

March 2018



Convention Registration page 9

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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:
July 9, 2018

NoDak Pharmacy Journal

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2018 Calendar

MARCH

Mar 25 Palm Sunday
Mar 30 Good Friday

APRIL

Apr 1 Easter Sunday
(April Fool's Day)
Apr 11-12 NCPA Congressional
Pharmacy Summit
Alexandria, VA
Apr 19-22 133rd ND Pharmacy
Convention, Holiday
Inn, Fargo
Apr 21-24 NACDS Annual Meeting
Palm Beach, FL

MAY

May 6 National Nurses Day
May 13 Mother's Day
(Happy Mother's Day out
there to all Mothers &
Grandmothers!!)
May 16 Armed Forces Day
May 28 Memorial Day

JUNE

Jun 2-6 ASHP Summer Meeting
Denver, CO
Jun 20 NDPhA/NDPSC Board
Meeting, Bismarck, ND



Colleagues,

The old adage that times flies when you're having fun certainly was true of my year as President of our great Association. As I reflect back on this year there is, in my mind, one thing that stands out as an accomplishment that I would like to reflect on in my final article.

Our profession has a habit of working quietly and tirelessly for the benefit of our patients, without fanfare, without acclaim, and without expectation of notoriety. I believe that it is inherent in our nature to do our jobs without seeking attention. While that level of humility is noble, it can also leave society at large with a poor understanding of exactly what it is that we do to make a difference in the health and well-being of the lives of the patients we care for. While annual polls consistently point out that society does place their trust in us, there is a difference between trust and understanding.

I am excited that your Board of Directors saw the need to reinstitute the Professional and Public Affairs Committee. This was a long-standing committee of the Association but oftentimes this committee was not tasked with a specific mission, and as such, simply existed. I know this since I was a member of this committee for many years and typically we would meet just before the annual convention and determine that we had nothing to report. We were the ugly step sister when compared to the more active and attractive

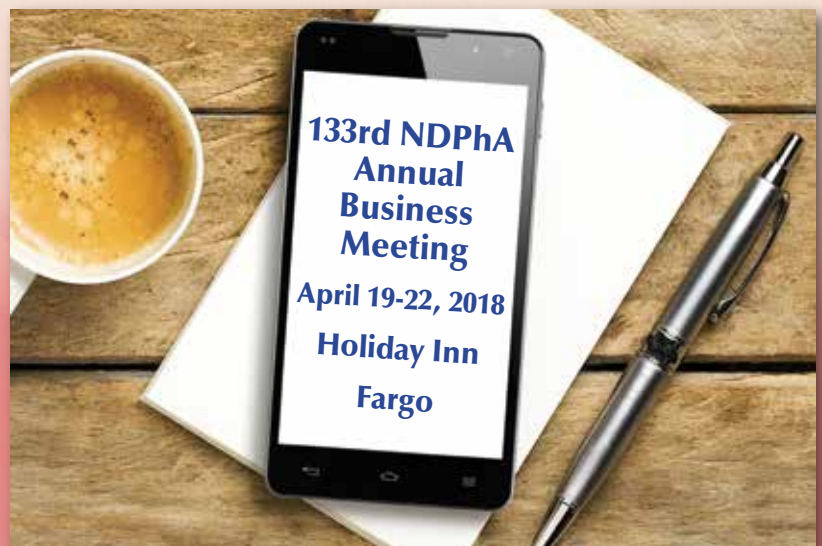
Governmental Affairs Committee. While I do not wish to diminish the importance of that committee and the hard work they do in navigating the murky waters of the Legislature, there is also great potential in what can be accomplished by the Professional and Public Affairs Committee.

This year, the newly formed and energized committee has been working on two specific projects. The first is directed toward educating our colleagues on recent legislation affecting the manner by which we interact with PBMs and Specialty Pharmacy. That subcommittee is developing tools that you can use to gauge whether those statutes which the Governmental Affairs Committee worked so diligently on are being adhered to and what to do in the event that they are not being followed. The second project is a public affairs campaign highlighting what pharmacy in North Dakota is doing to combat the opioid epidemic. There will be additional information on each of these presented at our annual meeting in Fargo.

