

# NoDak Pharmacy *Journal*

Volume 29, No. 4 November 2016



**2016 PTCB CPhT  
of the Year**

***Diane Halvorson***





# NDPhA Board of Directors

**NDPhA President  
Wanda Roden**

519 22nd Ave N  
Fargo, ND 58103  
Cell: (701) 388-0821  
Home: (701) 232-2347  
E-mail: wrnodak@earthlink.net

**NDPhA President Elect  
Harvey Hanel**

1918 S Grandview Lane  
Bismarck ND 58503  
Phone: (701) 328-7222  
E-Mail: hmhanel@bis.midco.net

**NDPhA Vice President  
Kim Essler**

Chase Pharmacy  
PO Box 1206  
Garrison, ND 58540-1206  
Work Phone: (701) 463-2242  
Fax: (701) 463-2311  
E-Mail: runodak@restel.net

**NDPhA Board Chairman**

**Kyle DeMontigny**  
White Drug #50  
107 2nd Street SE  
Rugby ND 58368  
Phone: (701) 776-5741  
E-Mail: P050@thriftywhite.com

**District 1 Officer**

**Ramona Sorenson**  
Elbowoods Memorial Health  
Center Pharmacy  
1058 College Drive  
New Town, ND 58763  
Phone: (701) 627-7624  
E-mail: Ramona.Sorenson@ihs.gov

**District 2 Officer**

**Carolyn Bodell**  
Trinity Hospital Pharmacy  
Minot, ND 58701  
Phone: (701) 838-2933  
E-mail: jbodell@min.midco.net

**District 3 Officer**

**Zach Marty**  
Quentin Burdick Memorial  
Health Care  
1300 Hospital Loop  
Belcourt ND 58316  
Phone: (701) 477-8426  
E-Mail: zmarty@gmail.com;  
zachary.marty@ihs.gov

**District 4 Officer**

**Tim Carlson**  
3825 Clearview Cir  
Grand Forks, ND 58201  
Phone: (701) 795-3498  
E-mail: tcarlson@thriftywhite.com

**District 5 Officer**

**Scott Frank, PharmD**  
ND Pharmacy West  
1283 Roughrider Blvd  
Dickinson, ND 58601  
Phone: (701) 483-0724  
E-Mail: scottmfrank@hotmail.com

**District 6 Officer**

**Tom Uhde**  
3101 Stonewall Dr  
Bismarck, ND 58503  
Phone: (701) 223-1656  
Email: tuhde@hotmail.com

**District 7 Officer**

**John Fugleberg**  
The Medicine Shoppe Jamestown  
701 1st Ave S  
Valley City, ND 58072  
Phone: (701) 252-3002  
E-Mail: 0545@medicineshoppe.com

**District 8 Officer**

**Rebecca Focken**  
4522 47th St S #301  
Fargo ND 58104  
Phone: (701) 799-3834  
E-Mail: rebecca.focken@gmail.com

**Community Practice Academy President**

**Dan Churchill**  
Churchill Pharmacy  
1190 W Turnpike Ave, Ste. 2  
Bismarck, ND 58501  
Phone: (701) 223-1656  
E-Mail: danchurchill@bis.midco.net

**NAPT Academy Chairperson**

**Donna Kisse**  
Thrifty White Pharmacy,  
Fargo  
Phone: (701) 269-8747  
E-Mail: gdkisse@hotmail.com

**Health Systems Practice Academy President****ExOfficios****Executive Vice President**

**Michael Schwab**  
NDPhA  
1641 Capitol Way  
Bismarck, ND 58501  
Phone: (701) 258-4968  
Fax: (701) 258-9312  
E-Mail: mschwab@nodakpharmacy.net

**NDSCS Pharmacy Tech Program**

**Barbara Lacher**  
NDSCS Pharmacy Tech Department  
800 N 6 St  
Wahpeton, ND 58076  
Phone: (701) 671-2114  
E-Mail: Barbara.Lacher@ndscs.edu

**NDPSC President**

**David Olig**  
Southpointe Pharmacy  
2400 S 32 Ave  
Fargo, ND 58103  
Phone: (701) 234-9912  
E-Mail: davidjolig@gmail.com

**BOP Executive Director**

**Mark Hardy**  
ND State Board of Pharmacy  
1906 E Broadway Ave  
PO Box 1354  
Bismarck, ND 58501  
Phone: (701) 328-9535  
E-Mail: mhardy@btinet.net

**NDSU College of Health Professions  
School of Pharmacy**

**Charles Peterson**  
PO Box 6050 Dept 2650  
Fargo, ND 58108-6050  
Phone: (701) 231-7609  
E-Mail: Charles.Peterson@ndsu.edu

**NDPhA Vice President Elect**

**Dan Churchill**  
Churchill Pharmacy  
1190 W Turnpike Ave Ste. 2  
Bismarck, ND 58501  
Phone: (701) 223-1656

**NDSHP President**

**Carolyn Seehafer**  
Trinity Health  
Minot, ND  
E-Mail: carolyn.seehafer@trinityhealth.org

**NDSU College of Pharmacy/****ASP Representative**

**Cynthia Cherucheril**  
E-Mail: Cynthia.cherucheril@ndsu.edu

## Save the Date!

**NDPhA 132<sup>nd</sup> Annual Convention**

**April 20-23, 2017**

**Grand Hotel**

**1505 North Broadway**

**Minot, ND 58703**

**1-800-735-4493**

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## 2016-17 Calendar

### DECEMBER

Dec 4-8	ASHP Midyear Clinical Meeting & Exhibit, Las Vegas, NV
Dec 7	Pearl Harbor Remembrance Day
Dec 7	NDPhA/NDPSC Joint Board Meeting – Hampton Inn, Bismarck
Dec 25	Merry Christmas

### JANUARY

Jan 1	Happy New Years
Jan 3	ND 65th Legislative Session Begins
Jan 16	Martin Luther King Jr. Day
Jan 23	Deadline for Senators to introduce bills

### FEBRUARY

Feb 20	President's Day
Feb 24	Crossover date for bills
Feb 27-28	ND Legislative Recess

### MARCH

Mar 8	Crossover date for resolutions
Mar 17	Happy St. Patrick's Day
Mar 21	NDPhA Legislative Day/ Ice Cream Social, ND State Capitol
Mar 24-27	APhA Annual Meeting & Expo, San Francisco CA

### NoDak Pharmacy Journal Submission Policy

The ND Pharmacists Association is pleased to accept submissions for the Journal. Submissions should be reasonable in length due to space considerations. In order to ensure the quality of our publication, editing for grammar, spelling, punctuation and content may occur. Articles, photos, and advertising should be submitted in electronic form.

