the opportunity to participate in community practice at independently owned Kuloud Pharmacy in Doha. We observed how a pharmacy dispenses their prescriptions, interacts with and counsels their patients, and bills the costumers. We were expecting a pharmacy similar to a community pharmacy in America. Though the general layout was similar, we were surprised to learn that many of our prescription medications are over the counter. Other than antibiotics and pregabalin, medications were dispensed without a prescription. Community pharmacies do not carry narcotics or controlled medications. We assumed that the level of counseling may surpass what occurs in the United States as "prescription" medications are dispensed without regulation. However, we were surprised to observe that pharmacists were largely regarded as dispensers in the community setting and not as drug therapy experts. Qatar has a unique social structure. Being an oil rich nation, many families have several individuals work in their homes. Thus, often times, medications are dispensed to domestic help, with little interaction with patients.

It wasn't all work for us. Being in the Middle East, we got to sample all different varieties of food, from Africa, European countries and Asia. Qatar is hot .. but this did not stop us from exploring. In 112 degree weather, we did an exhilarating desert exhibition which involved dune bashing to the Arabian gulf. Dune bashing involves taking a 4 wheel drive vehicle through the desert, plummeting over 50 foot sand dunes which finally brought us to the inland sea. Doha is a rapidly modernizing city, with multicultural activities for the more than 1.5 million foreigners (over 80% of the population). Education City hosts the BBC world renowned Doha



Debates, which has hosted notable statesmen like President Bill Clinton. The rotation offered us cultural immersion opportunities with visits to the old marketplace, the museums and the cultural village. Being in the Middle East, we quickly found the opportunity to play soccer with the US Embassy soccer group and even learned about a floor hockey game played by Swedish expatriates in Doha. There were many things we learned, agreed with, and disagreed with pertaining to their pharmacy practice, but we had an incredible learning experience that we will have with us for the rest of our lives.

Xavier University and University of Louisiana at Monroe earn ASHP-SSHP Recognition

ASHP offers Student Societies of Health-System Pharmacy (SSHPs) nationwide the opportunity for official "ASHP-SSHP Recognition". Criteria for recognition encourage SSHP activities that:

- Promote membership in local, state, and national health-system organizations;
- Stimulate interest in health-system pharmacy careers;
- Encourage career development and professionalism among students aspiring to careers in health-system pharmacy.

Congratulations Xavier and ULM for being two of the 95 Student Societies of Health-System Pharmacy who have earned official recognition from ASHP for 2011-12!

To view a complete list of these officially recognized SSHPs please visit the following link: <http://www.ashp.org/DocLibrary/MemberCenter/StudentForum/2011-12-ASHP-Officially-Recognized-SSHPs.aspx>

Roflumilast: A New Approved Treatment in the Reduction of COPD Exacerbations

LaKeisha Williams, MSPH, PharmD and Kristi Isaac Rapp, PharmD, AE-C

Chronic obstructive pulmonary disease (COPD) is the fourth leading cause of death in the United States and is projected to be the third leading cause of death by the year 2020.¹ An estimated 10 million people in the U.S. are currently diagnosed with COPD and approximately 24 million adults have evidence of impaired lung function.² COPD, according to the Global Initiative for Chronic Lung Disease (GOLD), is characterized by irreversible airflow limitation that is progressive and usually associated with an abnormal inflammatory response of the lungs to noxious particles or gases. It is also associated with exacerbations of symptoms, including cough, sputum production and dyspnea on exertion that lasts for several weeks, resulting in medical intervention, hospitalization or increased risk of death.^{3,5}

On March 1, 2011, the FDA approved roflumilast (Daliresp™) as a treatment to reduce the risk of chronic obstructive pulmonary disease (COPD) exacerbations in patients with severe COPD associated with chronic bronchitis and a history of exacerbations. Roflumilast is a phosphodiesterase-4 (PDE-4) inhibitor, a new drug class for the treatment of COPD. It is available as an oral 500mcg tablet taken once daily, with or without food.⁴ Although the specific mechanism of roflumilast is not well defined, it is thought to be related to the effects of increased intracellular cyclic AMP in lung cells. It is not a bronchodilator and not used for the relief of acute bronchospasm.⁵

