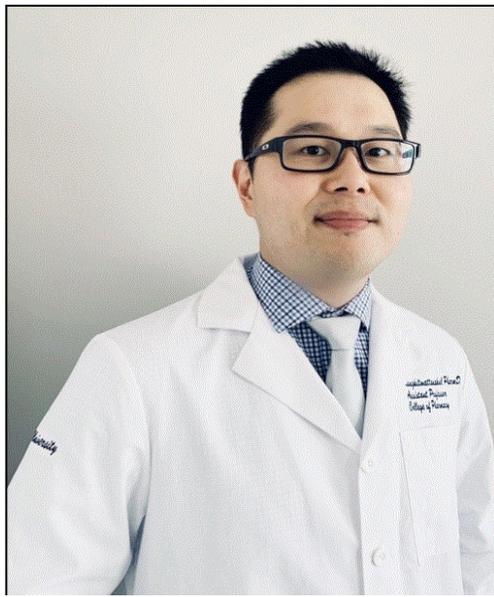




Washington Metropolitan Society of Health System Pharmacists Newsletter

May 2022
Volume 1



Message from the WMSHP President

Greetings! I hope you all have been having a blessed year thus far in 2022. On behalf of the Washington Metropolitan Society of Health-System Pharmacists (WMSHP), we are very thankful to have managed to get through another year of pandemic, a year like no other in our lifetime. I would like to give special thanks to WMSHP board leadership under Dr. Ashok Ramalingam and Dr. Vaiyapuri Subramaniam, in successfully and more importantly “safely” delivering many valuable continuing education (CE) sessions via virtual platform to many of our members and non-members. We also pioneered an in-person session in December and the event turned out to be a successful event. I would like to sincerely thank all the support we have had in 2021.

As we continue to face the challenge of working under the new normal, we plan to have activities through a virtual platform while keeping our members safe. Our society volunteer officers are working very hard behind the scenes to keep our professional society members connected, active, and financially viable.

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Farewell for Howard University College of Pharmacy Dean

On February 20th, 2022, representatives from WMSHP (Dr. Dhakrit “Jesse” Rungkitwattanukul, Dr. Vaiyapuri Subramaniam and CAPT. John Quinn) attended the farewell reception and luncheon for the Dean of Howard University College of Pharmacy (HUCOP), Toyin Tofade, MS, PharmD, BCPS, CPCC, FFIP, who will be taking a new position as President of the Albany College of Pharmacy and Health Sciences. As member of the HUCOP Board of Visitors, Dr. Subramaniam was requested to speak on the Board’s behalf to express their appreciation of Dean Tofade’s leadership and stewardship at the HUCOP. Dr. Subramaniam was also joined by CAPT. Quinn to express their appreciation for Dean Tofade’s leadership, enthusiasm and support of WMSHP in its collaboration with HUCOP students to share experiences on student life and contribute to articles in WMSHP newsletters. Dean Tofade reached out to WMSHP Presidents over the years for their representation and contributions that resulted in the WMSHP leadership participating in key strategy groups on pharmacy practice policy that exemplified a proactive relationship between WMSHP and HUCOP.

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WMSHP Executive Board

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WMSHP website:
www.wmshp.org

Dean retirement form page 1

These included initiatives by WMSHP to comment and advance practice of pharmacy legislation in the District of Columbia and related medication policy position papers. The WMSHP has been fortunate to have had HUCOP faculty in its executive board, viz. Dr. Rungkitwattanakul, clinical assistant professor who is the current WMSHP President and, Dr. Jamila Jorden, Director of HUCOP Experiential Programs who had served as WMSHP Board Member.

It was just six years ago when Howard University welcomed Dean Tofade to her position as Dean at the College of Pharmacy from her previous position as an assistant Dean at University of Maryland School of Pharmacy where she led the pharmacy professional experiential program.



Dean Tofade Retirement

During her tenure as Dean, the College of Pharmacy nearly doubled its enrollment for the graduating class of 2021; doubled the number of student internships and expanded clinical, industrial, and international partnerships. She revised the pharmacy professional curriculum and the College of Pharmacy achieved rising by 23 spots on the U.S. News and World Report pharmacy school rankings.

