



Washington Metropolitan Society of Health System Pharmacists Newsletter

September 2020
Volume 6

WMSHP Executive Board

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Message from the WMSHP President

Dear members and colleagues,

The Covid-19 pandemic challenges we are facing is more than daily news as it is presenting a new way of how we manage, with our daily routines being altered. Our pharmacy profession's organizations have collaborated to provide policy recommendations addressing the Covid-19 pandemic. These recommendations call for pharmacists to have more access to test, treat, immunize, address shortages, facilitate workflow barriers and reimbursing pharmacists for their services. On April 8, 2020, the Department of Health and Human Services (HHS) issued a new guidance that authorized licensed pharmacists to order and administer FDA-authorized Covid-19 tests under the Public Readiness and Emergency Preparedness Act (PREP Act). The HHS PREP Act would serve to highlight the critical role pharmacists play in the health care system.

See page 7 – President message

From Learning to Caring – Upcoming September/ October CE Highlights

By Tiffany Tseng, PharmD, RPh

Preventive, comprehensive, and compassionate evidence-based medical care remain ever so indispensable, especially with regard to infectious and chronic diseases, as the pandemic persists through the Fall season. WMSHP aims to refresh and equip their members and other pharmacists in the Washington D.C. Metropolitan area with accessible, regular, timely, and up-to-date educational opportunities that also help meet continuing education (CE) requirements. WMSHP is pleased to announce a joint WMSHP-Pharmacy Times CE virtual ACPE-accredited CE program offering of 1.0 contact hour (0.10 CEU) for pharmacists on Thursday, September 24, 2020 starting at 6PM on “Treating the Influenza Virus and Improving Outcomes in the Health-System” presented by Dr. Rupal Mansukhani, who serves as Clinical Associate Professor at the Ernest Mario School of Pharmacy of Rutgers University. Moreover, on Wednesday October 21, Dr. Keyani Adigun, an HIV Clinical Pharmacy Specialist at Kaiser Permanente, will present on the “Pharmacist’s Role in Caring for HIV Patients within the LGBTQ Community.” A pre-symposium non-CE presentation titled “Current Understanding of CKD Anemia” by Dr. Emily Guerrieri, PharmD, a Medical Science Liaison at AstraZeneca, will precede Dr. Keyani’s presentation.

Please visit the wmshp.org website and sign-up while and when you can!

See page 2 – September/October CEs

September/October CEs (continued from page 1)

EDUCATIONAL OBJECTIVES

September 24, 2020 • 6:00 pm ET

Treating the Influenza Virus and Improving Outcomes in the Health-System

1. Examine the pathogenesis and modes of transmission of influenza, as well as factors contributing to greater risk of influenza-related complications in certain patient populations
2. Compare the mechanisms of action, dosing, clinical benefits, and adverse effects associated with the antivirals recommended by the CDC for the influenza season
3. Identify the role of health-system pharmacists in making clinical recommendations and in counseling patients about the use of antivirals for the prevention and treatment of the influenza virus

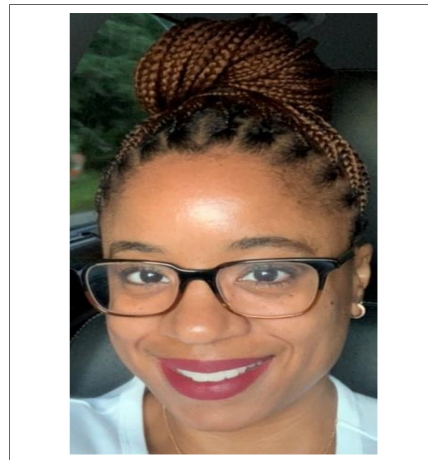


Rupal Mansukhani, PharmD, FAPhA, CTTS, is a Clinical Associate Professor at the Ernest Mario School of Pharmacy at Rutgers University (2005-present). She completed her doctor of pharmacy degree at the Philadelphia College of Pharmacy (2004). Upon graduation, she completed a PGY 1 Community Practice Residency at the University of Illinois in Chicago (2004- 2005). She worked in community practice at Pathmark Pharmacy (2005-2012), where she taught students about clinical outpatient services. She currently practices at Morristown Medical Center in Transitions of Care (2012-2020). Her areas of interest include respiratory conditions such as COPD, asthma, and pneumonia with a special interest in advancing immunization rates. Advancing patient care and promoting pharmacy through research, scholarly activities, and presentations have also been fundamental to Dr. Mansukhani's approach to moving the profession of pharmacy forward. She has presented her research at local, regional, national, and international meetings. She is passionate about teaching and continues to improve immunization rates within her state.