The safety and efficacy of roflumilast was evaluated in eight randomized, double-blind, controlled, parallel group clinical trials involving 9,394 adult patients of which 4,425 were treated with roflumilast 500 mcg. Of the eight trials, two 1-year trials supported the approval of roflumilast for the reduction of COPD exacerbations. Both trials involved patients with severe COPD, but associated with chronic bronchitis; at least one COPD exacerbation in the previous year, and at least a 20 pack-year smoking history. Furthermore, long acting beta-agonists and short acting anti-muscarinics were used by 44% and 35% of patients treated with

roflumilast and 45% and 37% of patients treated with placebo, respectively; the use of inhaled corticosteroids was prohibited.

Roflumilast 500 mcg once daily, in both trials, demonstrated a significant reduction in the rate of moderate or severe exacerbations compared to placebo by 15% in one trial and by 18% in the other.^{5,6} The above two trials also evaluated the effect of roflumilast on lung function. Roflumilast 500 mcg once daily demonstrated a statistically significant improvement in the forced expiratory volume (FEV₁) in one second in both trials, averaging approximately 50ml in comparison to placebo.⁶

The most common adverse reactions are diarrhea, weight decrease, nausea, headache, back pain, influenza, insomnia, dizziness and decreased appetite. Treatment with roflumilast is associated with an increase in psychiatric adverse reactions, including suicidality. Patients must be advised to contact their healthcare provider if the emergence or worsening of insomnia, anxiety, depression, suicidal thoughts or other mood changes occur. Roflumilast is contraindicated in patients with moderate to severe liver impairment and is not recommended in patients less than 18 years of age.⁶

¹Prosser. Theresa et al. Chronic Obstructive Pulmonary Disease. Pharmacotherapy Self-Assessment Program, 6th Edition. 1-15. www.accp.com/docs/bookstore/psap/p6b06sample01.pdf.

²Deaths from Chronic Obstructive Pulmonary Disease – United States, 2000 – 2005. Centers for Disease Control. November 2008.

³Global Initiative for Chronic Obstructive Lung Disease. Pocket Guide to COPD Diagnosis, Management, and Prevention. 2010. www.goldcopd.com/GuidelinesResources.asp.

⁴FDA Approves New Drug to Treat Chronic Obstructive Pulmonary Disease. <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm244989.htm>. Assessed April 3, 2011.

⁵Forest Announces FDA Approval of Daliresp™ (Roflumilast) as a Treatment to Reduce the Risk of COPD Exacerbations in Patients with Severe COPD Associated with Chronic Bronchitis and a History of Exacerbations. <http://frx.com/news/PressRelease.aspx>. Assessed April 27, 2011.

LSHP 2011 Mid Year Meeting

October 8, 2011

Sam's Town, Shreveport, LA

Join us for the Friday Welcome Reception & Red River Revel!

Come join us for hors d'oeuvres and refreshments from 7:00-9:00 p.m. on Friday, October 7th. The Welcome Reception will be held at the Barnwell Garden & Art Center at 610 Clyde Fant Parkway. It is just a short five minute walk from the conference hotel, Sam's Town. The festivities will continue at the Red River Revel! Enjoy visiting with your friends and colleagues before heading out to the Red River Revel, the largest outdoor festival in North Louisiana! Wander around during the last weekend of the festival, sample Louisiana cuisine, view over 100 artists' creations, and hear the sounds of great live music! Additional information on the Revel can be obtained at www.redriverrevel.com.

Exhibit Program and Lunch

An outstanding exposition has been planned for the Mid Year Meeting, displaying the latest pharmaceutical developments, products, equipment and services available. The expo will provide an excellent opportunity for you to visit with your colleagues and local industry representatives on Saturday, October 8th from 11:00 a.m. to 12:00 p.m. Lunch will be served in the exhibit hall at noon.

Overall Meeting Objectives & Target Audience

To provide information and instruction on a variety of topics to enhance pharmacists' training and skills and to provide pharmacists, pharmacy technicians and pharmacy students with instruction on important drug therapy, and legal and regulatory matters relevant to current pharmacy practice in Louisiana and the United States. Programs appropriate for pharmacists are indicated by a "P" suffix in the program number. Programs acceptable for pharmacy technicians are indicated by a "T" suffix in the program number.