To submit, please email NDPhA at:  
lgiddings@nodakpharmacy.net

**The deadline for the Next Issue is:  
Jan. 11th, 2017**

### NoDak Pharmacy Journal

1641 Capitol Way • 701-258-4968  
www.nodakpharmacy.net  
lgiddings@nodakpharmacy.net

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# NDPhA President's Message



WOW!!!!

As we step into the Holiday Season and look toward the end of another year of taking care of patients, please take a few moments to reflect on the AWESOME events that have occurred within our family of pharmacists, technicians, and student pharmacists during the last couple of months.

Out of 400 nominees, Diane Halvorson was selected as the 2016 PTCB CPhT Technician of the year! We are all familiar with the dedication, work, and passion that Diane demonstrates for technicians and the profession in our state. It is with sincere gratitude and admiration that we CONGRATULATE Diane on this achievement!

The NAPT Fall conference, held in Fargo on October 7-8, hosted 104 pharmacy technicians. For us to provide technician support within our practices, it is imperative that we continue to search our communities for potential technician candidates. A video has been produced to use as a recruitment tool for anyone wishing to promote the technician profession in school health and/or career focused classes. For more information on access to this video, please contact Donna Kisse at [gdkisse@hotmail.com](mailto:gdkisse@hotmail.com).

During the October Region 5 APhA-ASP Midyear Regional Meeting, held in Sioux Falls, SD, the NDSU student APhA-ASP chapter was awarded the Regional Operation Heart Award for their 2015–2016 promotion of healthy heart awareness within their community. We earnestly CONGRATULATE these Student Pharmacists as they continue to positively impact our profession through their projects surrounding blood pressure, cholesterol and glucose screenings, education, IPPE and APPE rotational experiences, and serving as interns in our pharmacies. (See picture)



At the end of October, NDSHP held their second "very successful" Summit and Expo! Dave Warner, PharmD, ASHP Director of Center of Practice Development provided a full day workshop on residency programs. Twenty three programs including 79 attendees, from ND, SD, MN, and IA, attended the informative session, which may result in new residency programs across our region and state.

Pharmacists Month was celebrated throughout pharmacies across the state. (See pictures on page 15)

Mike and Larissa Schwab welcomed Mason into their family on September 9th. Even through sleepless nights and increased responsibilities at home, Mike continues to demonstrate renewed energy and selfless dedication to the issues surrounding pharmacy in our state. Thank you, Mike.

The Governmental Affairs Committee continues to work on issues surrounding the up and coming legislative session. As most of you know, there are a number of issues affecting all of us! NDPhA will need your support, participation, and voice as we tackle these issues in the coming months. Please become active in the organization that represents your profession to the decision makers that set precedent and establish law within North Dakota.

I know that the next few months will be extremely busy as you provide care for very ill patients, counsel patients on the new Medicare Part D plans along with chronic and OTC medications, provide immunizations, and try to keep yourself, family members, and employees healthy through this season of varying temperatures! You make a HUGE difference in the lives of the people you serve and are appreciated by many! Thank you for your service to others!

*"Appreciation is a wonderful thing. It makes what is excellent in others belong to us, as well."* Voltaire

Wishing you a safe and joy filled holiday season,

*Wanda Roden*

President NDPhA



## PTCB Names Diane Halvorson the 2016 PTCB Certified Pharmacy Technician of the Year

by Laura Humphrey | Oct. 11, 2016



Washington, DC -- The Pharmacy Technician Certification Board (PTCB) has named Diane Halvorson, RPhTech, CPhT, of Fargo, North Dakota, the 2016 PTCB Certified Pharmacy Technician (CPhT) of the Year®. Ms. Halvorson has served as a Member of the North Dakota Board of Pharmacy for the past 6 years, including two terms as President of the Board.

She is the Lead Pharmacy Technician and recent Interim Pharmacy Manager at Vibra Hospital in Fargo, a 31-bed, long-term acute care facility that serves patients coming from intensive care. The facility specializes in mechanical ventilation weaning and transition to rehabilitation, and its pharmacy administers more than 18,000 medication doses per month. She is also former President of and current state board liaison to the Northland Association of Pharmacy Technicians, the organization that led the effort in 1995 to achieve required technician registration and education in the state.

"Diane has an impressive record of leadership on behalf of pharmacy technicians. She is committed to promoting technicians as an integral part of the health care team within their scope of practice," said Everett B. McAllister, MPA, RPh, Executive Director and CEO of PTCB. "PTCB is thrilled to name her the CPhT of the Year. Diane is a model advocate for patient safety, a remarkable leader, and a clear and inspiring voice for technicians. The effort to procure a board seat in North Dakota took years of passionate work by technicians in the state, and Diane was a critical driver of this success." Ms. Halvorson will be honored at a special luncheon event during the APhA Annual Meeting and Exposition on March 26, 2017 in San Francisco.

"Diane is truly deserving of this recognition as she has been an outstanding leader in advancing public safety in North Dakota through education and certification of pharmacy technicians," said Mark J. Hardy, PharmD, Executive Director of the North Dakota Board of Pharmacy, "and Diane's dedication to representing technicians to our profession has been of paramount importance to advancing models of care."

