

AACP SELF-CARE SIG NEWSLETTER

Spring Elections

Voting Instructions:

Please review the bios contained in this newsletter to cast your ballot for our **2010-2011 Chair-Elect and our 2009-2011 Secretary**. Send your selection to the SIG nominations chair, **Seena Haines at seena_haines@pba.edu by March 31st** using the following format:

Title of email: AACP OTC SIG Voting

Chair-Elect Selection: Name

Secretary Selection: Name



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Secretary Candidates:

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- Kelly Scolaro
- Maqua Graham

Chair-Elect Candidate: Shawanda Flowers



Dr. Schwanda K. Flowers received her Pharm.D. (University of Arkansas for Medical Sciences) in 1999. Upon graduation she practiced in independent community pharmacy for several years before opening her own pharmacy. After opening her pharmacy she stayed active in education by precepting students of the University of Arkansas for Medical Sciences (UAMS) College of Pharmacy. Dr. Flowers started her career in academia at UAMS in 2005, where she is currently the Assistant Dean for Experiential Education. Her efforts at the college have focused on advanced community practice experiences, non-prescription medications, pharmacy management and medication therapy management. She has directed the development of a preceptor training program, and is also the director of the Community Pharmacy Residency program.

Chair-Elect Candidate: Linda Garrelts Maclean



Linda Garrelts MacLean is a pharmacist and certified diabetes educator. Currently, she serves as Chair and Clinical Associate Professor for the Department of Pharmacotherapy with Washington State University. She teaches the Over-the-Counter Medications course, focusing on the pharmacist's role in advising and counseling patients with regard to proper nonprescription product usage. As the past co-owner of Jones Pharmacy in Spokane, Washington she is vitally interested in community pharmacy and community pharmacy residencies. Interested in changing the way pharmacy is practiced, she has developed and implemented niches to better serve patients. Rapid strep testing, smoking cessation, diabetes self management, wellness education, immunizations, specialty compounding, emergency contraception, collaborative prescriptive protocols, and lipid management are examples of some of the programs that were part of the strategy to expand pharmacy services at Jones Pharmacy. The rapid strep testing service was one of the first in the nation to be implemented in a

community pharmacy. A past president of the Washington State Pharmacists Association, she is active in state and national pharmacy organizations. She is able to continue to be involved with new and evolving practice models for community pharmacy through service on NCPA national steering committees. Her current commitment is with the Home Health Care section. NCPA recognized her contributions by awarding her the National Preceptor of the Year designation and naming her the 2007 Faculty Liaison of the Year.

Secretary Candidate: Kaelen Dunican



Kaelen Dunican is an assistant professor of pharmacy practice at Massachusetts College of Pharmacy and Health Sciences School of Pharmacy-Worcester/Manchester. She received both her BPharm and her PharmD from MCPHS- Boston in 1996 and 2006 respectively. At the College, Dr. Dunican facilitates pharmacotherapeutic classes on dermatology, obesity, eating disorders, and headaches. Her other teaching responsibilities include Self-Care and Introduction to Pharmaceutical Care. She also co-coordinates the Professional Pharmacy Practice Lab and has developed an elective course in self-care. Dr. Dunican maintains practice sites with both CVS and Rite Aid Pharmacies and precepts advanced community pharmacy students at these locations. Dr. Dunican is a certified immunizing pharmacist and self-care advisor. Dr. Dunican's research interests include the pharmacologic treatment of obesity and self care; she has been invited to speak on these topics at local and national meetings. Dr. Dunican has published several peer reviewed papers and book chapters on a variety of topics including obesity, tension-type headaches, cutaneous warts, and pediculosis.

Secretary Candidate: Kelly Scolaro



Kelly L. Scolaro is an assistant professor and director of pharmaceutical care labs in the Division of Pharmacy Practice and Experiential Education at the University of North Carolina (UNC) Eshelman School of Pharmacy in Chapel Hill, NC. Kelly received her BS in pharmacy and PharmD from Auburn University. She completed an APhA-ASHP accredited community pharmacy practice residency at University of Florida. She held faculty positions at Auburn University and University of Florida prior to coming to UNC. She has practiced in several areas, including chain community pharmacy and free clinics. Kelly has published and presented on the topics of nonprescription therapeutics, clinical services in the community pharmacy, distance education, and skills lab learning. Kelly is an author and reviewer for APhA's Handbook of Nonprescription Drugs and has been an active participant in both APhA's Self Care

Institute and P&G's Nonprescription Medicines Academy for several years. Kelly has a strong interest in domestic and global outreach to the underserved. She has served on health outreach trips in the USA, Ecuador, Honduras, and Mexico. At UNC, Kelly serves as a faculty advisor for Carolina Association of Pharmacy Students (CAPS) which is a combination of APhA-ASP, ASHP, and several smaller student organizations. Kelly also is the advisor for the Student Health Action Coalition (SHAC) special projects group which provides disease screening services through community outreach.

