

Oklahoma Society of Health-System Pharmacists

QUARTERLY NEWSLETTER

MAY 2010



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Letter From The President Chelsea Church, Pharm.D., BCPS

Greeting everyone! First of all, I would like to welcome all new members of OSHP. This is a wonderful organization with many opportunities to gain knowledge, share knowledge, and grow as health professionals. You have made a wise decision to join this membership. And for those returning members, thanks for your continued support of OSHP.



I want to personally thank the fabulous group of people that made up our past Board of Directors. I learned so much in the previous year as President-elect. The vast amount of knowledge and experience that the Board brought to the table is priceless and I hope to use that information for the continued success of OSHP. With that being said, I want to add a personal thanks to our Past-president, Susan Conway. She graciously offered to remain as Past-president for a second year when the president relocated out of state. I can truly say she has been an invaluable asset to me, to the Board, and to the membership as a whole. Thanks Susan!

Join me in welcoming our Board of Directors for 2010-2011: Greg Clack as Past-president, Nancy Williams as President-elect, Edna Patatanian as Secretary, Emily Borders as Treasurer, Pete Johnson as Western District Chair, and Mark Mills as Eastern District Chair. And a special thanks to Shirley Dunn, our staff secretary, for without her, we could not effectively function!

several, actually) that are willing to serve on our committees. Committee involvement is a great opportunity for personal growth and development.

Much time and energy has been exerted over the last several years to the Collaborative Medication Therapy Management initiative. We, as Oklahoma pharmacists, are extremely disappointed in the recent results. But I want to say that those efforts will not be wasted.

The board and I plan to continue the collaborative efforts of state organizations in the pursuit of finally seeing CMTM become a reality. But this cannot be done alone. We will be asking for help from all Oklahoma pharmacists to join forces and form one front. Our unified voice must be heard.

Another goal for 2010-2011 is to build membership numbers. This will involve several steps. The board and I plan to have an aggressive membership drive. Financial support of meetings continues to be an obstacle but we intend to host as many district meetings as possible. We will also be looking at innovative incentives and opportunities for members such as facilitating "hot topic" workshops for pertinent health-system pharmacy issues.

I challenge each of you to join me in making 2010 the year of Oklahoma Health-System Pharmacy!

Thank you and I am honored to serve as your President.

As I said at the Annual meeting, I am looking for a few good members (or

We're on the Web!
www.oshp.net

OSHP 2010 Spring Meeting

This year's Spring Meeting was held on Friday, April 16th, 2010 at the Oklahoma City Zoo Rosser Conservation Education Center. The event was well attended - there were 93 total participants, including 58 pharmacists, 16 residents, 17 students and 2 technicians! Six hours of ACPE-accredited continuing education were offered, including a variety of topics such as an opioid review with pain management pearls, tips and a workshop on developing a rigorous medication utilization evaluation, and an update on schizophrenia management. Other talks included sessions about asthma education, collaborative practice, and the always popular Residency Project Pearls where participants were able to learn about the current research projects taking place throughout Oklahoma residencies. Participants also had the opportunity to discuss current therapeutic options including recent advancements in industry during the vendor showcase.

Between the morning and afternoon sessions, officers were announced for the upcoming year. Congratulations to the following members, and thank you for your service to our organization!

- President: Chelsea Church
- President-elect: Nancy Williams
- Past-president: Greg Clack
- Board Secretary: Edna Patatianian
- Treasurer: Emily Borders
- Eastern District Chair: Mark Mills
- Western District Chair: Peter Johnson

Additionally, outgoing Board members were recognized for their service to OSHP, and awards were presented for excellence in Pharmacy Practice. Below is a list of those receiving awards. Congratulations and keep up the good work!