October 21, 2020 • 6:30 pm ET

Pharmacist's Role in Caring for HIV Patients within the LGBTQ Community

1. Define sexual and gender minority populations and provide helpful terminology to describe sexual orientation and gender identity
2. Discuss obstacles in medical care for LGBTQ persons
 - Overall healthcare access and health disparities
 - Affordable Care Act protections for LGBTQ persons
3. HIV Pharmacotherapy
 - HIV guidelines update on HIV medication management
 - HIV prevention – Pre-Exposure Prophylaxis (PrEP)



Keyani Adigun, PharmD, AAHIVP, BCACP graduated from Howard University School of Pharmacy in 2008 and completed a PGY-1 pharmacy residency with a focus in HIV disease management at the Veterans Affairs Medical Center in Washington, DC in 2009. She joined Kaiser Permanente in 2010 as a Primary Care Clinical Pharmacy Specialist and obtained a board certification in Ambulatory Care Pharmacy as well as a HIV certification with the American Academy of HIV Pharmacists. Dr. Adigun currently serves as a Clinical Pharmacy Specialist focused on HIV disease management and medication adherence. Dr. Adigun also serves on the Pharmacy Residency Advisory Committee as a preceptor and mentor for PGY-1 and PGY-2 residents.

WMSHP President Receives International Recognition for Fellowship Award by FIP

By CAPT John Quinn R.Ph, M.S. USPHS

WMSHP President Vaiyapuri Subramaniam, PharmD, MS, was recognized for his contribution to pharmacy by the International Pharmaceutical Federation (FIP) and made a FIP Fellow (FFIP) at the opening ceremony of the FIP Virtual 2020 Congress on September 13, 2020. Dr. Subramaniam was one of the eight fellowship awardees worldwide that included pharmacists and pharmaceutical scientists, who were selected and singled out in 2020 for commendation by the FIP. The FIP Fellowship award recognizes individual members of FIP who have exhibited strong leadership internationally; who have distinguished themselves in pharmacy practice or the pharmaceutical sciences; who have contributed to the advancement of the practice of pharmacy or pharmaceutical sciences, and who have served FIP. In the FIP, Dr. Subramaniam currently serves as Treasurer and member of the Executive Committee of the Social and Administrative Pharmacy Section. The International Pharmaceutical Federation (FIP) is the global federation of national associations of pharmacists, pharmaceutical scientists and pharmacy educators, and is in official relations with the World Health Organization. The FIP, through its 146 member organizations, represents over four million pharmacist practitioners and scientists around the world.

Dr. Subramaniam is also a fellow of American Society of Health System Pharmacists (FASHP); a fellow of the American College of Clinical Pharmacology (FCP); and a fellow of the American Society of Consultant Pharmacists (FASCP). Congratulations to Dr. Subramaniam on this significant international recognition of his contributions to the profession.



Stretch your healthy molecular gastronomy skills during this COVID-19 pandemic

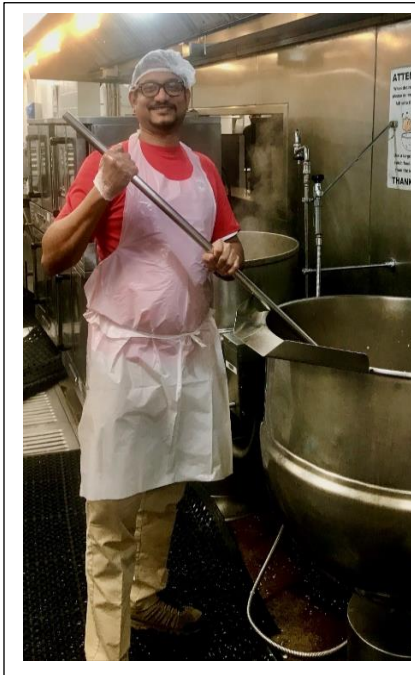
By Ashok Ramalingam, RPh, PhD,
President Elect, WMSHP

It's not strange to say that the novel coronavirus snuck up on no one. As a frontline professional, we can at least attest to the fact that through continuous emergence of new antimicrobial resistant pathogens, increasing risk of biological warfare, increased human connectedness, and faster global travels there remains a significant probability of global pandemics occurring in our lifetimes. Obviously, the COVID-19 pandemic has changed our lives dramatically. We all have to do our part to keep each other distracted for a bit from the negative news surrounding us, to have a break, and to maintain sanity, as this pandemic is still actively affecting all parts of the economy and livelihood. With local and state rules forcing social or physical distancing from coworkers, family and friends, you may reluctantly find it calming and sort of meditative to resort to new lifestyles allowing you to experiment your pharmacy compounding skills in the kitchen.