Ms. Halvorson is an advocate for national standardization of technician education, preparation, and credentials. "It was shocking to me when I learned years ago that there were people

working in pharmacies who did not have standardized training," she said. "When I came to realize that the majority of medication errors were due to lack of education and preparation, I became dedicated to advancing national standards for technicians. I think a patient walking into any pharmacy in any state should know that the person helping prepare their prescription has met the standardized requirements for knowledge and training that the pharmacy profession says they need to do their job. Being recognized as PTCB CPhT of the Year is a tremendous honor, but this is not about me; this is about technicians being advocates for our important place in health care safety as defined by our scope of practice."

"Diane Halvorson has been a strong patient advocate on the North Dakota Board of Pharmacy. She makes sure the Board and public understand the value technicians bring to the profession and how they help the pharmacist spend more time with patients," said Howard C. Anderson Jr., RPh, North Dakota District 8 State Senator, Chief Compliance Officer/Treasurer and former Executive Director of the North Dakota Board of Pharmacy.

While serving as Interim Pharmacy Manager at Vibra until a new director was named this month, Ms. Halvorson was instrumental in EMR implementation and took the lead to educate staff to expand patient/medication bar code scanning to a usage level of 98%. "By showing employees first-hand how accuracy improves with bar coding, we motivate staff to take ownership of their critical role on the team," said Ms. Halvorson. She established a new process for insulin dispensing, placing it in the automated medication system, so employees now retrieve a patient's insulin using a unique bar code label, thereby improving patient safety and decreasing waste. "Now the system helps prevent human error and decreases potential for it to happen," said Ms. Halvorson. Her many responsibilities include ordering, cart fills, inventory, dispensing, and preparing IV mixtures.

PTCB's CPhT of the Year Program honors and recognizes individual achievement in patient care, leadership, service, and mentorship as a way to encourage and support excellence and innovation among all pharmacy technicians. More than 375 CPhTs were nominated for the 2016 CPhT of the Year from all pharmacy settings. PTCB selected eight finalists, including CPhTs Ashley Bollinger, Barrett Mand, Brande Ribillia, HS2 Johnathan Gunn, Nicole Bernabe, Nikki (Andrea) Ratliff, and Master Sergeant Robert George.

News provided by the Pharmacy Technician Certification Board, [www.ptcb.org](http://www.ptcb.org); reproduced with permission from PTCB.



# NAPT *President's Message*

## Greetings,

Fall is my favorite time of year, not only because of the beautiful colors and festivities associated with the season, but also attending the NAPT Annual Fall Conference each year. With great speakers, attendance and atmosphere, the 2016 Annual Fall Conference was a great success. I would like to extend a big thank you to all parties involved for planning and coordinating the event. Thank you also to the attendees, we hope to see you again next year!

As Fall transitions into winter, and the dreadful "white stuff" nearing, I wish everyone safe travels and cozy snow days. While hunkering down and settling in for the winter, one thing comes to mind: 'tis the season to send in nominations for awards. I encourage all to snuggle up in a cozy blanket, with hot cocoa and submit nomination(s). Look for future mailings and Nodak articles about the awards.

An exciting new development is in the works! As many of you know, NAPT has created a Technician Recruitment Video that premiered at the Annual Fall Conference. This video was a success and will be used across the board to aid in recruitment. Newly, the Video Committee will be gathering in November to start the process for the second video, The Technician Profession, for the Profession. We are excited to get this rolling and we will continue to provide updates, stay tuned.

This has been an exciting and adventurous year in the pharmacy world! We are constantly reminded how the profession is growing and expanding. With this, there is also big news about some local Technicians, strong advocates for the profession. North Dakota Technicians, I feel, are helping to pave the way for the future. I would like to take time to say congratulations to Diane Halvorson for her "PTCB Pharmacy Technician of the Year" award. This is an outstanding achievement!

In closing, I wish to extend well winter wishes to all. May your holidays be safe and joyful. We look forward to receiving your award nominations.

Sincerely,

*Amanda Olauson, CPHT*

NAPT President

## Navigating the NDPhA website for NAPT information:

1. [www.nodakpharmacy.net](http://www.nodakpharmacy.net)
2. For previous NoDak Pharmacy editions: At the top of the page, click on "Publications" and click on "Previous NoDak Pharmacy Editions"
3. For NAPT Minutes: At the top of the page, click on "Resources". Then click on "ND Organizations". Click on "Northland Association of Pharmacy Technicians."
4. For NAPT Executive Board of Directors, Mission Statement, Minutes and other information: At the top of the page, click on "About Us", then click "Academies", then "Pharmacy Technician Academy"

## NAPT *Board of Directors*

### Chairperson

Donna Kisse  
Employer: Thrifty White Pharmacy, Fargo  
Work#: 701-269-8747  
Email: [gdkisse@hotmail.com](mailto:gdkisse@hotmail.com)

### President

Amanda Olauson  
Employer: White Drug, Jamestown  
Work#: 701-251-1432  
Email: [amandaolauson.cpht@protonmail.com](mailto:amandaolauson.cpht@protonmail.com)

### Vice-President

Tracy Lindsey  
Employer: Fargo VA  
Work#: 701-232-3241 Ext 92852  
Email: [tlindsey101@yahoo.com](mailto:tlindsey101@yahoo.com)

### Secretary

Autumn Guilbert  
Employer: White Drug, Rugby  
Work#: 701-776-5741  
Email: [autumn\\_guilbert@hotmail.com](mailto:autumn_guilbert@hotmail.com)

### Treasurer

Alexandra Spilman  
Employer: Sanford Health  
Work#: 701-234-5601  
Email: [alexandrajune6832@gmail.com](mailto:alexandrajune6832@gmail.com)

### Parliamentarian

Danika Braaten  
Employer: Northland Community & Technical College  
East Grand Forks, MN  
Work#: 218-793-2568  
Email: [danikaj@hotmail.com](mailto:danikaj@hotmail.com)

### Member-at-Large

Arlene Monson  
Employer: CVS Pharmacy  
Work#: 701-852-4068  
Email: [monsonized30@gmail.com](mailto:monsonized30@gmail.com)