With that I sign off and want to thank you for giving me this opportunity to serve our great profession as its President. If you are on the fence considering whether to toss your hat into the mix and run for this office, I say, "DO IT"! The staff at the Association office are exceptional and have made this one of the most enjoyable and satisfying years of my professional career.

Harvey Hanel

Harvey Hanel,
PharmD, R.Ph.
President NDPhA



2017 Recipients of the “Bowl of Hygeia” Award



Larry Presley
Alabama



John McGilvray
Alaska



Alan Barreuther
Arizona



Sue Frank
Arkansas



Pierre Del Prato
California



Mary Petrucci
Connecticut



Noel Rosas
Delaware



Goar Alvarez
Florida



Hewitt Ted Matthews
Georgia



Ed Cohen
Illinois



Ahmed Abdelmageed
Indiana



Tim Becker
Iowa



Merlin McFarland
Kansas



Melody Ryan
Kentucky



Gregory Poret
Louisiana



Greg Cameron
Maine



Cynthia Boyle
Maryland



Anita Young
Massachusetts



Dennis Prining
Michigan



The “Bowl of Hygeia”



Denise Frank
Minnesota



David French
Mississippi



David Farris
Missouri



Matthew Bowman
Montana



Gary Rihanek
Nebraska



Mark Decerbo
Nevada



Hubert Hein
New Hampshire



Thomas F.X. Bender, Jr.
New Jersey



David Lansford
New Mexico



John T. McDonald III
New York



Steve Caiola
North Carolina



Tim Weippert
North Dakota



Debra Parker
Ohio



Ben Allison
Oklahoma



Mercy Chipman
Oregon



Jerry Musheno
Pennsylvania



Marisa Carrasquillo
Puerto Rico



Gary Kishfy
Rhode Island



Terry Blackmon
South Carolina



Tim Tucker
Tennessee



Chris Alvarado
Texas



Kurt Price
Utah



Pat Resto
Virginia



Daneka Lucas
Washington DC



Kevin Yingling
West Virginia



Thad Schumacher
Wisconsin



Joe Steiner
Wyoming

In Memoriam:

Rob Loe
South Dakota
Keith Campbell
Washington



The Bowl of Hygeia award program was originally developed by the A. H. Robins Company to recognize pharmacists across the nation for outstanding service to their communities. Selected through their respective professional pharmacy associations, each of these dedicated individuals has made uniquely personal contributions to a strong, healthy community. We offer our congratulations and thanks for their high example. The American Pharmacists Association Foundation, the National Alliance of State Pharmacy Associations and the state pharmacy associations have assumed responsibility for continuing this prestigious recognition program. All former recipients are encouraged to maintain their linkage to the Bowl of Hygeia by emailing current contact information to awards@naspa.us. The Bowl of Hygeia is on display in the APhA History Hall located in Washington, DC.

Boehringer Ingelheim is proud to be the Premier Supporter of the Bowl of Hygeia program.

ND Annual Pharmacy CONVENTION SCHEDULE 2018

Thursday, April 19

5:00 PM - 9:00 PM Registration
7:00 PM - 10:00 PM NDSU Welcome Social

Friday, April 20



BISON/WILDCAT DAY!