During these chaotic times, you can take advantage of staying home to expand your molecular gastronomy skills. You can keep variety alive in your compounded dishes, share them on the WMSHP newsletter, personal blogs, Facebook, Twitter, WhatsApp, Instagram or other social media platforms of your preference, which can help you motivate to keep ideas fresh as well as stay within your nutrition goals. The Greek physician Hippocrates, the father of modern medicine said "Leave your drugs in the pharmacist's pot if you can heal your patients with food." Following this ancient philosophy, perfect your recipe to cook delicious and nutritious food for vibrant and healthy living.



Dr. Ashok Ramalingam is currently President Elect of WMSHP and is very passionate about the pharmacy profession, medication safety, and health information systems. He has won numerous awards and honors for excellence in academics, patient safety and leadership. He is currently at the US Department of Defense overseeing patient safety analytics for Military Health System. He had selflessly served as WMSHP President (2008-2011), WMSHP Treasurer (2005-2007) and as a member of ASHP Council on Pharmacy Management (2009).



Here I am sharing one of my healthy Veggie Meatballs recipe that won me top prize for local fun food cook-offs.

Veggie Meatballs

Ingredients:

For Meatballs

2 cups finely chopped capsicum, cabbage, carrot, beans and spring onion whites
2 tablespoons all-purpose flour
2 tablespoons corn flour
½ tablespoon rice flour
1 tablespoon ginger-garlic-green chili/red pepper paste
¼ teaspoon soy sauce
½ teaspoon black pepper powder
Warm water as required (less than 1/2 cup is needed)
Salt to taste
Oil for deep frying

For Sauce

¼ cup spring onions, finely chopped
1 ½ tablespoons finely minced garlic
½ tablespoon finely minced ginger
2 finely chopped green peppers
½ teaspoon red chilli/pepper powder
2 teaspoons soy sauce
½ tablespoon chilli/pepper sauce
2 teaspoons vinegar
2 tablespoons tomato ketchup
1 teaspoon brown sugar
Salt as required
1 tablespoon sesame oil
1 ½ – 2 tablespoons finely chopped cilantro leaves OR spring onion greens

Instructions

Meatballs:

Heat oil for deep frying in a heavy-bottomed vessel. In a bowl, combine all-purpose flour, corn flour, rice flour, salt, ginger-garlic-green chilli Paste, pepper powder, soy sauce, salt and all the finely chopped vegetables. Sprinkle with a little water to make a thick mixture. Add water little by little and use only as much water as required to make small balls.

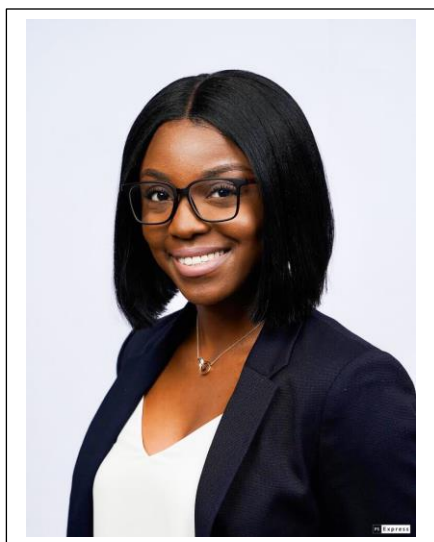
See Page 5 Veggie Meatballs

Veggie Meatballs (continued from page 4)

Carefully place each ball into the hot oil. Do not crowd the pot. Reduce flame and deep fry the vegetable balls until cooked. Increase the flame towards the end of the cooking process and fry until they turn golden brown. Remove and set on absorbent paper towels; keep aside.

Sauce & Finishing:

Heat oil in a large wok. Once oil is hot, add the chopped garlic and stir fry for a few seconds. Add the green chilies and ginger and stir fry on high for a few seconds. Add the whites of spring onions and stir fry on high for 2 minutes, constantly tossing them. Add the vegetable balls and stir fry for another 3 minutes. They should retain their crunch. Reduce to medium heat and add the brown sugar, soy sauce, tomato ketchup, chilli sauce and vinegar. Mix well and cook for 2 minutes. Add 3-4 tablespoons of water and cook for 2 minutes. Toss on high flame for 1-2 minutes. Turn off heat. Garnish with the chopped spring onion greens and/or cilantro.