### Member-at-Large

Twana Dick  
Employer: Dakota Drug Co/Mountrail County Medical Center  
Work#: 701-628-2255/701-628-2424, Ext 147  
Email: [dakdrug@gmail.com](mailto:dakdrug@gmail.com)

### ND Board of Pharmacy Technician Liaison

Diane Halvorson  
Employer: Vibra Hospital, Fargo  
Work#: 701-451-6632  
Email: [dhalvo1034@cableone.net](mailto:dhalvo1034@cableone.net)

### NDSCS Pharmacy Technician Program Liaison

Barbara Lacher  
Employer: ND State College of Science, Wahpeton  
Work#: 701-671-2114  
Email: [barbara.lacher@ndscs.edu](mailto:barbara.lacher@ndscs.edu)

### NDPhA Liaison

Mike Schwab  
NDPhA Executive Vice President  
Work#: 701-258-4968  
Email: [mschwab@nodakpharmacy.net](mailto:mschwab@nodakpharmacy.net)



# NAPT Fall conference Follow-up

The NAPT Annual Fall Conference was held on October 7 & 8th, 2016 at the Holiday Inn of Fargo, ND. This two-day conference offered a total of 10 ACPE T designated CE, topics included Law, Patient Safety and General.

Miriam Mobley Smith, Pharm.D, FASHP, Director of Strategic Alliances Pharmacy Technician Certification Board was our Keynote speaker presenting on the advancing role of the Pharmacy Technician in the evolving Health Care Environment. Miriam explained to the group that a consensus stakeholder meeting is scheduled for February 2017; their focus will be to look at the national landscape regarding Pharmacy Technician and their role in the pharmacy. Miriam asked a series of questions that she said would be brought to the consensus meeting, this was truly exciting to think feedback from our annual meeting will serve as a voice at the February 2017 meeting.

Special thanks to our speakers; Dr. Mark Hardy, Gene Anderson, Retired Senior Patrol Lieutenant of Fargo Police Department, Ginger Demmer, RN, Miriam Mobley Smith, Pharm D, FSHP, Judy Neville, CPhT, Mark Coppin, Diane Halvorson, RPhTech, CPhT, and Dr. Lawrence Patnaude. It is through your excellent presentations that made this event a great learning environment!

This year we trialed a process called Poll Everywhere. This program allows the presenter to ask the audience a question and the attendee would text their answer, this provides real time responses and allows the group to see the results. Also, when discussing issues that one might not be comfortable in raising their hand, would be more comfortable to anonymously text a response. The NAPT Executive Board will be discussing the process and if this will be something

## PTCB Spotlight:

PTCB's October CPhT Spotlight was North Dakota's own Amanda Olauson! Amanda works for Thrifty White in Jamestown, ND. To read the article about Amanda, go to: [www.ptcb.org](http://www.ptcb.org) and click on the article at the bottom of the page or under PTCB news.



we use annually. If you attended the event, we would love to hear your feedback about the Poll Everywhere process, please feel free to forward your comments to one of the NAPT Executive Board Members.

With an attendance of 104, it was considered another successful event. We want to thank those who took the time to attend and hope you enjoyed the conference. If you were not able to attend this year, we hope you put it on your calendar for next year! This is a great way to obtain your CE needed on an annual basis and offers a great time to network. Watch for information about 2017 conference in your NoDak and/or mail.

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312.480.1064

[dave.kelly@mckesson.com](mailto:dave.kelly@mckesson.com)



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# NDPhA Award Nominations *Criteria*

Fax to: (701) 258-9312 or

Email to: [ndpha@nodakpharmacy.net](mailto:ndpha@nodakpharmacy.net) by **FEBRUARY 20, 2017.**

A list of past recipients can be found on our website at [www.NodakPharmacy.net](http://www.NodakPharmacy.net). Scoring details for nominations received can also be found on our website listed above. Nominations should be submitted **ALONG WITH BIOGRAPHICAL INFORMATION.**

## NDPhA AWARDS NOMINATIONS CRITERIA

### AL DOERR SERVICE AWARD

The recipient must: be a pharmacist licensed to practice in North Dakota, The recipient must be a member of the North Dakota Pharmacists Association, be living (not presented posthumously); not have been a previous recipient of the award; has compiled an outstanding record for community and pharmacy service.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

### UPSHER-SMITH LABORATORIES EXCELLENCE IN INNOVATION AWARD

The recipient should be a practicing pharmacist within North Dakota and a member of NDPhA who has demonstrated Innovative Pharmacy Practice resulting in improved patient care.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

### PHARMACISTS MUTUAL DISTINGUISHED YOUNG PHARMACIST AWARD

The goal of this award is to encourage the newer pharmacists to participate in association and community activities. The award is presented annually to recognize one such person for involvement and dedication to the practice of pharmacy. The recipient must: have received his/her entry degree in pharmacy less than nine years ago; be a pharmacist licensed to practice in North Dakota; a member of NDPhA; have practiced community, institutional, managed care or consulting pharmacy and who has actively participated in national pharmacy associations, professional programs, state association activities and/or community service.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

### APhA/NASPA BOWL OF HYGEIA

The recipient must: be a pharmacist licensed to practice in North Dakota; a member of NDPhA; be living (not presented posthumously); not have been a previous recipient of the award; is not currently serving, nor has he/she served within the immediate past two years as an officer of the association in other than an ex-officio capacity or its awards committee; have compiled outstanding record of community service, which apart from his/her specific identification as a pharmacist, reflects well on the profession.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

### GENERATION RX CHAMPIONS AWARD SPONSORED BY THE CARDINAL HEALTH FOUNDATION

This award was established to recognize a pharmacist for his or her work in prescription drug abuse, which could also include recovery and education.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_



# NAPT Award Nominations *Criteria*

Fax to: (701) 258-9312 or Email to: [ndpha@nodakpharmacy.net](mailto:ndpha@nodakpharmacy.net) by **FEB. 20, 2017**

## NAPT AWARDS NOMINATIONS CRITERIA

- Nominations accepted from:
- North Dakota Registered Pharmacy Technician
  - North Dakota Licensed Pharmacist
  - Practicing professional in the medical field