- Health-System Pharmacist of the Year Award: Tom Davis, RPh, MD Associate Professor of Pharmacy Practice, SWOSU
- Continuing Excellence Award: Ann Lloyd, OUCOP-Tulsa
- Sylvia J. Martin Outstanding Technician Award: Sheva Christian, Norman Regional Health System
- Past President's Award: Greg Clack
- OSHP Scholarship (\$1000 each)
 - William Daniel Chapman (SWOSU)
 - Kshama Kumari (OUCOP)



New officers being sworn in. From left to right: Edna Patatianian, Mark Mills, Nancy Williams, and Chelsea Church

Scenes From the OSHP 2010 Spring Meeting



(Clockwise from top) OSHP Website guru Ben Welch; Pharmacist of the Year Tom Davis, Brian Maves, and Susan Conway; Scholarship winners Kshama Kumari and William Daniel Chapman; Susan Conway and Greg Clack; Josh Sheffield; Continuing Excellence Award Winner Ann Lloyd and Michele Splinter; Michael Miller;



Oklahoma Residency Project Pearls Presenters; Sylvia J. Martin



Outstanding Technician Award winner Sheva Christian and Michele Splinter; Tom Davis, Yvette Morrison, Wiley Williams, and Phil Woodward



Get to Know the OSHP Board Members

President, Chelsea Church, Pharm.D., BCPS

Current Title & Institution

Associate Professor of Pharmacy Practice, Southwestern Oklahoma State University College of Pharmacy
 Practice site - St. Anthony Hospital, Internal Medicine Service; Consultant for Pain Management Service, Oklahoma City, OK

Pharmacy School & Post-Graduate Training

OU College of Pharmacy - B.S. (1997); Pharm.D. (1998)
 Primary Care Pharmacy Practice Residency - Affiliated with Auburn University School of Pharmacy and DCH Regional Medical Center, Tuscaloosa, Alabama

Family, Pets, Hobbies, etc.

Phil - husband
 Chandler (daughter) - 9 years old, 3rd grader at Tuttle, plays softball for "Blaze Fastpitch"
 Cooper (son) - 5 years old, Pre-K at Tuttle, plays t-ball for "Tuttle Titans"
 Bama - Shih Tzu dog
 Snowball - fattest white cat you've ever seen
 Hobbies - reading, jogging (goal is half-marathon), crafts; but I mainly spend all my free time with my kids. We seem to live at ball fields (either practice, league games, or tournaments).



Rewarding Aspects of OSHP Involvement

Being an active part of the pharmacy profession during this changing and challenging time of healthcare reform. I love the camaraderie with my colleagues and networking opportunities.

President-Elect, Nancy Toedter Williams, Pharm.D., BCPS, BCNSP

Current Title & Institution

Associate Professor of Pharmacy Practice, Southwestern Oklahoma State University College of Pharmacy
 I am happy to report that I was recently promoted to full professor with tenure at SWOSU, which will become effective in the 2010-2011 academic year.
 Clinical Pharmacy Specialist, Norman Regional Health System, Norman, OK

Pharmacy School & Post-Graduate Training

University of Michigan Pharm.D. (1993)
 Pharmacy practice residency at Northwestern Memorial Hospital in Chicago (1994)

Family, Pets, Hobbies, etc.

I am blessed to be married to a wonderful husband, Dan Williams, who puts up with all of my quirks and moods. He's from New Hampshire, and even after more than 9 years of marriage, I still have problems understanding him sometimes because of his accent! We have an adorable Bichon dog, whose activity level consists of moving from the couch to the loveseat to the bed. We are hoping to adopt a child.
 As for hobbies, I love to travel, go to plays and watch movies, and spend time with my family. My husband and I are into fitness, and I'm so gullible about buying exercise DVDs and equipment that I see on TV, which are now housed in our attic! We also belong to a great church and Sunday school.



Rewarding Aspects of OSHP Involvement

I enjoy giving back to the profession that has served me so well over the years. I've lived in many states and have always been active in the ASHP affiliated state societies. I've been very impressed with OSHP! Since I've become involved with OSHP initially as Chair/Co-Chair of the Newsletter Committee, then as Secretary, and now as President-Elect, I have learned so much about the organization. Most of all, I enjoy meeting all of the people in OSHP. There are so many interesting and smart pharmacists in Oklahoma.

Get to Know the OSHP Board Members

Past President, Greg Clack, Pharm.D.

Current Title & Institution

Director of Pharmacy, SouthCrest Hospital, Tulsa, OK

Pharmacy School

OU College of Pharmacy - B.S. (1988); Pharm.D. (2003)

Family, Pets, Hobbies, etc.