Howard University College of Pharmacy has greatly benefited from the Dean's energy and vision. She will always be part of Howard University's Bison family. We know this is not the end of her career but the beginning of even greater opportunities for her to advance pharmacy and public health that will positively impact the profession in the years to come.

WMSHP Membership, Renewals and Benefits

by Eunice Han WMSHP Secretary

Greetings! The first several months of 2022 has already flown by so quickly! My name is Eunice Han and I am the new Secretary for WMSHP. I would like to start off by saying how excited I am to be the new Secretary for WMSHP. I hope to serve the Society to the best of my ability this year and I'm excited for all the things to come! I would like to take this time to talk about membership in WMSHP. Our membership cycle starts from January to the end of December; so the sooner you renew your membership or join WMSHP, the more benefits you can enjoy! We will continue to do both in-person and monthly CE meeting sessions and members generally pay no fees for this as a benefit. We will have at least one all day CE seminar later in the year and members will enjoy a significant discount. An additional benefit of joining WMSHP includes members being given priority over nonmembers to register and attend non-CE dinner program presentations due to limited space at restaurants. Attending CE programs through WMSHP also helps pharmacists network with other colleagues and professionals outside their normal work environment to broaden their perspective about how the profession is evolving. New and current members can join or renew WMSHP membership and pay through this link: <http://wmsHP.org/membership-form.php>. Below is some helpful information on membership pricing.

Pharmacist - \$95

Pharmacist (2 year Renewal) - \$160

Supporting Associate - \$95

Retired Pharmacist - \$65

Technician - \$45

Resident or Fellow - \$45

Student - \$25

1st year Pharmacist - \$60

Retired Pharmacist (2 year Renewal) - \$110



Interview Tips for Residency and Beyond

By: Joy Leonard, PGY-1 Pharmacy Practice Resident,
Sibley Memorial Hospital – Johns Hopkins Medicine

Spring is already here, which can mean quite a few things for current PGY-1 pharmacy residents. From wrapping up longitudinal research data collection, to finishing up the last few rotations, to figuring out the next steps once residency is over, there's a lot of moving parts during this time of the year! For those residents who will be moving into the job force after PGY-1, the process of applying for jobs can be daunting for some. This article will talk about tips for building experience as a resident to qualify for the opportunities ahead, differences in preparing for residency interviews vs. post-residency opportunities, and tips on exceling in your next job interview!

Building Qualifications on your CV

A lot of the experience on your CV will start to build during pharmacy school. Whether it is involvement in professional extracurriculars, participation in research, or unique volunteer opportunities, these experiences help set you up to be competitive in residency interviews. As a resident, it is important to continue to update your CV regularly—after all, a lot is being accomplished over the course of residency year! Items like longitudinal research, central staffing, student precepting, and enrollment in a teaching certificate course are all important accomplishments to highlight. Any unique opportunities that you were able to participate in should also be mentioned in your CV, and believe it or not, would be great talking points when it comes time for your interview! I personally had the chance to go to South Africa during my time in pharmacy school as an elective rotation which intrigued an interviewer that I had this year!

Joy Leonard is a current PGY-1 Pharmacy Practice Resident at Sibley Memorial Hospital – Johns Hopkins Medicine in Washington, DC. She earned her PharmD from Northeastern University in Boston, MA. Joy's interests include oncology, ambulatory care, and medication safety. She is completing her longitudinal research on enhancing pharmacovigilance methodologies in infusion center oncology patients seen at Sibley. In her free time, she enjoys trying new foods, catching up with her family, and hanging out with her co-residents. Following PGY-1, Joy will be returning to her home state of Massachusetts to serve as a full-time ambulatory oncology clinical pharmacist at Massachusetts General Hospital.

Residency Interviews vs. Post-Residency Job Interviews

There is a lot of overlap in preparing for PGY-1 and PGY-2 interviews vs. preparing for a post-residency interview. Knowing your CV like the back of your hand is going to be important in either path you decide to pursue. A big difference between residency interviews and job interviews is the length of the interview; typically, job interviews are shorter in length, but this can vary depending on the opportunity you are pursuing. For residency interviews, you are more likely to get a clinical case. Doing your research on the residency program, past residents, and rotation specs will be more pertinent for preparing for residency interviews, whereas the preparation for a post-residency interview should consist of doing background research on the company as a whole and the day-to-day operations of an employee in your area of interest.