### DISTINGUISHED YOUNG PHARMACY TECHNICIAN SPONSORED BY PHARMACISTS MUTUAL

- The nominee shall be a practicing Pharmacy Technician of less than 10 years.
- The nominee shall be registered as a Pharmacy Technician in North Dakota.
- The nominee displays passion to the Pharmacy Technician profession and strives for excellence in the Profession of Pharmacy.
- The nominee exemplifies work ethic in the Profession of Pharmacy.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

### DIAMOND AWARD SPONSORED BY THRIFTY WHITE PHARMACY

- The nominee shall be registered as a Pharmacy Technician in North Dakota.
- The nominee must be living, awards are not made posthumously.
- The nominee has not been a previous recipient of the award.
- The nominee is not currently serving as an officer of NAPT.
- The nominee has compiled an outstanding record of community and pharmacy service.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

### FRIEND OF NAPT SPONSORED BY NAPT

- The nominee has not been a previous recipient of the award.
- The nominee has been an advocate of NAPT and the Profession of Pharmacy Technicians.
- The nominee can be a person (s) working in the Profession of Pharmacy; a person, group, or organization.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

**Note: Nominations are only accepted from ND Registered Pharmacy Technicians.**

### PHARMACY TECHNICIAN OF THE YEAR AWARD SPONSORED BY DAKOTA DRUG

- The nominee shall be a Registered Pharmacy Technician in North Dakota.
- The nominee exemplifies the work ethic in the Profession of Pharmacy.
- The nominee has not been a past recipient of the award.
- The nominee demonstrates the key elements of the Pharmacy Technician Profession and demonstrates an outstanding record of pharmacy service.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_



# NDSHP Award Nominations *Criteria*

Fax to: (701) 234-7137 or Email to: [amber.olek@gmail.com](mailto:amber.olek@gmail.com) by **FEBRUARY 20, 2017**.

## NDSHP AWARDS NOMINATIONS CRITERIA

### NORTH DAKOTA HEALTH-SYSTEM PHARMACIST OF THE YEAR

Established in 1998, this award is given annually to an individual of high moral character, good citizenship, and elevated professional ideals. The recipient has made significant contributions to health-system pharmacy, including sustained exemplary service, an outstanding single achievement, or a combination of accomplishments benefiting the profession and public health. These may include achievements or outstanding performance that relate to health-system pharmacy: Practice, education, or administration; Research or development; Organizational activities; Scientific or professional writing; Journalism; Public and/or inter-professional relations activities; or Law, legislation, regulation, or standards of professional conduct.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

### NDSHP BEST PRACTICES AWARD

This award has recognized outstanding practitioners in health-system pharmacy who have successfully implemented innovative systems that demonstrate best practices in health-system pharmacy. Eligibility: Applicants must be practicing in a health-system setting, such as an ambulatory care clinic, chronic care, home health care, inpatient care, or outpatient pharmacy. More than one successful program from a health system may be submitted for consideration. Applicants will be judged based on the following criteria: Originality and innovative nature of the program, Significance of the program to the health system, Demonstration of improvements, Significance of the program to pharmacy practice advancement, and Quality of the descriptive report.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

### AWARD OF EXCELLENCE IN MEDICATION USE SAFETY

May be conferred annually to an individual or group of individuals in recognition of a specific recent contribution or achievement that has advanced the ability of hospital and health-system pharmacists in North Dakota to serve the needs of patients through improved medication safety processes. Pharmacists and nonpharmacists are eligible. The award is intended to recognize an individual or group of individuals for a recent singular, significant achievement or contribution rather than for career-long contributions. Include the following information when submitting your nomination: Professional position of the nominee (or individuals in a group) at the time of the contribution or achievement; Current professional position of the nominee or individuals in a group; Summary of the contribution or achievement; Brief statement about how the contribution or achievement advanced the ability of hospital and health-system pharmacists to serve the needs of patients, and Brief statement about why the contribution or achievement is of significance.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_

### PHARMACY PRACTICE LITERATURE AWARD

The Pharmacy Practice Literature Award recognizes an outstanding original contribution to the peer-reviewed biomedical literature related to pharmacy practice in hospitals and health-systems. The award is given annually to the author(s) of an important contribution of original research relevant to health-system pharmacy practice published during the calendar year preceding the state convention. Eligibility: The article submitted for the Pharmacy Practice Literature Award must have been published in a PubMed-indexed, peer-reviewed biomedical journal in the last calendar year. This article will be included in the nomination. For this award, the applicant must be a pharmacist. The applicant must be either the first or second author listed on the nominated article. To be eligible for this award, the applicant must have participated in each of the following: Substantial contributions to conception and design, or acquisition of data, or analysis and interpretation of data; Drafting the article or revising it critically for important intellectual content; and Final approval of the version to be published.

Nominee: \_\_\_\_\_ Submitted by: \_\_\_\_\_



## Partial Fill Of Schedule II Medications

Mark J Hardy, PharmD, Executive Director

In September 2016 the Board of Pharmacy sent out a memo to all the pharmacies across the state informing them of a recent FEDERAL law changes relative to partial filling of schedule II medications. Below is the context of the memo:

**In July 2016, in an effort to address the prescription opioid abuse crisis the Comprehensive Addiction and Recovery Act of 2016 was signed into Law.**

**One of the provisions of this act provides for partial filling of Schedule II prescriptions. Previously, the partial filling of a Schedule II prescription was only permissible if the pharmacist was not able to provide the full quantity prescribed at the time of the filling, with the remainder filled within 72 hours. Partial filling had been allowed for nursing home patients in a nursing home setting or under hospice care.**

**The Act specifically amends 21 United States Code §829 by adding subsection (f), which allows for the partial filling of a Schedule II prescriptions if the following conditions are met:**

- **It is not prohibited by state law;**
- **The prescription is written and filled in accordance with federal and state law;**
- **The partial fill is requested by the patient or the practitioner who wrote the prescription and;**
- **The total quantity dispensed in all partial fillings does not exceed the total quantity prescribed.**