Married 26 years to Carolyn, no children
3 dogs - shelties rescued from various organizations

Rewarding Aspects of OSHP Involvement

Professional networking
Education that relates to the hospital environment
Good friends/good conversation
Leadership development



OU Spring 2010 OSHP Chapter Highlights

Advisors: Michele Splinter and Ann Lloyd

The University of Oklahoma's student chapter of Oklahoma Society of Health-System Pharmacists has had a very exciting semester. We hosted monthly meetings with clinical speakers such as Dr. Anotubby from Indian Health Services and Dr. Toni Ripley who specializes in cardiology. Dr. David Donald, pediatric pharmacy specialist at St. Francis Children's Hospital in Tulsa, also spoke about opportunities at Saint Francis for OU graduates, and

particularly about their residency program.

This year along with our community outreach and monthly meetings, our student society held a bake sale to raise funds for our chapter. We held our bake sale over three days and had great participation among our members who baked some really great treats for us to sell!



Kshama Kumari receives the OSHP Student Scholarship from Michele Splinter at the OSHP Annual Meeting



OU Students hold a bake sale to raise money for the student chapter

On Wednesday, April 28th, we held officer elections for the 2010-2011 school year, and our incoming officers are President - Amulya Vanguri, Oklahoma City Vice President - Chi Ly, Tulsa Vice President - Bruce Winchester, Oklahoma City Secretary - Linda Le, Tulsa Secretary - Bethany Francis, Oklahoma City Treasurer - Angie Quach, Tulsa Treasurer - Katy Graves, Oklahoma City Service Chair - Crystal Luong, Tulsa Service Chair - Nasim Aghaenia, Oklahoma City Historian - Minlan Chen, Tulsa Historian - Hien Wang. Congratulations new officers!

SWOSU Spring 2010 sOSHP Chapter Highlights

Advisors: Tiffany Kessler and Nancy Williams

The Southwestern Student Chapter of OSHP had a very busy and productive spring semester, which was full of great volunteer projects and speakers. Our membership drive during the first week of school attracted more people than we expected, and we nearly ran out of food!

We hosted several guest speakers throughout the semester. For our February meeting, Dr. Tiffany Kessler teamed up with P4 students Becca Stodieck and Lauren Gimlin to tell us all about residencies and preparing our curriculum vitae. The speaker for our March meeting had to cancel the day of the meeting due to travel issues, so our chapter president, Daniel Chapman,

(Below) SWOSU student chapter members educating Hydro elementary school students about poisons during National Poison Prevention Week



stepped in and shared his experiences as a pharmacy volunteer on medical mission trips to South and Central America. Ryan Walker from Walgreens was the speaker for our final meeting in April. He provided pizza for the group and spoke to us about Walgreens specialty pharmacy and home infusion services.

We were also busy this semester with several community projects. For National Poison Prevention Week in March, we returned to the elementary school in Hydro, Oklahoma, and shared some useful tips and information about poisons to our pre-K through 3rd grade audience. We entertained some hilarious comments and stories from the students, and everyone involved really enjoyed it. Also in March, we participated in a volunteer project with Faith Hospice of Oklahoma, where we helped assemble Easter baskets for the patients under hospice care.

Our fundraising activities for the semester got off to a late start but wound up being extremely successful! We sold many more t-shirts than we expected. The most popular shirt this semester is an old favorite that



(Above and Left) SWOSU student chapter members assembling Easter baskets for Faith Hospice of Oklahoma

commemorates one of the COP's most beloved professors, Dr. Les Ramos. A caricature of Dr. Ramos adorns the front of the shirt, and it reads "Ramos is my Homeboy".

We are really looking forward to all of the exciting activities that next semester will bring. We are very proud of what we have accomplished this semester, and we would like to thank our officers from spring 2010 for all of their hard work that make it all possible. Also, we would like to thank our faculty advisors for being so patient and supportive!

