



THE RX REPORT

A PSHP Publication

Dec 2018

Quarterly Newsletter

The Panhandle Society of Health System Pharmacists (PSHP) is dedicated to representing the interests of Panhandle area pharmacists, pharmacy technicians, and pharmacy students. We aim to provide benefits to our members such as continuing education, networking, and a forum in which important issues of the profession can be discussed.

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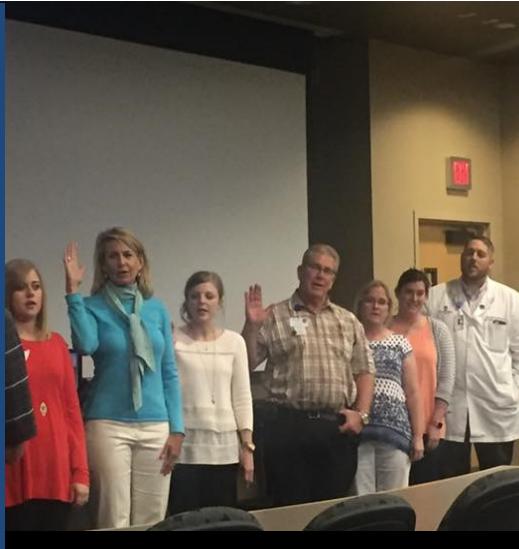
Maegan Whitworth

New Practitioner Liaison

Brandi Dahl

Announcements

- Christmas Party Dec 14
- Next regular meeting will be January
- Two of our members passed their Board Certification exams recently. Congratulations to Gina Nazworth and Rachel Basinger!



In This Issue

- Annual Symposium Highlights
- Clinical Corner
- Student Chapter News
- Upcoming Events
- Drug Shortage Word Search

Is Aspirin still the Wonder Pill?

In years past, aspirin developed the reputation of the wonder drug. Although commonly used for its analgesic effects temporarily relieving headaches, arthritic pain, and muscle aches; aspirin is recommended in secondary prevention of cardiovascular disease colorectal cancer risk reduction, dementia, and prevention of recurring venous thromboembolism. For this reason, many healthy Americans have adopted a daily aspirin regimen as a prophylactic measure for prevention of major cardiovascular events. While there is compelling evidence suggesting that aspirin is clinically beneficial to patients who have had atherosclerotic cardiovascular disease events, the use of aspirin for primary prevention of cardiovascular disease among healthy people has caused some skepticism.



Clinical Corner

Written by:
Alandra
Mitchell

As an inexpensive, over-the-counter once daily regimen, aspirin would represent an ideal option for patients concerned about cardiovascular events. Patients who have a family history of stroke or myocardial infarction would be inclined to take an 81 mg aspirin daily to reduce the risk of these occurrences. The regimen has little effect on the patient's lifestyle and does not require significant behavioral changes. This may seem practical; however, primary prevention trials like the Physicians Health Study and the Women's Health Study, provided evidence against this habit. These studies show small-to-modest cardiovascular benefits in high-risk patients and a significantly increased bleeding risk.^{1,2} This finding proved the bleeding risk associated with daily aspirin use far outweighs possible benefits of primary prevention of cardiovascular disease in otherwise healthy patients.

The New England Journal of Medicine reported the results of three recent studies that look at the use of aspirin in primary prevention trials: The ASCEND (A study of Cardiovascular Events in Diabetes) trial³; the ARRIVE (Aspirin to Reduce Risk of Initial Vascular Events) trial⁴; and the ASPREE (Aspirin in Reducing Events in the Elderly) trial⁵. The largest of these three was the ASPREE trial, which enrolled 19,114 persons who were 70 years or older and did not have cardiovascular disease, dementia or disability. Subjects were assigned at random to take low dose aspirin or a placebo daily. The results showed that those on aspirin were more likely to have severe bleeding and did not result in a much lower risk of cardiovascular disease than placebo. One of the more puzzling findings of this study was the slightly greater cancer related death rate among patients who took aspirin. This finding caused some concern as aspirin was previously shown to have benefit in patients with colorectal cancers but will require further study to be confirmed.

While preventive medicine is highly sort after in the elderly as an opportunity to maintain independence and reduce the risk of cardiovascular disease, aspirin should not be the solution. The increased bleeding risk in the digestive tract, brain and other sites may result in more harm than benefit to patients. Aspirin can still be considered a wonder pill for patients who have a history of heart attack or stroke or are at risk for one. However, for those healthy elderly patients, aspirin may not be the best recommendation due to its increased bleeding risk. Healthy patients are advised to consult their primary care physician before starting a daily aspirin regimen and adapt healthy lifestyle changes that include diet, exercise, and smoking cessation.