**The Act also provides that the remaining portion of a partially filled Schedule II prescription may be filled not later than 30 days after the date on which the prescription was written. However, if the partial filling of a Schedule II is the result of an emergency situation oral prescription, the pre-existing partial fill time frame of 72 hours after the prescription was issued remains. There is no prohibition on partial fill of Schedule II prescriptions in North Dakota Laws and Rules.**

The change made allowing partial fill of schedule II prescriptions was meant to create opportunities to decrease the amount of unnecessary, unwanted and unused prescription opioid medications. However, this law change is applicable for ALL schedule II prescriptions. We feel like this new provision allows our profession an opportunity to work with practitioners and patients to limit the amount of schedule II medications that we dispense in

certain circumstances. An example being; *a patient with a tooth extraction obtaining a partial fill to limit the amount of opioids initially dispensed; with the remaining amount available to have filled should it become necessary.* This also has opportunities as third-parties look to design strategies, like ND Medicaid, to limit the amount of medication that may be received on the first partial fill, while if appropriate, having the remaining quantity dispensed within thirty days.

As always, it is important to discuss opportunities to utilize this expanded authority with your practitioners and how this may be useful in the care of your patients, with the goal of limiting the amount of unwanted, unused, unnecessary opioids and other schedule II medications in North Dakota households.

Left over prescription medications being diverted continues to be a major issue with drug overdoses and abuse. Limiting the amount of unused controlled substances in the medicine cabinets will also limit the exposure our citizens, youth or otherwise, to divert them.

## Drug Take Back Update

The Board of Pharmacy has now provided drug disposal containers to over 75 pharmacies across the state. We encourage our licensees and registrants to educate the public about those opportunities during your work in a pharmacy or in your day to day lives.

Again, getting those medications out of the homes and properly disposed of is a very important component in tackling the epidemic we are experiencing with drugs in our state.

## 2017 Legislative Session

The 2017 Legislative Session is right around the corner. It certainly will be a challenging session on a budgetary basis for the state and many tough decisions will need to be made. As always, there most likely will be multiple pieces of legislation items brought before the legislature which will involve pharmacy either directly or indirectly.

In the lead up to the legislative session, we encourage you to contact your legislators about issues and/or concerns that you may have in your practice. Of course, the legislative body may not be able to fix everything, in all cases, that we may be dealing with. However, it is important that they be made aware of not only the challenges that pharmacy is facing but also the successes that our profession has created. Our profession continues to be looked at for solutions to issues in the healthcare delivery across the state. It is important that you, their constituents, educate them on your side of the issues and your experiences.



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## NDSU School of Pharmacy celebrates Pharmacists Month and Pharmacy Week

By Carol Renner, Office of the Dean, Communication Specialist  
NDSU College of Health Professions

The School of Pharmacy at NDSU had more than 700 reasons to celebrate National Pharmacy Week from October 16-22. That's how many students, faculty and staff in the NDSU School of Pharmacy work every day to advance the profession.

With thousands of alumni who advance the profession as well, Pharmacy Week and American Pharmacists Month provided an opportunity to call attention to the impact pharmacists make in their communities.

During labs, student activities included a version of the "Minute to Win It" game show. They answered pharmacy questions for their teams to advance.

Vitamins, drug interactions, and many more questions were posed to see if students quickly remembered the knowledge learned in hours of classes. For example, what vitamins should a patient taking Orlistat consider taking? Or which anti-nausea medication should not be given to children?

On social media, some students shared their reasons for studying pharmacy and why they chose NDSU.



*This is how to celebrate National Pharmacy Week from Oct. 16-22! It's the NDSU School of Pharmacy version of a "Minute to Win It" game show. Students answered pharmacy questions for their teams to advance. Vitamins, drug interactions, and many more questions were posed to see if students quickly remembered the knowledge learned in hours of classes.*



*Second year pharmacy student Michelle Bjerke was among students who shared on social media why they chose pharmacy as a career. She serves as a mentor at a local school.*

Third-year pharmacy student Kortney Schroeder chose NDSU because of the opportunities it provides students. After graduation, she plans to work in a pharmacy in a rural community. "The ability to use my entire degree while developing strong relationships within the community is very important to me," said Schroeder.

Second-year pharmacy student Michelle Bjerke chose to study pharmacy "because I wanted to be able to help others on a personal level," she said.

"I selected the NDSU School of Pharmacy because after touring the college my junior year of high school, I knew I would be a good fit for the school."

Bjerke notes the role pharmacists play in helping patients. "Being someone's pharmacist will give me the ability to help those in need with their medications and other medical questions by being the easiest to access medical professional." She is part of the College of Health Professions Ambassadors and plans on becoming a clinical pharmacist.

A challenge in childhood that required medication set student Matt Confeld on his path to pharmacy and his future career. "I found the idea of a pill altering the body's natural physiology fascinating!" He chose NDSU's School of Pharmacy after touring campus. "I was treated as a person, instead of just a name on an application." He hopes he has an opportunity to teach

and share his knowledge in the future.

Matt Confeld is pursuing a dual degree Ph.D. and Pharm.D. to work on the forefront of drug research and implementation. He has a couple career options in mind. "One is to enter the growing sector of biotechnology and help develop novel treatments or devices for medical or surgical use," said Confeld. "Another is to work in industry for a pharmaceutical company helping to develop ideas or design new trials for drugs."

The students are among the thousands who have learned their profession attending the NDSU School of Pharmacy. A recent Gallup poll notes pharmacists are among the top two professions ranked for honesty and ethics.



With more than a 100-year history of preparing students for a career in pharmacy, the NDSU School of Pharmacy is among pioneers and innovators in the field. American Pharmacists Month and National Pharmacy Week provided an opportunity to celebrate the commitment of students, alumni, faculty and staff to serve patients and advance the profession.