Officers	Spring 2010	Fall 2010
President	Daniel Chapman	Robert Gholson
President-Elect	Robert Gholson	Long Tran
Secretary	Long Tran	Andrew Truong
Treasurer	Ha Trieu	Melody Elder
Fundraising Co-Chairs	Rubin Varghese Mason Holman	Ha Trieu Rubin Varghese

Clinical Pearls: Magic Mouthwash

Ruth Garrison, Pharm.D., PGY-1 Resident 2009-2010; Oklahoma City Veterans Affairs Medical Center

Magic mouthwash is one of many names used for topical solutions intended to relieve the pain of oral mucositis or stomatitis caused by chemotherapy or radiation. Risk of severe oral mucositis can vary with differing chemotherapy regimens, from <1% to >13%. Physicians use several medications in an attempt to combat this adverse effect, including chlorhexidine, sucralfate, salt and soda mouthwash, magic mouthwash and, of course, pain medications.

Magic mouthwash lacks a standard name or formulation. Depending on the prescriber and institution, the mixture may be called Miles solution, miracle mouthwash, triple mouthwash or stomatitis cocktail. Each institution's formula is different, but surveys have found that the most commonly used ingredients in the preparation are diphenhydramine, viscous lidocaine, and magnesium hydroxide and aluminum hydroxide. Other occasionally used ingredients are nystatin, corticosteroids, and tetracycline.¹ Most institutions use three ingredients in their formulation. Diphenhydramine and lidocaine are local analgesics thought to be effective for oral pain, while magnesium hydroxide and aluminum hydroxide may enhance the coating of the mouth. The majority of institutions administer the mouthwash every 4 or 6 hours²

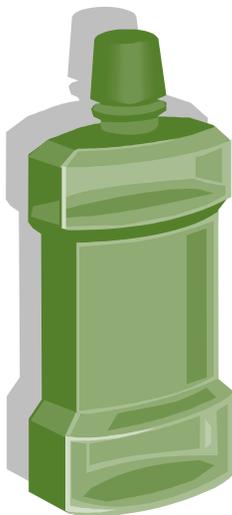
Although magic mouthwash is commonly used, studies to support its use are less common. One small study evaluated the effectiveness of a magic mouthwash preparation in patients with oral mucositis undergoing radiation therapy. The formulation in this study consisted of tetracycline, nystatin, hydrocortisone and diphenhydramine. The control group received a cherry syrup containing sorbitol, magnesia and alumina suspension and vitamins. Participants were instructed to swish and spit using 10 mL four times daily. Subjects self-evaluated their symptoms and were physically evaluated by an investigator weekly. Investigators found a significant clinical improvement in severity of mucositis with magic mouthwash beginning at week 3 and as evaluated by patients beginning at week 4 of therapy. The results of this study are limited, however, because of the small sample size (n=12) and the formulation of the magic mouthwash, which primarily used ingredients which are not as frequently utilized as others.

One larger trial (n=200) has been performed evaluating the efficacy of magic mouthwash.⁵ Dodd, et al., compared the effectiveness of three mouthwashes, salt and soda, chlorhexidine, and magic mouthwash, to treat mucositis in patients undergoing chemotherapy. The salt and soda

solution consisted of one teaspoon each of table salt and sodium bicarbonate per pint of water. It is thought that this solution may promote healing and cleanse the mouth. Chlorhexidine is an antimicrobial agent used to treat oral infections and periodontal disease. The magic mouthwash consisted of lidocaine, diphenhydramine and aluminum hydroxide. Participants were instructed to swish and spit using 20 mL four times daily. The trial was randomized and double-blind, with the subjects trained to evaluate their own signs and symptoms and follow-up completed via telephone. The investigators found no significant difference in time to cessation of signs and symptoms between the three groups. Additionally, the average pain scores did not differ significantly between the groups. This study was complicated by a high drop-out rate (final n=142). Among the reasons cited for dropping out were a bad taste associated with the mouthwash, and bothersome numbness. Unfortunately, the authors did not record how many subjects in each group dropped out due to these effects. Because the study did not have a control group, it cannot be determined if the mouthwashes reduced signs and symptoms of mucositis compared to no treatment. Since there were no significant differences between the groups, the authors of this study recommended the least expensive option, the salt and soda mouthwash. The magic mouthwash formulation used in this study correlates with that used most often in the clinical setting, so this study may have more relevance than the previous trial.

