



# Washington Metropolitan Society of Health System Pharmacists Newsletter

August 2020  
Volume 5

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### Message from the WMSHP President

Dear members and colleagues,

Given the challenges relating to the Covid-19 pandemic, we continue to transform WMSHP's educational and program offerings into virtual activities. Our resolve to do this was led by our society's responsibility and understanding of your needs, safety and well-being as we adapt to daily activities in our communities.

WMSHP's educational and accredited continuing education (CE) programs since June 2020 have incorporated a combination of live and virtual sessions. This provided an opportunity for our members to be part of interactive and networking events with the speakers and each other. The August 2020 educational virtual program series began on August 13th with a pre-symposium non CE session on "Atrial Fibrillation: Current status of the disease and management (Part 1)"  
**See page 2 – President message**

## 2020 USPHS Excellence in Public Health Pharmacy Award

*By CDR Trang Tran, CDR  
Sadhna Khatri, and LCDR  
Daniil Marchuk*

The prestigious award, Excellence in Public Health Pharmacy Award, was established by the Pharmacist Professional Advisory Committee (PharmPAC) of the Commissioned Corps of the United States Public Health Service (USPHS) in 2003 to encourage student pharmacists to become active in public health. The USPHS Commissioned Corps is one of the seven uniformed services in the United States – a branch committed to the service of health. As officers, we advance our nation's public health, serving in agencies across the government as pharmacists, physicians, nurses, dentists, veterinarians, scientists, engineers and other professionals. The USPHS uniformed service is led by the Surgeon General and is made up of more than 6,100 Commissioned Corps officers who work on the front lines of public health – fighting disease, conducting research, and caring for patients in underserved communities  
**See page 2 – USPHS**

## USPHS

This diverse team of highly-qualified healthcare professionals is driven by a passion and commitment to serve the underserved. These men and women fill essential public health leadership and clinical service roles within the nation's federal government.

The award recognizes outstanding pharmacy students who have made significant contributions to public health by promoting and advancing wellness and healthy communities. Students are evaluated on their contributions towards voluntary health related services, emerging public health issues, or contributions that advance the goals of Health People 2030 or the National Prevention Strategy.

Today, America faces increasing public health crises evidenced by the rise of coronavirus, opioid use disorders, obesity, diabetes, and cardiovascular disease. With the advent of these public health issues, pharmacy students can play an important role in finding innovative ways to address these challenges. Therefore, the USPHS would like to recognize and encourage students to learn about public health and engage in public health efforts in their communities.

This year, PharmPAC Student Awards Program recognized 94 pharmacy students from across the country as the recipients of this distinguished award.

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Jessica Szatkowski (above) is one of the new PGY-1 residents at MedStar Washington Hospital Center. Jessica started as a retail pharmacy technician while in undergrad and returned to pharmacy as a hospital technician a few years later. She graduated with her Bachelors in Art History from The Ohio State University (Go Bucks!) and about twenty years later, earned her PharmD at Shenandoah University. In between her two degrees, she was, among other things, a middle school teacher and a business owner.

Jessica is interested in emergency medicine and critical care. Currently, she intends to pursue a PGY-2 in either of those specialties. When she is not nose-deep in pharmacotherapy articles and guidelines, she can often be found hiking and camping with her husband and 11-year-old daughter.

**We want to get to know our future leaders! If you are a new resident or faculty member send us your picture and a short statement**  
webwmshp@gmail.com

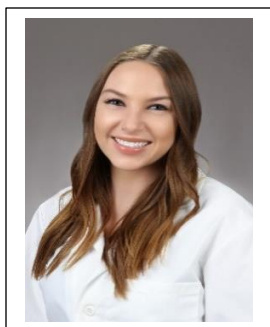
## Presidents Message

by Lana Konigsberg, PharmD, Sr., Medical Science Liaison, Cardiovascular Medicine, Sanofi. The CE symposium session that followed was on "High Expectations: The Medical Use of Cannabis" presented by Leah Sera, PharmD, MA, BCPS who is Assistant Professor and Program Director, MS in Medical Cannabis Science and Therapeutics, University of Maryland School of Pharmacy, Baltimore, MD. Both these program sessions provided interesting interactive and informative discussions of the subject matter presented with questions and answers addressed as facilitated by the virtual platform's chat box that was utilized by attendees. On August 26th, WMSHP will have the pre-symposium non-CE session on "Autosomal Dominant Polycystic Kidney Disease" presented by Saba Gidey, PharmD, BCPS, Sr. Medical Science Liaison, Nephrology and Patricia Rohman, PharmD, MBA, Sr. Managed Care Medical Liaison, both from Otsuka Pharmaceutical Development & Commercialization, Inc. This will be followed by a CE symposium session on "What we know thus far about the impact of Covid-19 in patients with diabetes" by Estela Lajthia, PharmD, Clinical Assistant Professor, Howard University College of Pharmacy, Washington, DC. **See page 10**

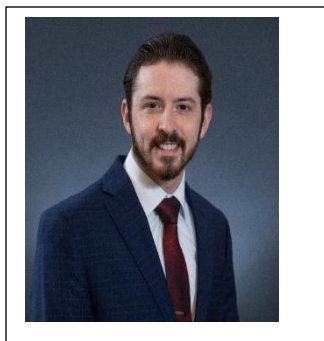
## 2020 USPHS Excellence in Public Health Pharmacy Award – continued from p1

. Of those, the program selected the following ten top award recipients for their public health work that positively impacted their local communities and beyond.