*These students in the NDSU pharmacy class of 1919-20 were pioneers in their field. The NDSU pharmacy program was established in 1901-02. To learn more about its history, go to <http://bit.ly/2dTnYY>.*



### Region 5 Mid-Year Regional Meetings

The NDSU chapter of the American Pharmacists Association Academy of Student Pharmacists (APhA-ASP) represented the state well at the Region 5 mid-year regional meetings in Sioux Falls, South Dakota from October 28-30. NDSU students received the Region 5 Operation Heart Award for their efforts during the 2015-16 school year! The meeting included networking opportunities, not only with other student pharmacists, but current residents and potential employers.

## Wahpeton Drug celebrates Pharmacy Week!





## Biberdorf named Distinguished Alumnus at NDSU

By Carol Renner, Office of the Dean, Communication Specialist, NDSU College of Health Professions



Robert I. "Bob" Biberdorf has been selected as the NDSU School of Pharmacy Distinguished Alumnus for 2016. Sponsored by each of the colleges at the university, the NDSU Distinguished Alumni Award Program recognizes accomplishments of outstanding alumni and educates students by introducing them to successful alumni in their respective fields of study.

Biberdorf shared career-related experiences and knowledge with the NDSU community on Wednesday, November 2 in Sudro Hall.

As the senior executive director of pharmacy for Sanford Health, Biberdorf oversees the pharmacy enterprise for an extensive health system serving thousands of patients. He is a graduate of the NDSU School of Pharmacy in the College of Health Professions, receiving his bachelor's degree in 1976 and master's of science in pharmacy in 1978.

As a leader in the pharmacy profession, Biberdorf served to educate students and advance the practice of pharmacy through innovation in teaching, research and practice. At NDSU, he is professor emeritus and previously was an assistant professor and lecturer in pharmacy. He serves as a role model to students, and contributes to the School of Pharmacy's commitment to preparing students to become competent, caring, ethical professionals and citizens committed to lifelong learning.

His career has included serving in many health care positions, first at MeritCare Health System, and later at Sanford Health. These include: enterprise vice president of pharmacy; vice president of pharmacy, dialysis and transplant; executive partner of pharmacy services; clinical manager of pharmacy services; and director of pharmacy practice residency.

Biberdorf also has served as a long-term care pharmacy consultant, as assistant editor of Drugdex Drug Information System, I.V. clinical supervisor and drug information center director within the Veteran's Administration medical system, and as an assistant professor of clinical pharmacy at the University of Wyoming.

His extensive knowledge of the pharmacy profession has been shared in many settings, including more than 120 invited presentations on pharmacy and therapeutics issues.

Biberdorf received numerous awards including Preceptor of the Year, Clinical Teacher of the Year, North Dakota Hospital Pharmacist of the Year and a commendation from the Veterans Administration Hospital. He has published articles and research in Hospital Pharmacy, Journal of Geriatric Drug Therapy, and the Journal of the American Pharmaceutical Association, among others.

Active in professional associations, Biberdorf is affiliated with the American Society of Health Systems Pharmacists and served as past president of the North Dakota Society of Hospital Pharmacists. He is a member of Rho Chi Honorary Pharmaceutical Society, Phi Kappa Phi Honorary Fraternity and Phi Eta Sigma Honorary Fraternity.

For more information about College of Health Professions Distinguished Alumni and other alumni awards, visit <https://www.ndsu.edu/healthprofessions/awards/>



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## Duration of Antimicrobial Therapy: Are You Contributing To Resistance?

Brianna Benson, PharmD Candidate 2017

Antibiotic resistance in the community is growing, largely because of misuse and overuse of antibiotics in practice. Due to this increase in resistance, we risk losing the efficacy of current antibiotics. In order to stop the progress of this growing resistance, it is essential to appropriately limit the use of antibiotics and minimize the duration of therapy whenever possible.

Recommendations for appropriate antimicrobial duration of therapy are constantly changing. Below is a short summary of the current guidelines for commonly encountered infections during a hospital stay. The guidelines are not a substitution for clinical judgment, and in some cases, longer courses of therapy may be warranted.

### HAP/VAP (Note: HCAP has been removed) [IDSA 2016<sup>1</sup>]

Duration: 7 days

### CAP [IDSA 2007 (update in progress)<sup>2</sup>]

Duration: a minimum of 5 days; patient should be afebrile for 48–72 hours, and have no more than one CAP-associated sign of clinical instability before discontinuation of therapy.

Criteria for Clinical Stability: Temp < 37.8°C, HR < 100 bpm, RR < 24 breaths/min, SBP > 90mmHg, O2 Sats >

90%, tolerating oral intake, normal mental status

### COPD Exacerbation [UpToDate 2016<sup>3</sup>]

Duration: 3-7 days, depending upon the choice of agent and response to therapy.

Given its long half-life, azithromycin can be given for as few as 3 days when administered at a dose of 500 mg orally daily. When another antibiotic is used, treat for 5-7 days. A meta-analysis that compared 5 days to 7 or more days of antimicrobial therapy (fluoroquinolones, cefixime, or clarithromycin) for exacerbations of COPD found no difference in outcomes.

### Cellulitis [IDSA 2014<sup>4</sup>]

Duration: 5 days, unless the infection has not improved within this time period, then treatment should be extended.

### Intra-abdominal Infection/Peritonitis [IDSA 2010 (update in progress)<sup>5</sup>]

Duration: 4-7 days, unless it is difficult to achieve adequate source control.

Longer durations of therapy have not been associated with improved outcomes.

### Urinary Tract Infection

IDSA 2011<sup>6</sup>: Acute/Uncomplicated Cystitis in Women: nitrofurantoin: 5 days; sulfamethoxazole/trimethoprim: 3 days; fluoroquinolone (not preferred): 3 days; beta-lactam (not preferred): 3-7 days.

Pyelonephritis: ciprofloxacin: 7 days; levofloxacin: 5 days; sulfamethoxazole/trimethoprim: 14 days; beta-lactam (not preferred): 10-14 days.