In addition to these two studies, another is recruiting participants to evaluate the effect of magic mouthwash plus sucralfate compared to benzydamine on radiation-induced oral mucositis.⁶ This study is scheduled to end in September 2010. Although sucralfate is not a commonly used ingredient in most formulations of magic mouthwash, it may be appropriate to add it to current mixtures if it is shown to be effective.

Despite its common use, scientific evidence supporting the use of magic mouthwash is lacking. The few studies that have been published offer mixed results, and there is no convincing evidence supporting the efficacy of commonly used preparations. While it would be desirable to standardize the formulation of magic mouthwash, there is little evidence for the effectiveness of individual ingredients. If as practitioners, we wish to give our patients an option for treating the discomfort associated with oral mucositis, we should consider the inexpensive, non-prescription option of a homemade salt and soda mouthwash, with instructions given to swish and spit four times daily.



Clinical Pearl: Magic Mouthwash Cont.

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ASHPs 2010 Pharmacy Leadership Institute

The 2010 Pharmacy Leadership Institute (PLI) in association with the Executive Leadership Center at the Boston University School of Management was held April 25th-30th in Boston, MA. This annual program is sponsored by the Cardinal Health Foundation and serves to refine participants leadership skills and to challenge individuals both personally and professionally.

The Pharmacy Leadership Institute uses relevant program curriculum, high-quality instruction, and peer interaction to broaden business skills, managerial versatility, and the extraordinary leadership demanded of today's health-system pharmacy leaders. The experience enables pharmacist leaders to develop a new way of thinking and a new set of behaviors to meet the demanding challenges facing pharmacy. The PLI is a competitive program with applications scored on the following criteria: 1) professional/supervisory experience, 2) suitability of applicant's goals to PLI curriculum objectives, 3) the strength of applicant's project/program to safe medication practice within the pharmacy, 4) the strength of the applicants project/program to safe medication practice within the healthcare organization, and 5) reviewer's rating of the overall suitability of the applicant. New to this year's PLI is the introduction of a participant-driven project component. The project component is designed to connect the curriculum of the PLI program with the real issues in the medication-use process that pharmacy leader face within their organizations. Each project is given a three month timeline for completion.

This years PLI included 29 pharmacists representing 17 different states and the nation of Singapore. PLI participants from Oklahoma included Mike O'Grady, Director of Pharmacy & Materials Management for Valley View Regional Hospital in Ada, OK and Darin Smith, Director of Pharmacy Services and Performance Improvement for Norman Regional Health System, Norman, OK. Others with ties to Oklahoma included current ASHP Army Officer-in Residence Eric M. Maroyka who



spent three years at Reynolds Army Community Hospital in Fort Sill, OK as well as program faculty/project manager Jim Hethcox, who completed graduate studies in Hospital Pharmacy at the University of Oklahoma and was affiliated with both Presbyterian Hospital and Baptist Medical Center in Oklahoma City. Jim currently serves as a consultant with VHA Inc.

"I found the PLI experience to be one of the best and most rewarding of my career", stated Darin Smith. "The program faculty and curriculum were outstanding and diverse. It definitely takes you out of the pharmacy box and makes you look at leadership in a different way."

For more information on the PLI initiative, visit www.ashpfoundation.org and click on "Pharmacy Leadership Academy".

A Message from the District Chairs

Eastern District

Thus far in 2010, the Eastern District has offered three meetings for its members. The January and February meetings have been approved by the Oklahoma State Board of Pharmacy for 1.0 hour of continuing education credit each. The March meeting is awaiting approval. Final arrangements are in progress for our June and July meetings which will be focused in the area of infectious disease.

I would like to welcome our new Eastern District Chair, Mark Mills, Pharm.D., BCPS. I know he will continue to lead the group with new and exciting continuing education opportunities. Please feel free to contact him at mark.mills@sjmc.org with any meeting topic and location suggestions.

Kari A. McCracken, Pharm.D., BCPS

OSHP Eastern District Chair

Visit oshp.net for updates and meeting schedules

Western District

The OSHP Western District held two meetings in 2010 that have received Oklahoma State Board of Pharmacy approval for 1 hour continuing education credit each for members in attendance. An additional two meetings have been scheduled for the month of May. This summer we will likely not have meetings in the months of June and August. However, this may be subject to change, so please continue to check your e-mail regarding future Western District Meetings.