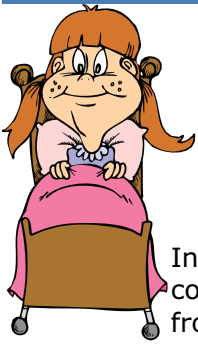
Secretary Candidate: Maqual Graham



Maqual Graham received her PharmD from The University of Missouri-Kansas City School of Pharmacy in 1994 and completed an ASHP accredited residency in Pharmacy Practice at the Kansas City Veterans Affairs Medical Center in 1995.

As a tenured associate professor at the UMKC School of Pharmacy, Dr. Graham's daily responsibilities are diverse yet incorporate teaching in all aspects. She currently coordinates the Pharmacotherapy course series, as well as co-administers two other courses, one of which is for the UMKC School of Nursing. Dr. Graham also teaches within the courses she coordinates and devotes a significant amount of time evaluating improvements implemented in any of these courses. Her clinical practice is located at the Veterans Affairs Medical Center and consists of managing patients taking warfarin and using a home INR monitoring device. She also provides

medication management for patients with hypertension and hyperlipidemia. At any given time, Dr. Graham is the principle investigator for a minimum of two clinical research studies.



FDA Status of Cough and Cold Products in Children

In October 2007, manufacturers of infant cough and cold medicines voluntarily withdrew their products from the market citing misuse and potential overdose; in some cases this has led to serious toxicities. A comprehensive listing of products is available at: www.otcsafety.org/withdrawn.html. The withdrawal did not include products that are for children older than 2 years and single ingredient preparations for pain (such as acetaminophen or ibuprofen), nasal sprays, or rubs.

For children under 2 years of age, an FDA recommendation followed in January 2008. A Public Health Advisory was issued to parents and caregivers alerting them to the potential consequences of using cough and cold products in this young population. Within the statement, the FDA cited rare, but very serious side effects, including death, convulsions, tachycardia, and decreased consciousness. The Advisory also reinforced the importance following medication directions closely and using the appropriate measuring device.

Until the FDA acts on provisions of recommendations for children 2 – 11 years old, current pediatric products will remain on the shelves. As the cough and cold season approaches, pharmacists are evaluating this clinical controversy, especially for those older than 2 years. Depending on the manufacturer, product labeling varied regarding age of use, causing anxiety and concern amongst pharmacists and parents.

In October 2008, a consensus was reached within the drug industry not to market cough and cold products to children under 4 years old. Though the FDA has yet to make it's ruling on other age groups, they are in support of the new age limits put forth by manufacturers. The voluntary labeling will apply to tablets and syrups, but not topical rubs and nasal sprays. It will also include a warning to parents not to use antihistamines for the purpose of sedating their children. The new packaging will begin to transition onto store shelves this cold season, as the FDA did not feel current packages needed to be removed.

For more information on changes regarding this issue, the link to the FDA can be found at <http://www.fda.gov/consumer/updates/coughcold102208.html>. The last update provided by FDA was October 22, 2008.

Excerpt taken from Non-Prescription Medicine Keeping Up in The Field Newsletter 2008 authored by Kelly Orr, Clinical Associate Professor at URI College of Pharmacy.

IMPORTANT DATES



AACP

Boston, MA
July 18th-22nd



NMA:

Cincinnati, OH
September 24-26, 2009



Self Care Institute:

To be announced!!!