Hotel Registration

The meeting will be held at Sam's Town located at 315 Clyde Fant Parkway in Shreveport. Reservations may be made by calling Sam's Town at (877) 429-0711. Make your room reservations by September 5, 2011 to receive the discounted room block rate.

Cancellation & Refunds

To receive a refund, confirmed registrations must be cancelled in writing. A \$15 administrative fee will be charged for all refunds. No refunds will be issued for requests faxed or postmarked after October 1, 2011.

Accreditation

The Louisiana Society of Health-System Pharmacists and the American Society of Health-System Pharmacists are accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education.

A total of 12 contact hours (1.2 CEUs) are scheduled for Saturday's program, of which a maximum of 7 hours (0.7 CEUs) may be earned by an individual participant.



To receive credit for the continuing education activities provided by LSHP, registrants must attend programs designated for their credential. They must also complete a Continuing Education Credit Report, including the Program Evaluation, and submit onsite upon program completion; and pay all applicable LSHP fees. LSHP will mail validated Statements of Continuing Pharmacy Education to participants within one month after the meeting.

To receive credit for the continuing education activities provided by ASHP, attendees must complete a Continuing Pharmacy Education Request online and may immediately print their official CPE statements at the ASHP Learning Center at <http://ce.ashp.org>.

Don't miss the LSHP Mid Year Meeting!

LSHP 2011 Mid Year Meeting Registration Form

Discount for early registration if postmarked by September 16, 2011

Name: _____ Badge Name: _____
 Institution/Affiliation: _____ Position/Job Title: _____
 Designation: ___ Pharm.D. ___ R.Ph ___ Technician ___ Other _____
 Home Address: _____ City/State/Zip: _____
 Business Phone: _____ Email: _____

Registration

Mid Year Meeting registration includes admission to all of Saturday's CE activities, the exhibit hall and lunch on Saturday, course materials and admission for the registrant and one guest to the Welcome Reception on Friday, October 7.

LSHP Pharmacist Member	_____ \$70
Pharmacist Non-Member	_____ \$150
LSHP Technician Member	_____ \$35
Technician Non-Member	_____ \$70
Pharmacy Resident	_____ \$70
Student	_____ \$15

Spouse/Guest Exhibit Lunch _____ \$20

Additional welcome reception guests, each _____ \$15

Registrants may bring one spouse/guest free, additional guests are \$15 per person. List names below

Additional late registration fee if postmarked after September 16, 2011 _____ \$10

Contribution for student sponsorship to attend the Mid Year Meeting (\$25, \$50, \$75, \$100) _____

TOTAL AMOUNT: _____

Welcome Reception

I will attend the reception on Friday 10/7

I will bring a spouse/guest(s). Guest Name(s): _____

*Registrants may bring **one** spouse/guest to the reception at no charge. Additional guests may attend for \$15.00 per person; please check above option for additional guests.*

Reservations must be made for Friday evening's reception. Tickets will only be distributed to registrants who have pre-registered.

PAYMENT: ___ Check ___ Visa ___ MasterCard ___ American Express

Name on Card: _____ Credit Card No.: _____

Exp. Date: _____

Billing Address for Card (If different from above address): _____

Signature: _____

Make checks payable to LSHP or provide credit card information and mail or fax to

LSHP, 8550 United Plaza Blvd, Suite 1001, Baton Rouge, LA 70809

Phone (225) 922-4520 Fax (225) 408-4422 office@lshp.org

Please contact the LSHP office if you have a disability and need special assistance, or have special dietary needs.

ASHP is returning to New Orleans!

ASHP 2011 Mid Year Clinical Meeting

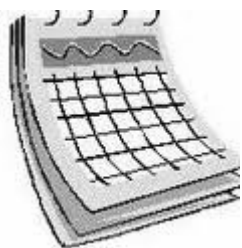
December 4-8, 2011

New Orleans, LA

Don't miss this exciting meeting as the Crescent City plays host to ASHP, the national organization of hospital and health-system pharmacists.

Visit www.ashp.org for more information!

Mark your calendars!



**National Pharmacy Week is
October 16-22, 2011**