I want to thank our dedicated members for their continued attendance and support. In addition, I would encourage Western District members to e-mail me at peter-johnson@ouhsc.edu if they have a potential topic/sponsor for one of our Western District meetings. I am currently planning our meetings for Fall 2010, and I would appreciate your input. Thanks for all of your support.

Peter N. Johnson, Pharm.D., BCPS

OSHP Western District Chair

Upcoming Events		
Date	Event	Location
May 21, 2010	OSHP Board Meeting	OU-COP room 339 (OKC); room 2H37 in Tulsa
May 25, 2010	Western District Meeting	Mickey Mantle's Restaurant OKC
Jun 6-9, 2010	ASHP Summer Meeting	Tampa, FL
Jun 24-27, 2010	OPhA Annual Convention	Hard Rock Casino & Resort, Tulsa

Oklahoma Society of Health-System Pharmacists

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To submit an article, photos, or updates, send an email to:

Winter Smith
Winter-Smith@ouhsc.edu

— or —

Debbie Poland
dpoland@nrh-ok.com

Help OSHP grow—forward this newsletter to your coworkers and print copies for others to read.

— Thanks for your support

Our Goals

- Advance rational, patient-oriented drug therapy.
- Promote pharmacists as integral members of the health care team, fully utilizing their clinical and drug-use-control functions.
- Serve as a primary advocate for advancing professional practice, enhancing the cost-effectiveness of pharmaceutical services, and improving the quality of patient care.
- Promote the pharmacists' value to patients to insure that appropriate medication management is applied for their benefit.
- Encourage good health by fostering the optimal and responsible use of drugs, including prevention of improper or uncontrolled usage.
- Assure sufficient, competent manpower in the profession by offering education and training programs.
- Contribute to continuing education programs for pharmacy practitioners and support staff.
- Provide leadership in the identification, analysis and evaluation of health care trends and in the development of public policy, and address legislative and regulatory initiatives of concern to the pharmacy profession.

Not yet a member of OSHP? Join Today!

Benefits

- **Meetings and conferences** provide current information pertaining to all areas of the health-system pharmacy profession and related areas.
- **Monthly district meetings** are an excellent opportunity for continuing education.
- **Networking with pharmacy professionals**, sharing past work experiences, and generating new ideas.
- **Opportunity to participate** in the future planning of health-system pharmacy.

Membership Categories

- Active - Pharmacist: \$75.00/year
- Active - First Year Pharmacist Licensee: \$50.00/year

Associate Members:

- Supporting: \$50.00/year
- Technician: \$20.00/year
- Pharmacy Student: \$20.00/year

For full details about membership in OSHP visit <http://www.oshp.net>

New Members

- | | |
|-----------------------|--------------------|
| Melissa Anderson | Tara Newton |
| Megan Andrews | Van Nguyen |
| Aaron Beach | Long Nguyen |
| Kirsten Boggs | Christy Pennington |
| Justin Booth | Dana Pierce |
| Christina Bulkley | Lourdes Ramos |
| Simona Busuioc | Chris Rice |
| William Chapman | Michelle Richard |
| Chelsea Coates | Amy Riley |
| Jessica Cochran | Beth Rutherford |
| Michelle Cox | Tiffany Sanders |
| Susan Dozal | Jo'Nel Speegle |
| Heather Edwards | Alan Spies |
| Padmanie Espinal | Diana Steint |
| Miki Finnin | Laura Tarrh |
| Jackie Harper | Alexandra Taulbee |
| Chris Harrison | Karen Thompson |
| Holly Hoffman-Roberts | Stephanie Tyler |
| Allison Hooper | Dwight Vance |
| Sukaina Hussain | Coty Walters |
| Fred Keehn | Tabatha Welker |
| Minhye Kim | Amy Wesson |
| Emily Lam | Bethany Wilson |
| Lisa Lauderdale | Melissa Wilson |
| Justin Lee | Bruce Winchester |
| Kyle Nettleingham | |