OTC Resources:

FDA Information Regarding OTC Products

Over-the-Counter (OTC) Related Federal Register Notices, Ingredient References, and other Regulatory Information: <http://www.fda.gov/cder/offices/otc/industry.htm>

The FDA office of non-prescription products: <http://www.fda.gov/cder/offices/otc/default.htm>

Drug information: <http://www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm>

FDA dietary supplements page: <http://vm.cfsan.fda.gov/~dms/supplmnt.html>

FDA Federal Register Documents <http://www.accessdata.fda.gov/scripts/oc/ohrms/index.cfm>

Medicines in My Home is an interactive and educational program about the safe and effective use of over-the-counter medicines created by the FDA. <http://www.fda.gov/medsinmyhome/>

Recalls: <http://www.fda.gov/opacom/7alerts.HTML>

Dietary Supplements and Alternative Medicines

NIH Office of Dietary Supplements: <http://dietary-supplements.info.nih.gov/>

The National Center for Complementary and Alternative Medicine (NCCAM) is the Federal Government's lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. <http://nccam.nih.gov/>

Comprehensive herbal database from the publishers of *Pharmacist's Letter*. Complete referenced monographs detailing safety issues such as drug interaction and contraindications - <http://www.naturaldatabase.com>

Sponsored by *Medical Herbalism*, a quarterly journal of herbal medicine <http://www.medherb.com/>

Herbal links from University of Iowa - <http://www.uiowa.edu/~idis/herbalinks/>

Patient information and Resources

Patient-oriented material from National Library and NIH : <http://medlineplus.gov/>

Consumer Healthcare Products Association <http://www.chpa-info.org/>

National Council on Patient Information and Education (NCPIE): <http://www.talkaboutrx.org/index.jsp>

NCPIE website on OTC info for patients: <http://www.bemedwise.org/>



OTC Resources

Adverse Event Reporting:

FDA Adverse Event Reporting Program:
<http://www.fda.gov/medwatch/>

Other:

Drug Manufacturers:
<http://www.drugs.com/manufacturers.html>

The Institute for Safe Medication Practices:
<http://www.ismp.org/>

Drug Information:
<http://www.rxlist.com/script/main/hp.asp>

Drug Information: <http://www.drugs.com/>

Online news magazine for pharmacists:
<http://drugtopics.modernmedicine.com/>

Pubmed: <http://www.ncbi.nlm.nih.gov/PubMed/>

Health Fraud: <http://www.quackwatch.com/>

Textbooks:

APhA Practical Guide to Natural Medicines. 1st Edition: 1999. Andrea Peirce, author.

Handbook of Nonprescription Drugs, 16th Ed. March 2009. Rosemary R. Berardi, Editor in Chief Published by APhA

Nonprescription Product Therapeutics, 2nd Ed. W. Steven Pray Published by Lippincott Williams & Wilkins

Nonprescription Drug Therapy: Guiding Patient Self-Care, 2nd Ed. Tim R. Covington, Editor Published by Facts & Comparisons®

Nonprescription (OTC) Medications: Counseling Guidelines on the Safe Use of Over the Counter Medicines A.S. Aruna. New Orleans, LA: Global Publishing Network, 1999

Staying Current with Self-Care

Members of our AACP-SIG have two opportunities each year to interact with colleagues, see what others are doing, and get the latest information..... in the realm of Self-Care.

Through the sponsorship of Ortho-McNeil, the APhA has sponsored the annual Self Care Institute (SCI). Each spring, the deans of AACP member schools are asked to nominate one faculty member to attend the annual three day meeting. While the site changes from year to year, the meeting is usually held in late June. Last June 19-22 saw more than 100 participants gather in Chicago for the SCI (where many of us gathered a few weeks later at the annual AACP meeting). Here we learned about the latest trends in self-care, focused on professional development and leadership, active learning, and gained tools and strategies to assess, triage, and evaluate communication skills. Plans for this year's meeting are underway but have yet to be finalized. Judie Lieu at APhA will be providing information as it becomes available.

The Non Prescription Medication Academy (NMA) sponsored by Proctor and Gamble is another opportunity to collaborate with your peers on self-care issues. This is an annual meeting held on the P & G campus in early fall. Attendance at this meeting requires the submission of a relevant abstract and accepted poster presentation at the meeting. More than 40 of our peers participated in the 2008 meeting which included interactive analysis of each person's strengths, a legislative update, sessions on market research, participating in focus groups, faculty development, and 5 selected faculty presentations in addition to the non-stop food and fun. Plans for the 12th annual meeting scheduled for September 24-26, 2009 are progressing. Look at the NMA website (www.nmafaculty.org) for updates.

Developed and Authored by Nominations Committee: Dr. Seena Haines (Chair), Dr. Jennifer Smith (Editor), Dr. Paul Oesterman, and Dr. Mandy Jones