Did you miss the Clinical Symposium this year?

Written by:Taryn Bainum

October 27, 2018 marked the successful execution of the Second Annual South Plains Pharmacy Symposium in Lubbock, Texas. PSHP, alongside the LASHP and WTSHP chapters of TSHP, hosted this wonderful event for the second time. This symposium provides quality continuing education as well as opportunities for networking and time with exhibitors.

This year, the event was held at the Texas Tech International Cultural Center. This venue was very well-received by attendees and helped to facilitate discussion with exhibitors who were gracious enough to sponsor this event.

The event started out with an enlightening and thought-provoking key note speech by Dr. Rebecca Sleeper on sex and gender specific health. This presentation was widely regarded as an extremely interesting and cutting-edge topic that is not yet widely discussed. A complete list of the continuing education topics provided at this event is given below.

Sex and Gender Specific Differences in Drug Therapy
Rebecca B. Sleeper, Pharm.D., FCCP, FASCP, BCPS

Inpatient Clinical Pearls

Andexanet Alpha – Maegan Whitworth, Pharm.D., BCPS

Steroids in Septic Shock – Taryn Bainum, Pharm.D., BCPS

Fecal Microbiota Transplant for the Management of *C. difficile* – Chris Tawwater, Pharm.D., BCPS, BCCCP

Curbing the Opioid Abuse Epidemic: Pharmacist's Role
Les Covington, Pharm.D., BCPS, BCGP

Primary Care Clinical Pearls

Shingles Vaccine Updates – Kayley Simmons, Pharm.D., BCACP, BCADM

Resistant Hypertension: Detection, Evaluation, and Management – Brian Terrell, Pharm.D., BCACP

Practical Ways to Implement the USPSTF Recommendation for Hepatitis C Screening – Rachel Basinger, Pharm.D., BCPS, CTTS

Antimicrobial Stewardship: The Low Hanging Fruit – Shorter is Better

Larry Pineda, Pharm.D.

Tanis Welch, Pharm.D.

Lauren Dickerson, Pharm.D.

Texas Pharmacy Law Update

Terri Barton Burrows, RPh, Pharm.D., JD

Overall the symposium was a success, providing income for our chapter as well as benefits for our members. The chapter hopes to continue organizing this event in conjunction with LASHP and WTSHP for many years to come. We encourage all of our members—pharmacists, technicians, and students—to join us next year for this event!

Member Spotlight

Maegan Whitworth grew up in the big city of Pampa, TX. She attended Texas Tech University with a major in Chemistry. She recalls her chemistry professor suggesting she should be a pharmacist because of her interest and aptitude at handling chemical equations. Maegan also worked as a cashier at a local pharmacy during her first summer in college. This is where her passion for pharmacy was ignited! She fell in love with how the patients trusted and developed relationships with the pharmacists.

After graduation from Texas Tech University, Maegan attended Texas Tech's Pharmacy program in Amarillo, TX for her first 2 years. She finished her doctorate of pharmacy at Texas Tech School of Pharmacy's campus in Lubbock. She then completed a 2 year pharmacotherapy residence back in Amarillo at Texas Tech School of Pharmacy. She now works in the Medical and Surgical ICU at Northwest Texas Hospital, teaches at the School of Pharmacy, and is the Residency Program Coordinator. (What can't she do?!)

Maegan has now been a member of PSHP for 5 years. As a resident member, she provided CE presentations and served as the member-at-large officer position. She has also been the PSHP Secretary/Treasurer for the last 2 years. Since taking over the TTUHSC Pharmacotherapy residency, she is also responsible for CE accreditation and scheduling. (Thank you Maegan!) She has 2 favorite moments of PSHP that she would like to share – anytime the pharmacist members are able to interact and work with other disciplines in pharmacy (technicians, industry, students) and anytime Joe brings wine.

Maegan is proud of what PSHP has accomplished in the last 3 years. She reports "we are as financially healthy as we've been in many years, which is primarily due to our members and their support of the organization. As I reviewed and organized PSHP documents dating back to its inception, I realize how honored I am to serve with such an esteemed and impactful group." When asked what Maegan sees for the future of the pharmacy, she states she hopes to see a strong and valued representation of the profession that truly creates change to improve outcomes in patient care.



New Logo ?