Here are five pro-tips to guide you in rocking your job/residency interviews and landing that position:

1. Have multiple sets of eyes review your CV.

At this point in your pharmacist training journey, several sets of eyes have likely looked over your CV during the time you applied for PGY1. It is a good idea to have individuals outside of pharmacy to review your CV, as they may be able to provide suggestions from different perspectives. It would also be a good idea to have individuals in hiring-level positions to review your CV, as they would be able to identify areas for improvement right away and provide you with helpful feedback.

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2. Master the basics.

While you may not be able to predict some of the questions/scenarios that may be presented to you during your interview, there are core questions that you can safely bet will come up no matter what the position is. These questions include: Can you tell me about yourself? Why are you interested in this position? What are your strengths? What are your areas for improvement? The STAR Method is an important tool to have in your back pocket for behavioral questions. It consists of the following:

Situation: Succinctly provide background and provide pertinent details.

Task: Identify your responsibility in the situation.

Action: Describe the steps you followed to resolve the situation.

Result: Conclude with what you were able to achieve in the situation.

Practicing these answers (out loud) will give you the confidence during the actual interview and will allow you to not come across as unprepared or hesitant.

3. Know what you're applying to.

This tip will be more specific to those entering the job force. Exercise due diligence in reading through each job description in its entirety. Questions may be asked of you gauging how much experience you have in the job area, and if you are not aware of the day-to-day tasks that the job entails, you may be scrambling to come up with an answer. If applicable, it is also a good idea to ask for clarification during the interview process, specifically on the clinical vs operational component of the job to help guide you on whether the job is a good fit.

4. Have a list of questions for your interviewer(s).

No one likes awkward silence, right? The same goes for an interview. It is a good idea to have a list of questions for your interviewer that were not already answered during the interview and cannot be easily found online. Having questions also shows your engagement and interest in the position. Not only is the interviewer trying to get an understanding on if you are a good fit for the company, but you are also trying to gauge if the company is a good fit for you!

5. Thank you goes a long way!

Do not forget to thank your interviewer for the interview! Sending the email within 12-24 hours after the interview is a good timeline. Try to keep the thank you email brief (a few sentences). If there were any lingering questions that you still had that were not brought up during the interview, sending them in the thank you email would be an appropriate time to do so. If you interviewed with multiple people, it may not be feasible (or even expected) to email everyone—use your best judgement here!

Hope these tips help with the job application process! Good luck on the rest of residency and beyond.

New guidance/handbook published by FIP (February 2022)

A new guidance/handbook has been published by FIP (February 2022) for pharmacists on supporting self-care in six areas — sore throat, gastrointestinal complaints, musculoskeletal pain, fever in children, sexual health and disinfection. It further highlights the role of pharmacists in particular, community pharmacists in providing medicines and advice on self-care for the common afflictions that patients may experience.

You can use the link below that leads to the executive summary of the Guidance/Handbook on Self-Care and the full document and, additional links on supporting documents.

<https://www.fip.org/news?news=newsitem&newsitem=428>

Opportunities and involvement in WMSHP from the President-Elect

Hi everyone, President-Elect reaching out to say hello and welcome to Spring 2022! A quote attributed to Aristotle comes to mind, “the whole is greater than the sum of its parts.” As we reflect and also look ahead, I am welcoming and asking you all to consider opportunities to get actively involved in WMSHP and reach out to colleagues who would like to join. Since being a student leader at an SSHP (Student Society of Health-System Pharmacists) and through practicing as a pharmacist in the realm of clinical practice with the hematology/oncology patient population, I appreciated the chances to grow and to serve the profession through ASHP and WMSHP. We are fortunate to have an active society with many opportunities to contribute including committees to plan continuing education (CE) programming, build membership, enhance communications, and review legislative efforts with inspiring leaders of the organization who practice in diverse arenas of pharmacy in the DMV area.



Meenakshi Shelat
President Elect

Do you have an interest in planning thoughtful and engaging CE programs? Do you want to help engage and build membership initiatives? Would you like to coordinate work on the newsletter, where we have also involved students at Howard University plus pharmacists and technicians in the DMV area? There are certainly chances to serve the profession in meaningful and manageable ways. We value you, as people and committed healthcare professionals. Feel free to email me before June 1st with your interest in committees, initiatives, and/or if you have any questions at ms.wmshp@gmail.com. Talk soon! Let us know your thoughts:

https://docs.google.com/forms/d/e/1FAIpQLSfRdqrzXthGBknRVunxyUDAYhPHD7FW9yOvBz2WmhJWJ_75gg/viewform?usp=pp_url

CGRP Antagonists

Migraines are a debilitating disorder that affect about 12% of adults in the U.S. A new group of migraine medications known as CGRP antagonists have started entering the market over the past few years.