7:00 AM - 8:00 AM Breakfast
7:30 AM - 1:30 PM Registration
8:00 AM - 9:00 AM Track #1
"Population Health is More Than Risk Contracting"
Kent Bottles, MD (0.1 CEU)
ACPE: 0107-9999-18-010-L04-P, 0107-9999-18-010-L04-T
8:00 AM - 9:00 AM Track #2
"The Top 10: Clinical Pearls in Dementia Care and Counseling for Pharmacists"
Marketa Marvanova, PharmD, PhD, BCGP, BCPP (0.1 CEU)
ACPE: 0107-9999-18-011-L01-P, 0107-9999-18-011-L01-T
9:00 AM - 9:15 AM Break
9:15 AM - 10:15 AM "Preceptor Consideration with the Layered Learning Practice Model"
Anna Dopp, PharmD (0.1 CEU)
ACPE: 0107-9999-18-012-L04-P, 0107-9999-18-012-L04-T
10:15 AM - 10:30 AM Break
10:30 AM - 11:30 AM Track #1
"Updates in Experiential Education and Preceptor Training"
Becky Brynjulson, PharmD, BCACP (0.1 CEU)
ACPE: 0107-999-18-013-L04-P, 0107-999-18-013-L04-T
10:30 AM - 11:30 AM Track #2
"Updates in Sepsis Management"
Justin Jones, PharmD, BCPS, BCCCP (0.1 CEU)
ACPE: 0107-999-18-014-L01-P, 0107-999-18-014-L01-T
11:30 AM - 1:30 PM Vendor Fair/Lunch/Student Poster Presentations (0.2 CEU)
ACPE: 0107-9999-18-014-L04-P, 0107-9999-18-014-L04-T
1:30 PM - 2:30 PM "Adult Immunizations: Recommendations and Updates"
Kylie Hall, MPH (0.1 CEU)
ACPE: 0107-9999-18-016-L06-P, 0107-9999-18-016-L06-T
2:30 PM - 2:45 PM Break

2:45 PM - 3:45 PM

Track #1

"Residency Presentations" (0.1 CEU)
ACPE: 0107-9999-18-033-L01-P, 0107-9999-18-033-L01-T
"Evaluation of the Impact of an Automatic Therapeutic Formulary Substitution of COPD Inhalers Through an Approved Therapeutic Substitution Policy"
Marren McGurran, PharmD
"Utility of Clevidipine for Blood Pressure Management in the Setting of Mechanical Thrombectomy for Acute Ischemic Stroke"
Alexandra Lang, PharmD
"Association Between Intravenous Immune Globulin Dosing Weight Strategies and Mortality In Hospitalized Patients: A Multicenter Study"
Jeremy Grindeland, PharmD
"Negative Pressure Wound Therapy (NPWT) with Vancomycin Wound Instillation: A Single-Center Case Series"
Andrea Clarens, PharmD

2:45 PM - 3:45 PM

Track #2

"PTCB Updates: Future CPhT Program Requirements and an Introduction to the CSPT Program"
Christia Clay, CPhT (0.1 CEU)

3:45 PM - 4:00 PM

4:00 PM - 5:30 PM

5:30 PM - 6:00 PM

6:00 PM

8:30 PM

Break

NPhA 1st Business Meeting
Social

Memorial Service & President Elect's Awards Banquet

Trivia

Saturday, April 21

6:45 AM - 8:00 AM

7:00 AM - 8:00 AM

ACPE: 0107-9999-18-034-L04-P, 0107-9999-18-034-L04-T

7:30 AM - 1:30 PM

8:00 AM - 9:00 AM

ACPE: 0107-9999-18-017-L04-P, 0107-9999-18-017-L04-T

9:00 AM - 9:15 AM

9:15 AM - 11:15 AM

ACPE: L01-P, L01-T

11:15 AM - 12:15 PM

Breakfast

"Women in Pharmacy Leadership"
Lisa Richter, PharmD, BCPS, BCCCP
Mike Powell, PharmD (0.1 CEU)

Registration

"The Future of Pharmacy Practice - Starting Today!"
Rebecca Snead, RPh (0.1 CEU)

Break

Pharmacy Practice Pearls
(0.2 CEUs)