Pictured below are some sample logos that have been created just for PSHP! See something you like? Something you want to change? Have your own idea you'd like to share?

We'd love to see it! We will discuss logos at our next regular meeting in 2019.

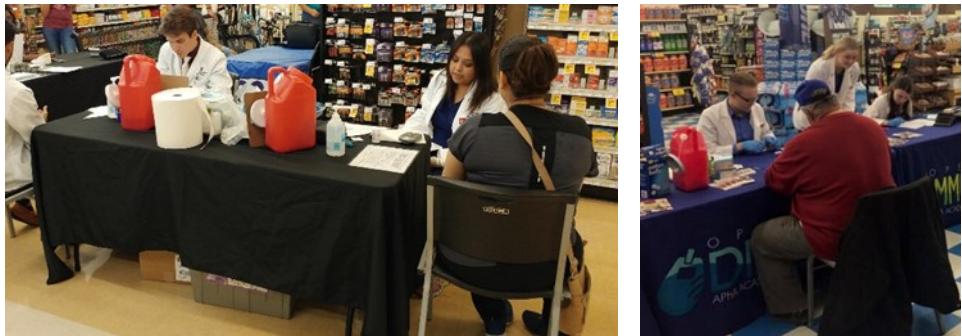


Volunteering in the Community

Double T partners with Amarillo area United Supermarket locations to offer monthly health screenings. United provides the locations and supplies, and Double T provides the pharmacy students. Blood pressure, blood glucose, cholesterol, and immunizations are offered. Double T also volunteers monthly at the Amarillo Children's Home.

Each year, the students from Double T compete in a Teddy Bear drive to donate new stuffed animals to hospitalized children. They rely on PSHP to help them out! Be watching for this event in the Spring.

Pro Tip: stock up on cute Teddy Bears after Christmas and Valentine's day for discounted prices!



TTUHSC Pharmacy students participating in community events

Double T Student Chapter News

Double T has a philanthropic side by volunteering at area community events. In September, Double T members were represented at the Walk to End Alzheimer's and in October, the Walk for Mental Health Awareness 5K.

Also in October, Double T conducted the student Clinical Skills Competition. Double T awards the winning pair with registration at the ASHP Midyear Clinical conference in December (a \$700 value). PSHP New Practitioners Dr. Dahl and Dr. Freudenberg proctored the competition and PSHP Secretary / Treasurer Dr. Whitworth served as the Amarillo campus judge.



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Panhandle Society of Health-System Pharmacists

Contact Us

Shoot us an email with any upcoming news you would like to share or photographs of our PSHP group!

You may also submit nominations for the Member Spotlight to any of the member emails listed.

PSHP Facebook
@PSHPTX

PSHP Email
pshpemail@gmail.com

ASHP Drug Shortages

H A L O P E R I D O L X A A R
P A T T G U S G C R W H Z V B
D T M I D O D R I N E V Y I O
I R Q X D Y H T F U X E T M D
A O Z N S V A L S A R T A N V
Z P A L S V Z Q S T M B E P E
E I M N V T U S H J I P T O G
P N I R E H B Z K H C O S T W
A E O Z X G T P Z E I P F A O
M R D T Z F Z B M H A K R S F
X O A N C E K X Y S P V X S T
Q T R Y T P P S N E V T G I S
K E O S V O P R V V B L E U R
C L N D R Q D E B M I W S M Y
O K E O A I O O H J Z C I D S

haloperidol

amiodarone

valsartan

potassium

midodrine

atropine

diazepam

Clinical Corner References

1. Steering Committee of the Physicians' Health Study Research Group. Final report on the aspirin component of the ongoing Physicians' Health Study. *N Engl J Med* 1989; 321: 129-35.
2. Ridker PM, Cook NR, Lee I-M, et al. A randomized trial of low-dose aspirin in the primary prevention of cardiovascular disease in women. *N Engl J Med* 2005; 352: 1293-304.
3. The ASCEND Study Collaborative Group. Effects of aspirin for primary prevention in persons with diabetes mellitus. *N Engl J Med* 2018; 379: 1529-39.
4. Gaziano JM, Brotons C, Coppolecchia R, et al. Use of aspirin to reduce risk of initial vascular events in patients at moderate risk of cardiovascular disease (ARRIVE): a randomised, doubleblind, placebo-controlled trial. *Lancet* 2018 August 24 (Epub ahead of print).
5. McNeil JJ, Wolfe R, Woods RL, et al. Effect of aspirin on cardiovascular events and bleeding in the healthy elderly. *N Engl J Med*