Students Corner

Pharmacy School Journey at Howard University Nneka Okfaor, P4, Howard University College of Pharmacy

As I am nearing the end of my third block rotation in my final year of pharmacy school, I often find myself reminiscing about the journey it took for me to get to where I am today. Around this time three years ago, I was walking the stage to receive my white coat at Howard University College of Pharmacy. As of today, I can strongly say that all of my experiences and opportunities that I have been grateful to encounter throughout pharmacy school have molded me into the motivated and hardworking person I am now.

Before entering my first day of pharmacy school, I participated in a Pharmacy Biomedical Preview Program (PBP) that was offered by Howard. This was a five-week extensive program that allowed me to take some of the coursework I would be taking during my first year of pharmacy school. Through this initial experience, before actually starting my official first day of classes, I was able to reformulate my study habits, have early exposure to P1 coursework, meet some of my amazing peers, and also network with the current students and faculty who eventually became

See page 6 **Student Corner**



2018 Midyear Regional Meeting for APhA. During this meeting, I campaigned and ran for the position as APhA Regional Delegate. This picture was taken after I was sworn in as the Region 2 Delegate. Here I am surrounded by my fellow Kappa Psi brothers. (Left to right: Ashley Dike, Joyce Tobias, Nneka Okfaor, Laurel Alcenat).

Student Corner (continued from page 5)

influential mentors along the way. Thinking back to myself now, this opportunity definitely set the tone and foundation for me to exceed and become of service to others, as I progressed throughout my years at Howard University.

During my first semester of pharmacy school, I was very focused on my school work. I actively attended tutorial sessions and office hours, and remained diligent in putting my education as a priority. During my second semester, I started to notice the importance of networking and being an active leader in the different organizations and activities that were happening within my College. It was around this time that I decided to create a fair balance between my educational expectations and being an active student; which resulted in shaping me as a multi-dynamic student to date.

During my second and third year, I became very involved in organizations such as Industry Pharmacists Organization (IPhO), American Pharmacists Association (APhA), Rho Chi Honors Society, Phi Lambda Sigma Leadership Society (PLS), Kappa Psi Pharmaceutical Fraternity and the College of Pharmacy Student Council. Some of the leadership positions I have been fortunate to serve are: APhA Regional Delegate and Policy Vice President, College of Pharmacy Executive Student President, Kappa Psi Delta Kappa Chapter Scholarship Chair and Director of Fundraising for my IPhO chapter. During these positions, I was able to take my passion for being an innovator and apply it to my leadership roles. An example of one of the initiatives I was able to implement during my term was when I served as Policy Vice President for my APhA chapter. I was able to execute the first Pharmacy Day for HUCOP. During this event, students and pharmacists attended meetings at the John A. Wilson Building (DC District Building) to talk with Senators and US Representatives about major issues that were affecting pharmacists in the DC area and the importance of pharmacists' impact on patient health. Through these leadership opportunities and organizations, I have been able to not only be of service to others; but also gained many amazing mentors and met influential pharmacists who advised and aided in my progression throughout pharmacy school.

Currently, as a fourth-year student, I am learning to balance being active in organizations, studying in preparation for my NAPLEX board exam and diligently working hard during my experiential rotations. As of now, I am nearing the end of my third block rotation at AbbVie in Advertising and Promotion and I have peaked a strong interest in Regulatory Affairs through this opportunity. It's amazing to see everything come full circle. I entered this rotation, not firmly knowing exactly where I would like to be; but during my 4th day on this rotation, I instantly knew that Advertising and Promotion is somewhere I can see myself happy in the long term. With this experience and also the other opportunities that I have been grateful to encounter during my time in pharmacy school, I believe have all contributed toward my progression.

Overall, my time in pharmacy school has played a significant factor in who I am today. The people I have met, the opportunities I have encountered and the purpose I have found within myself have all contributed toward making this journey memorable. Although I am nearing the end of my pharmacy school years, I will remain of service and guidance for those behind me so I can pay it forward and see that spark and passion arise in others as well.

2018 Pharmacy Day at The John Wilson Building.

This picture was taken during the Pharmacy Day initiative I implemented with the help of the Washington DC Pharmacist Association. (In the middle: Dean Tofade and Dr. Habib).