The vasoactive neuropeptide calcitonin gene-related peptide (CGRP) is now firmly established as an important component in migraines by promoting neurogenic inflammation. CGRP antagonists are medications for the treatment of migraines which work by binding to the calcitonin gene-related peptide (CGRP) receptor and antagonizing CGRP receptor function.

There are currently seven CGRP antagonists that have been FDA approved for patient use; they are: Aimovig, Ajovy, Emgality, Vyepti, Qulipta, Nurtec ODT, and Ubrelvy. The first of these, Aimovig (erenumab), was approved by the FDA in May 2018 and the most recent, Nurtec ODT (ubrogepant), was approved in February 2020.

Most insurance companies will require some sort of prior authorization for these medications. Usually, they require that a person has tried a few other therapies such as triptans, tricyclic antidepressants, SNRIs, or beta-blockers just to name a few.



Eunice Han
WMSHP Secretary

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There are a few differences between these medications, and they have been sorted in a table below. Aimovig, Ajovy, Emgality, Vyepti, and Qulipta are only indicated for preventive therapy. Vyepti is unique in that it requires an IV infusion. Aimovig, Ajovy, and Emgality are subcutaneous injections which can be self-administered at home and Qulipta is an oral tablet.

Nurtec ODT and Ubrelvy can be used for acute onset migraines. Additionally, Nurtec ODT can also be used for preventive migraines. They are both available in oral dosage forms.

CGRP antagonists seem to have a promising future with success in both efficacy and safety, with no significant effects on blood pressure or peripheral vasoconstriction unlike other migraine medications such as triptans.

Drug Name	Brand Name	Acute/Preventive	Dosage Form	Storage
Erenumab	Aimovig®	Preventive	Injection	Refrigerator
Fremanezumab	Ajovy®	Preventive	Injection	Refrigerator
Galcanezumab	Emgality®	Preventive	Injection	Refrigerator
Eptinezumab	Vyepti®	Preventive	Injection for IV	Room Temp (must be diluted)
Atogepant	Qulipta®	Preventive	Oral	Room Temp
Rimegepant	Nurtec ODT®	Acute and Preventive	Oral	Room Temp
Ubrogepant	Ubrelvy®	Acute	Oral	Room Temp

Expanding the Washington D.C. Pharmacy Act

In 2021, the Dean of Howard University College of Pharmacy (HUCOP), Dr. Toyin Tofade convened a group named the Citywide Rx Coalition Strategy Group (that included representation from WMSHP) to pursue its objectives on achieving provider status for pharmacists through expansion of the District of Columbia Pharmacy Practice Act and, accomplish for pharmacists a Providers Designation by the District of Columbia Medicaid to ensure compensation for pharmacy services. As part its ongoing efforts, on January 25, 2022, the Citywide Rx Coalition Strategy Group, held an in-person meeting at the headquarters at the American Pharmacists Association (APhA) in Washington DC to meet and greet APhA leadership to make them aware of the its work and seek APhA’s advice, support and collaboration in its initiatives and objectives on achieving a provider status for pharmacists in the District of Columbia. The APhA leadership who hosted this half-day event was Scott Knoer, M.S., Pharm.D., FASHP, Executive Vice President and CEO of APhA and, Ilisa Bernstein, PharmD, JD, Senior Vice President, Pharmacy Practice & Government Affairs of APhA.

After the introductions, there were detailed discussions on what the Citywide Rx Coalition had done so far and APhA’s input was sought on pharmacy best practices that could positively affect legislative change to support the Coalition Group’s objectives. The Coalition hoped that the geographically small size of the District of Columbia may enable changes to the Pharmacy Practice Act which would be difficult to accomplish in larger states. There was a discussion on the public health advantages of giving pharmacists more prescribing responsibilities under a collaborative scope of practice and how pharmacists have demonstrated their knowledge and skills in the management of COVID vaccination in the community which the profession has had a positive impact in public health and patient care. The Group also explained how they would educate other health care stakeholders’ groups and how these proposed changes would help and not hinder their professions.