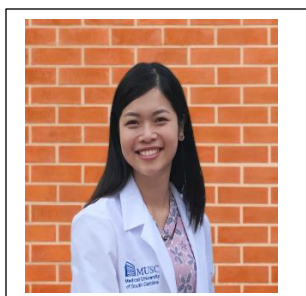
- Valerie Buckley – Roseman University of Health Sciences College of Pharmacy
  - For exemplary service to the Las Vegas Valley through the creation and focused coordination of educational and service outreach efforts to address the opioid epidemic.



- Harrison Ferro – Wilkes University Nesbitt School of Pharmacy
  - For implementing educational programs addressing the opioid epidemic, providing naloxone training and distributing medication disposal bags.



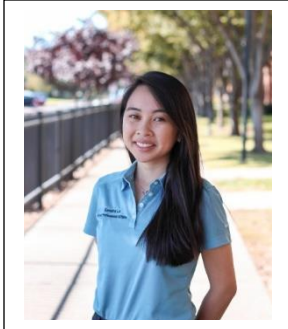
- Linh Hazard – Medical University of South Carolina College of Pharmacy
  - For developing vaccination clinics for underserved Hispanic children as well as the underserved adult population in the Charleston area.



See page 4 for additional recipients

**2020 USPHS Excellence in Public Health Pharmacy Award – continued from p3**

- Sandra Le – University of the Pacific-Thomas J. Long School of Pharmacy & Health Sciences
  - For outstanding contributions to minimizing out-of-pocket drug costs for Medicare beneficiaries, screening at-risk patients for an opioid overdose, providing intranasal naloxone to those who were at risk, improving vaccination rates in seniors, and performing comprehensive medication review and heart disease screening in her community.



- Mandy Lynn Renfro – The University of Texas at Austin College of Pharmacy
  - For outstanding leadership and accomplishments in the development of experiential learning, service opportunities, and research related to substance use disorders.



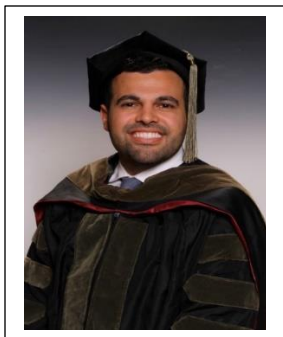
- Kaitlyn Riggs – University of Missouri-Kansas City School of Pharmacy
  - For developing, implementing and evaluating a targeted initiative delivering Generation Rx™ education to foster children and caregivers.



See page 5 for additional recipients

**2020 USPHS Excellence in Public Health Pharmacy Award – continued from p4**

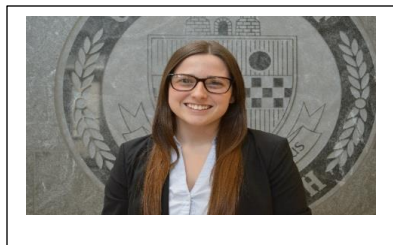
- Glenn Schiotis – University of Charleston School of Pharmacy
  - For creating, planning, and implementing the Change the Stigma conference involving over seventy interprofessional health-care students concerning treating patients with substance use disorder.



- Alexa Swingle – University of South Carolina College of Pharmacy
  - For developing an interactive learning program for underrepresented children that focuses on healthy initiatives, leading and participating in multiple educational events for the public.



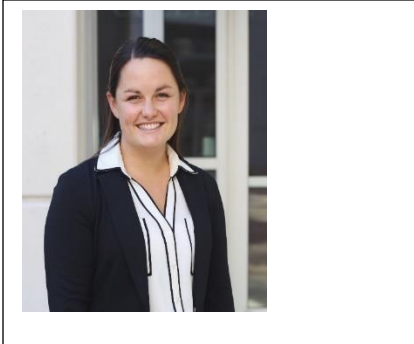
- Alexandria Taylor – University of Pittsburgh School of Pharmacy  
For leadership and service in developing UCARxE, addressing refugee health and language needs, and enhancing the Panther Clinic



See page 6 for additional recipients

- Jordan Wallace – University of Florida College of Pharmacy

For developing and evaluating a new public health practice model to address health disparities among vulnerable populations at risk for chronic health conditions, which resulted in the resolution of more than 85% of adherence barriers after two encounters between Community Health Workers and patients



Congratulations to all 2020 USPHS Excellence in Public Health Pharmacy Award recipients!