IDSA 2009<sup>7</sup>: Catheter-Associated (CA-UTI):

Duration: 7 days for patients who have prompt resolution of symptoms, and 10–14 days for those with a delayed response, regardless of whether the patient remains catheterized or not.

A 5-day regimen of levofloxacin may be considered in patients who are not severely ill.

A 3-day antimicrobial regimen may be considered for women age < 65 years old who develop CA-UTI without upper urinary tract symptoms after indwelling catheter has been removed.

### Acute Bacterial Sinusitis [IDSA 2012<sup>8</sup>]

Duration: adults 5–10 days [no risk for resistance: 5-7 days; risk for resistance: 7-10 days]; children 10–14 days.

Risks for resistance: attendance at daycare, age <2 or >65 years, recent hospitalization, antibiotics within the past month, or immunocompromised.

No difference in outcome was found between short course (3-7 days) or long course (6-10 days) of treatment.

### Prosthetic Joint Infection [IDSA 2013<sup>9</sup>]

Duration: 4-6 weeks

### Vertebral Osteomyelitis [IDSA 2015<sup>10</sup>]

Duration: 6 weeks

### Sepsis [IDSA 2012 (update in progress)<sup>11</sup>]

Combination empiric therapy for no more than 3-5 days, then de-escalate to the most appropriate single therapy.

Duration: 7-10 days, longer courses may be appropriate in patients with slow clinical response, undrainable source of infection, bacteremia with *Staphylococcus aureus*, or neutropenia

### Clostridium difficile [IDSA 2010 (update in progress)<sup>12</sup>]

Duration: 10-14 days

### Endocarditis [IDSA/AHA 2015<sup>13</sup>]

Native Valve by Viridans group streptococci or



Streptococcus gallolyticus: 2-4 weeks from first negative blood culture (depending on antibiotic resistance or antibiotic choice)

Native Valve by Staphylococcus: 6 weeks from first negative blood culture

Prosthetic Valve by Viridans group streptococci or Streptococcus gallolyticus: 6 weeks from first negative blood culture

Prosthetic Valve by Staphylococcus: > 6 weeks from first negative blood culture

Native or Prosthetic Valve by Enterococcus: 4-6 weeks from first negative blood culture

Native or Prosthetic Valve by Resistant Enterococcus: > 6 weeks from first negative blood culture

Native or Prosthetic Valve by HACEK organisms: 4 weeks from first negative blood culture

HACEK: Haemophilus, Aggregatibacter, Cardiobacterium, Eikenella, Kingella.

Native or Prosthetic Valve with negative culture: duration should be individualized based on clinical course, severity, exposure to antimicrobials, cardiovascular history, and history of prior infections.

#### Bacterial Meningitis [IDSA 2004 (update in progress)<sup>14]</sup>

Duration is based on tradition and may need to be individualized based on patient's clinical response.

Neisseria meningitidis: 7 days

Haemophilus influenzae: 7 days

Streptococcus pneumoniae: 10-14 days

Streptococcus agalactiae (GBS): 14-21 days

Listeria monocytogenes: > 21 days

Aerobic Gram Negative Bacilli: 21 days

#### Strep Pharyngitis [IDSA 2012<sup>15]</sup>

Duration: azithromycin: 5 days; other antibiotics: 10 days.

#### Diabetic Foot Infection [IDSA 2012<sup>16]</sup>

Treatment should be based on severity of infection, presence/absence of bone infection, and clinical response to therapy.

For soft tissue infections, continue antibiotic therapy until, but not beyond, resolution of findings of infection, but not through complete healing of the wound. Suggest an initial antibiotic course for a soft tissue infection of about 1-2 weeks for mild infections and 2-4 weeks for moderate to severe infections.

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(3 digit code on the back of the card)

### Membership Categories

- ☐ Active Member (ND Licenssed Pharmacists) \$150
- ☐ Corporate Member (Having a business interest in Pharmacy, up to 5 Active memberships) \$750 – List memberships below:

RPh Lic #

Name

RPh Lic #	Name

- ☐ Associate \$50
- ☐ Student (No fee)

### Additional Support

- ☐ Contribution to NDPhA Political Action Committee (PAC)

*Cannot be Coporate Checks AND must be a  
Separate Check*

We are sorry but we are unable to process PAC contributions online.

**Make checks payable to NDPhA PAC.**

Check enclosed:

Amount \_\_\_\_\_

- ☐ Contribution to the Pharmacy Advancement Corporation (PhAC) Student Scholarship Fund

*These funds are used entirely to provide scholarships to NDSU College of Pharmacy Students. Personal or Corporate Checks are accepted.*

We are sorry but we are unable to process PhAC contributions online.

**Make checks payable to Pharmacy Advancement Corporation.**

Check enclosed:

Amount \_\_\_\_\_

PLEASE MAKE A COPY FOR YOUR RECORDS AND MAIL OR FAX TO:

NDPhA, MEMBERSHIP BENEFITS, 1641 CAPITOL WAY, BISMARCK, ND 58501-2195 FAX: 701-258-9312

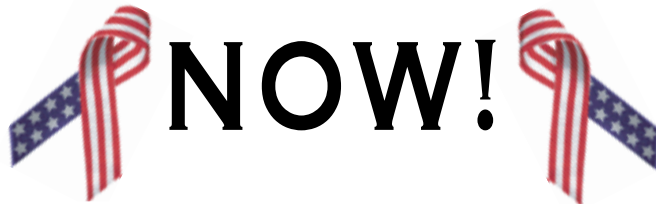


# PHARMACY RALLY '17

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Contact Phone Number (\_\_\_\_) \_\_\_\_\_ FAX \_\_\_\_\_

Names of Those Attending: 1) \_\_\_\_\_

**PLEASE WEAR  
YOUR PHARMACY  
NAME BADGE**

2) \_\_\_\_\_

3) \_\_\_\_\_

*Duplicate this form as needed.*

**Return by Monday, March 13, 2017 to NDPhA.**

Email: [ndpha@nodakpharmacy.net](mailto:ndpha@nodakpharmacy.net) or FAX to (701) 258-9312



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