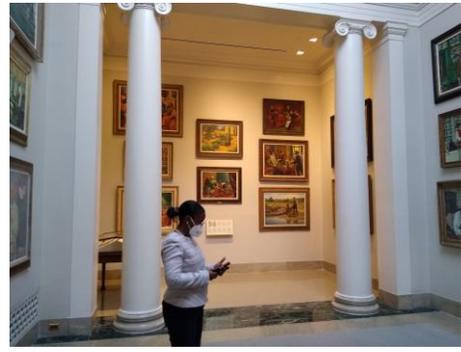
After a working lunch, members of the Citywide Rx Coalition were given a tour of the APhA headquarters and its extensive pharmacy history collection. APhA was founded in 1852 and is the first established professional society of pharmacists in the United States. As such, the APhA headquarters has an extensive collection of statues, paintings and manuscripts related to the history of the organization and to the profession of Pharmacy.

Former WSMHP Presidents Ashok Ramalingam, PhD, and Vaiyapuri Subramaniam, PharmD, are the WMSHP representatives to the Citywide Rx Coalition Strategy Group.

Photographs from APhA
See article above



Scott Knoer giving a tour of APhA



Dean Tofade at APhA archives



John Quinn, Scott Knoer and Vaiyapuri Subramaniam at APhA



Scott Knoer showing APhA archives from as far back as the 16th century



One of the many oil paintings from APhA



William Proctor Jr 1817-1874
The Father of American Pharmacy at APhA

WSMHP live seminars

Recently WMSHP has been partnering with Pharmacy times to offer live seminars

On February 21st 2022 we presented “A review of Flu Vaccine Recommendations for the 2021-2022 Season.”. This was presented by Miranda Wilhelm, PharmD. Clinical Professor at Southern Illinois University Edwardsville School of Pharmacy and a Clinical Community Pharmacists. This was hosted at Maggiano’s 2333 Wisconsin Ave, NW. Washington, DC 20015

On April 28, 2022 we presented “Improving Clinical Outcomes for Anemia of Chronic Kidney Disease: A Focus on Novel Treatment Approaches”. This was presented by Neeta Bahal Mara, PharmD, BCPS Coldstream Consulting, LLC. This was also hosted at Maggiano’s

Both of these seminars awarded one hour of ACPE pharmacy continuing educational credit.

We have a great relationship with Pharmacy Times and we encourage you to review their website for details on their publications and pharmacy continuing education opportunities

www.pharmacytimes.com



Eunice Han at the February 21, 2022 seminar



WMSHP President Rungkitwattanakul at the April 28th 2022 seminar



Vaiyapuri Subramaniam April 28



Vaiyapuri Subramaniam, Dominic Solimando, John Quinn and Meenakshi Shelat at the April 28th seminar at Maggiano’s

Regional Delegate Conferences- Baltimore April 30th- May 1st, 2022

By Sue Carr ASHP Delegate

It was my first time attending the Regional Delegate Conferences in Baltimore. I had no idea what to expect. I was extremely apprehensive about attending because I had never been to a formal ASHP delegate meeting, and they were surprised as an alternate delegate, I would even present. I had to present 4 amendment recommendations.

Michelle and Carla were extremely supportive and we met a few times over Zoom to go over everything I needed to do. I watched an ASHP delegate video, read all of the potential amendments and even made some comments on the website concerning Narcan dosing. A few days before the RDC I had a chance to read over the amendments that I would present so I made a summary with my own suggestions and looked over them the night before to make sure there were not any recent comments. I am not really sure why I was so anxious beforehand but I suppose it was because I was stepping out of my comfort zone. I would be in front of ASHP leadership and wanted to represent WMSHP proudly. I grabbed my laptop, packed my bags and soon Michelle arrived. We drove an hour to Hilton Embassy Suites, where the RDC took place. Every one introduced themselves and we got started. Luckily Michelle and Carla spoke before me and I was able to keep up with comments by the time it came for me to present. The amendments that I presented were on "Patient Disability Accommodations," "Most-Favored National and Drug Pricing Proposals," "Pediatric Dosage Forms," and "Substance Use Disorders." Most of the topics under discussion I can relate to on a personal level. I have been a member of WMSHP for over 20 years now and have had spent over 34 years in both hospital and retail pharmacy. I feel that I have the experience now to represent my fellow pharmacy personnel and feel confident that I can do a good job. It was a long day but we accomplished a lot. During Happy Hour and Dinner, I was able to talk to the other representatives and learn a little about them. It was a really good experience and a new role for me. I have a lot to learn but am excited about being in the legislative field. As a seasoned pharmacist in both retail and hospital experience, I feel I have a lot to offer and want to pay it forward.