Sam Khosraviani, PharmD, M.S.

## Students Corner

### 2020: A Year of Adaptability – From a Perspective of a Recent PharmD Graduate

Sam Khosraviani, PharmD, MS

*“Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.”*

— Lao Tzu

Back in February, I had made it a habit to track new COVID-19 cases out of curiosity. Little did I imagine that six months later life would be so fundamentally different. In the past half a year, my graduating class has experienced COVID-19's effects on rotation, postgraduate interview, classroom environment, graduation, job hunting, and pharmacy workflow. All these changes point towards one direction: the adoption of remote service technology within our profession.

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## Student Corner Continued from page 6

It was 4:00 PM on March 12<sup>th</sup>, 2020, when I went to my preceptor's office to wrap up the day. My preceptor asked me to take my laptop home - she suggested the last week of rotation would be a remote experience because of uncertainty around COVID-19. There was already office talk about conferences becoming remote and professional travel getting canceled, but little did any of that impact me. Until this point, COVID-19 was just a problem from a distance.

The remote rotation experience was different. Phase I clinical trials were the main focus of this rotation, however, restrictions had been placed on non-emergency visits to the clinical center. This halted the inflow of most phase I data. The last week of rotation was no longer focused on meetings, group discussions and patient counseling. Most of the time was spent on presentation preparation and clinical writing. At the end of the rotation, I went back to the clinical center to turn in my badge and laptop. What I saw was right out of a pandemic movie scene. The clinical center that was once buzzing with life, crowded hallways, a packed library, and long lines at the coffee shop, was now completely empty with only one pharmacist heading to a patient's room and me returning the items. At that moment, this experience scaled the magnitude of impact that COVID-19 would have on our society.

Remote rotations are now a standard for some students in class of 2021. The rotation option pool has also shrunk since some institutions and organizations have halted their programs temporarily. The remote rotations are now especially common amongst industry-based experiences. Video conferencing tools and cloud services have facilitated the easy transition to implement the remote experience. However, challenges still exist for both students and rotation sites. For the rotation site, the main challenge is to implement a program that provides an apprenticeship-based experience rather than becoming another didactic course. For the students, the main challenge is remote networking.

Networking is a big part of our profession. For the first time, the ASHP 2020 Midyear Clinical Conference (MCM) will be conducted virtually. MCM can be a very stressful time for students and programs, and occasionally described as chaotic and disorganized. The virtual experience is an opportunity to find a better solution. Additionally, the virtual experience will provide more students an opportunity to attend MCM due to lowered cost of attendance. With many residency programs conducting virtual interviews, this opens more opportunities for students. One of the challenges I experienced during phase I of the interview process was scheduling different interviews while accounting for the travel time and cost. The challenges were even greater for fellow students who were in the middle of rotations. However, due to COVID-19, phase II interviews were conducted remotely. As a result, I was able to apply to many programs out-of-state without having to worry about traveling. However, there are downsides to remote interviews, such as not being able to meet the staff in-person and receive a tour of the medical facility. Nevertheless, the remote interviews provided more freedom and flexibility, especially for the applicants.

Learning is also impacted by COVID-19. For instance, classrooms and CE events have switched to being virtual. The NAPLEX review series the university plans for graduating students has always been in-person, however, this year all the sessions became virtual. Having gone to the satellite campus, I was already used to the remote learning experience. Compared to in-person class instruction, remote learning requires the learner to become more proactive in the act of learning. Since classroom time is no longer scheduled, the learner must find a pattern and timetable that works for them. This requires disciplined and proactive learners, and instructors who can facilitate remote discussions. Having an open forum for discussions is an essential part of a successful remote learning process and provides the crucial social aspect of learning.

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## Student Corner continue from page 7

As a new practicing pharmacist, I can now see COVID-19's impact on community practice. We are now witnessing an accelerated transition for patients using mail-order and home delivery services. Even though there are still a good number of patients that come to pick-up medications, that number has dwindled. This begs the question: how long will it take before a one-day medication delivery model becomes an industry wide standard? This also brings about the thought-provoking question on how the dynamics of community pharmacy services will adjust and adapt.