2019 Midyear Regional Meeting for Region 2 for APhA.

Hosted my final conference during my term as Regional Delegate. In this picture myself (to the far left, served as Regional Delegate) and Ralphaelia Atelefack (to the far right, she served as Regional Member At Large) presented awards to members within region 2, who exemplified excellent service within their APhA chapter in their pharmacy school.



2019 Howard College of Pharmacy back to school cookout.

Myself and my fellow e-board members, Andrea Bush, Ashley Dike, Laurel Alcenat, for the College of Pharmacy Student Council hosted an annual welcome back event for the incoming students and also current students.

2019 APhA Annual Meeting.

(Left-right: Laurel Alcenat, Nneka Okafor, Ashley Dike, Chantalley Turner, Gabriel Mesengi). This picture was taken at APhA Annual Meeting during Howard University COP networking event hosted by Dr. Youness Kaordeh.

Presidents message from page 1

WMSHP continues to do its utmost to ensure educational program offerings are accessible and available to meet the professional needs of its members. By the end of 2020, WMSHP would have successfully provided 11 continuing education (CE) contact hours in a virtual format. For this, I thank the Program and Membership Committees for their efforts to make this possible together with WMSHP Secretary Dr. Tina Patel who implemented an effective communication and registration process for attendees for each CE session that was presented. I also thank the CE session speakers for providing high quality and essential subject matter presentations and, our medical science liaison colleagues from industry who provided informative non-CE therapeutic topics and their virtual technology platforms to facilitate WMSHP's educational session offerings. WMSHP further ensures educational fulfillment, communication and member engagement through the monthly publication of its newsletters for which we gratefully acknowledge our dedicated team of newsletter editors, CAPT John Quinn, Dr. Tiffany Tseng and Dr. Theresa Chan. The WMSHP website continues to demonstrate educational resources geared to members and pharmacists on networking activities, Covid-19 drug information sites and society happenings. The society thanks Ms Grace Hsu for providing the technology support for the website whenever needed and Dr. Tiffany Tseng for the detailed searches and resource sites made available for pharmacy practitioners. On page 1 of this Newsletter is a comprehensive summary by newsletter editor Dr. Tiffany Tseng on WMSHP's educational and CE program offerings on September 24th and October 21st providing one CE contact hour each; with the October 21st CE session being offered to meet a CE course requirement for pharmacists licensed in the District of Columbia. There is still time for everyone to register and attend the September 24th CE session that is provided free of charge to members and nonmembers. So do hurry and register!

As we grapple with work-life balances, we as pharmacists are continually challenged to rise to the occasion as leaders whenever possible. Our resilience is being tested daily as is also seen among pharmacy students. On page 6 under the Students Corner section, we have a pharmacy student from the Howard University College of Pharmacy (HUCoP) Nneka Okfaor describing her pharmacy school journey and how with guidance from her mentors, pharmacy college, networking support and resilience, she is fulfilling her educational objectives. On page 5, the newsletter highlights the culinary cooking skills needed during this Covid-19 situation as demonstrated and exemplified by WMSHP President-elect Dr. Ashok Ramalingam who methodically describes how to enjoy and prepare his delicious dishes. Bon appetite!

I would also like to draw your attention to the WMSHP newsletter announcement on *Advertising Opportunities* shown on page 8. Please find out about the WMSHP newsletter starting to accept half-page advertisements from anyone for a nominal fee and who to contact if interested.

As we start to approach the end of this year, WMSHP expects to hold elections for upcoming executive board positions that will become vacant whose terms in office will begin in January 2021. A detailed letter from WMSHP outlining all the available positions with descriptions will be sent to you in the near future encouraging you to consider running for office. Members who seek a higher level of professional involvement in WMSHP have found being an officer a fun and worthwhile pursuit. After reading the upcoming letter for the vacant positions, if you have questions, feel free to reach out to me personally. I urge you to consider running for office.

We thank you for your understanding and support of WMSHP during these uncertain times. Please use the society website (www.wmsHP.org) to stay informed.

Thank you and stay safe.

Sincerely,

Puri

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

CHINESE EXPRESS

849 Russell Ave, Gaithersburg, MD 20879 (near Costco)

Help support a family owned business and enjoy delicious authentic and Chinese-American dishes like **Jiangsu Squirrel Fish** and **General Tsao's Chicken** (pictured below)! Delivery and Take-out only, order by phone (301) 987-7877 or [online](#).



WMSHP members get 10% off your order once you mention this ad.

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 WEB WMSHP webwmsHP@gmail.com by the 15th of the month to be included in the next newsletter. Both print images are acceptable.