From Presidents Message page 1

First and foremost, I would like to welcome all our newly elected 2022 WMSHP officers, President: (myself) Jesse Rungkitwattanakul PharmD, Immediate Past President: Ashok Ramalingam PhD, RPh, President-elect: Meenakshi Shelat, PharmD, Secretary: Eunice Han PharmD, Treasurer: Opeoluwa Fagbemi, PharmD; WMSHP Board Members: John Quinn, MS, RPh and Marilyn Farinre, PharmD; ASHP Delegates: Michelle Eby, PharmD, Carla Darling, PharmD On behalf of our society members, I thank you all for your dedication and willingness to serve in these volunteer leadership positions. Membership to WMSHP offers many benefits for our pharmacy professionals, such as tailored CE opportunities for fulfilling licensure requirements for DC, MD, and VA, as well as professional recognition through awards and student monetary awards etc. We thank members who have renewed their 2022 membership and encourage others to renew or become a member to benefit from our many members-only free CE and other learning opportunities offered throughout the year. You can visit this site <http://wmsHP.org/membership-form.php> for membership information on fees for various categories and one-click easy online payment options. We request you to share this information with your professional friends and co-worker or colleagues. We have a number of activities on the calendar that will be posted on WMSHP website (www.wmsHP.org) and communicated through our members' email distribution listserv. I also acknowledge the contribution from our colleagues on their articles in this newsletter and invite our members to come forward to propose new articles of interest. My thanks to our newsletter editors (CAPT. John Quinn, Dr. Tiffany Tseng, and Dr. Eunice Han) for their diligence and insights in ensuring the quality and success of the WMSHP newsletter.

This month, we have a six-hour CE virtual seminar on Saturday May 21st. Please see our website for details and sign up before the May 19th deadline. We are also in discussion to bring our members additional live seminars this summer. Stay tuned, stay connected, sane, sound, safe, and smart by following all the necessary simple precautions such as washing your hands frequently with soap, wearing masks, maintaining social distance, and avoiding social gatherings. Wishing safety to you and to your loved ones.

Thank you so much,

Jesse Rung

Jesse Rungkitwattanakul PharmD BCPS FNKF
President, Washington Metropolitan Society of Health-System Pharmacists

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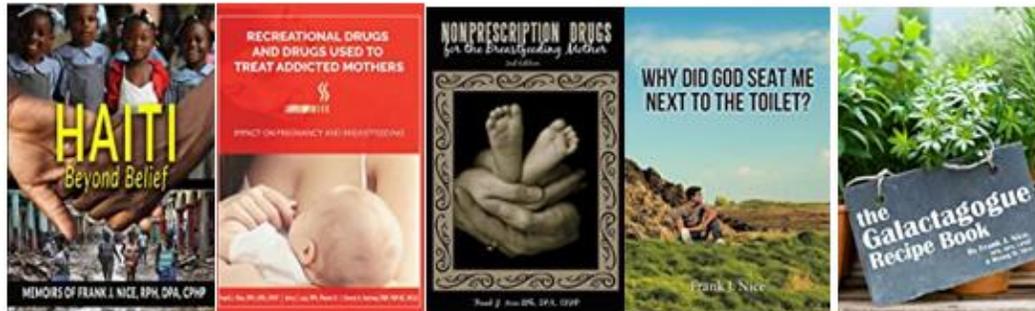


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Advertising Opportunities

The WMSHP newsletter will start accepting half page advertisements as part of the newsletter.

For small businesses and hospitals, the rate will be \$20 a month or \$100 a year. For drug companies and larger medical related businesses, the rate will be \$30 a month or \$200 a year

Advertisements must be emailed to webwmshp@gmail.com by the 15th of the month to be included in the next newsletter. Both print images are acceptable.