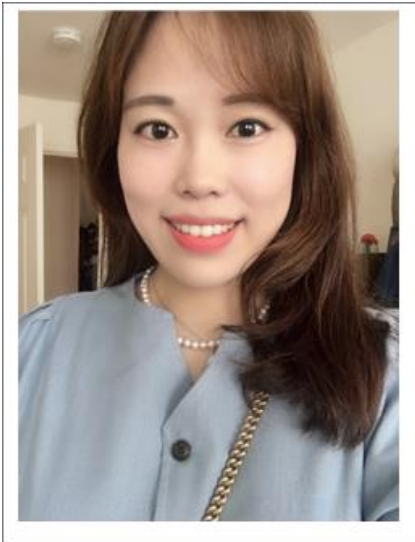
Unexpectedly, COVID-19 is facilitating the acceleration of our future remote and home service-dependent society. This will without question have an impact on all aspects of healthcare delivery from drug development all the way to medication dispensing. We are now experiencing permanent historical changes in the standard protocols of how we learn, network and work in the pharmacy profession.

**Sam Khosraviani**

Sam is a recent PharmD graduate from University of Maryland, Baltimore. He has been part of WMSHP since 2018. Sam is currently working as a Pharmacist at Kaiser Permanente.

## OTC Review of the Newly Approved Ibuprofen-Acetaminophen Combination Drug Product to be Launched in 2020.

By Diane Won, PharmD, RPh



Diane Won received her PharmD from the University of Maryland Baltimore and has been practicing as a pharmacist at a community retail pharmacy in East Baltimore for about three years now. She has enjoyed countless opportunities to interact with people of diversity backgrounds and aspires to serve her community as who she is best—a pharmacist with genuine affection towards the people she serves.

Advil® DUAL ACTION (ibuprofen 125 mg/acetaminophen 250 mg) is the first FDA-approved over-the-counter product that combines two effective analgesics, ibuprofen and acetaminophen in one caplet.

In a clinical study, Advil® DUAL ACTION provided significantly greater analgesic efficacy across primary and secondary endpoints than either ibuprofen 250 mg or acetaminophen 650 mg alone.<sup>1</sup> In addition, studies have shown, for certain conditions, their concomitant use may offer great efficacy and a better safety profile with a fast onset of action and longer duration of pain relief than the use of either of these ingredients alone.<sup>2</sup> Consumers, whose pain is not well controlled with ibuprofen or acetaminophen alone and yet concerned with side effect profiles of opioid and acetaminophen combinations, would benefit from Advil® DUAL ACTION.

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## **OTC Review of the Newly Approved Ibuprofen-Acetaminophen Combination Drug Product to be Launched in 2020. Continued from page 8**

By Diane Won

This combination product is indicated for minor pain due to headache, toothache, menstrual cramps, backache, muscular aches, and arthritis for adults and children 12 years and older.<sup>3,4</sup> While Advil® DUAL ACTION contains individual components known to be efficacious in reducing fever, it does not have an FDA approved indication for fever reduction.<sup>3,4</sup> The recommended dose is to take 2 capsules every 8 hours (maximum 6 caplets in 24 hours) with food as need for symptoms. The side effects are hepatotoxicity, GI bleeding, hypersensitivity, and skin reactions. Consumers should avoid other OTC or prescription drugs that contain acetaminophen or ibuprofen and other NSAIDs.<sup>3,4</sup>

### **References**

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**Presidents message from page 2**

In this August 2020 newsletter, WMSHP continues to provide a variety of news and articles. On page 1 of the newsletter is an article co-authored by Sadhna Khatri, PharmD, MPH, Immediate Past President and officer in U.S. Public Health Service (USPHS) on "The 2020 USPHS Excellence in Public Health Pharmacy Award." The award was established by the Department of Health and Human Services (HHS) Pharmacist Professional Advisory Committee (PharmPAC) to encourage student pharmacists become active in public health. WMSHP congratulates the ten top award recipients who are recognized for their public health work that positively impacted their local communities. In WMSHP's outreach to pharmacy residents in the Washington DC area, we have on page 2, profiled Jessica Szatkowski, PharmD who is a new PGY-1 resident at MedStar Washington Hospital Center, Washington, DC. As part of WMSHP's continuing outreach with new member pharmacists and graduates, we are pleased to provide an article in page 6 on "2020: A year of adaptability - From a perspective of a recent PharmD graduate" contributed by Sam Khosraviani, PharmD, a new pharmacy graduate who has been actively involved with WMSHP. In the article, Sam illustrates the uncertainty from the Covid-19 pandemic that is heightening the community's attention towards remote and teleworking approaches that potentially impacts many aspects in healthcare delivery and, of the need to reassess how one learns, networks and practices in the pharmacy profession. On page 8, is a new drug update on the "OTC Review of the Newly Approved Ibuprofen-Acetaminophen Combination Drug Product to be Launched in 2020" by Diane Won, PharmD, who is a community retail pharmacist in Baltimore, MD.

We thank you for your understanding and support of WMSHP during these uncertain times. Please use the society website ([www.wmshp.org](http://www.wmshp.org)) to stay informed. Thank you and stay safe.

Sincerely,

*Puri*

Vaiyapuri Subramaniam, PharmD, MS, FASHP, FASCP, FCP  
President, WMSHP

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