NPhA 2nd Business Meeting

Saturday, April 21- Continued

- 12:15 PM - 1:45 PM** **NDPhA/NAPT/NDSHP Lunches**
1:45 PM - 2:45 PM **“Reducing Readmissions with a Community Pharmacy/CAH Partnership”**
 Jesse Rue, PharmD, BCPS (0.1 CEU)
 ACPE: 0107-9999-18-018-L04-P, 0107-9999-18-018-L04-T
- 2:30 PM - 3:15 PM** **Dakota Drug Social**
3:00 PM - 4:00 PM **Track #1**
“An Update on the Medications Used in the Treatment of Opioid Use Disorder”
 Melissa Henke, MD (0.1 CEU)
 ACPE: 0107-9999-18-019-L01-P, 0107-9999-18-019-L01-T
- 3:00 PM - 4:00 PM** **Track #2**
“Are We Doing Enough? Community Pharmacists’ Role in Tobacco Cessation”
 Brody Maack PharmD, BCACP, CTTS
 Don Miller, PharmD (0.1 CEU)
 ACPE: 0107-9999-18-020-L01-P, 0107-9999-18-020-L01-T
- 4:00 PM - 5:30 PM** **NDPhA 3rd Business Meeting/ ND BOP Hearing (if Needed)**
5:30 PM **Silent Auction Opens/Banquet Social**
6:00 PM - 6:30 PM **Past President’s Social/ Banquet Social**
6:30 PM - 8:30 PM **President’s Banquet & Awards Ceremony – Live Auction to follow**

Sunday, April 22

- 7:30 AM - 8:30 AM** **Breakfast**
8:30 AM - 9:30 AM **Track #1**
“Performing an Assessment of Risk to Meet USP <800>”
 Patti Kienle, RPh, MPA, FASHP (0.1 CEU)
 ACPE: 0107-9999-18-021-L05-P, 0107-9999-18-021-L05-T
- 8:30 AM - 9:30 AM** **Track #2**
“The Art and Science of Opioid Tapering”
 Eric Christianson, PharmD, BCPS, BCGP (0.1 CEU)
 ACPE: 0107-9999-18-036-L01-P, 0107-9999-18-036-L01-T
- 9:30 AM - 9:45 AM** **Break**
9:45 AM - 10:45 AM **Track #1**
Preparing Your Pharmacy for <800> and Revised <797>”
 Patti Kienle, RPh, MPA, FASHP (0.1 CEU)
 ACPE: 0107-9999-18-035-L04-P, 0107-9999-18-035-L04-T
- 9:45 AM - 10:45 AM** **Track #2**
“Geriatrics and Polypharmacy: The Role of Deprescribing”
 Lindsey Dahl, MD (0.1 CEU)
 ACPE: 0107-9999-18-022-L01-P, 0107-9999-18-022-L01-T
- 10:45 AM - 11:45 AM** **Board of Pharmacy Review**
 Mark Hardy, PharmD (0.1 CEU)
 ACPE: 0107-9999-18-023-L03-P, 0107-9999-18-023-L03-T
- 11:45 AM** **Adjourn meeting**





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North Dakota Annual Pharmacy Convention Registration Form

(One person per form, photocopy as needed)

April 19-22, 2018 at the Holiday Inn, I-29 & 13th Avenue S, Fargo, ND 58103 • Ph. 701-282-2700

(A block of rooms has been reserved under ND Pharmacy Convention)

Toll Free 877-282-2700

Name:

Guest/Spouse Name:

Mailing Address:

City/State:

Zip Code:

Phone:

Email Address:

Entire Convention & Day Registration – Meals are included – please mark meals you will be attending below

				Before March 26		After March 26			Total				
Pharmacist				Member		Non-Member		Member		Non-Member			
Entire Convention				200		350		250		400		\$	
Friday				120		270		170		320		\$	
Saturday				120		270		170		320		\$	
Sunday				60		210		85		230		\$	
Technician													
Entire Convention				100				125				\$	
Friday				60				75				\$	
Saturday				60				75				\$	
Sunday				35				50				\$	
Technician Sponsor				100		Technician Name:					\$		
Student Registration				50				75				\$	
Student Sponsor				50		Number of Students Sponsored					\$		
Meals – Please mark meals you will be attending and additional Guest Meals to be included													
Included in Registration		Breakfast	Lunch	Banquet	Guest Meals	Breakfast \$15 each	Lunch \$20 each	Banquet \$40 each					
Friday						\$	\$	\$	\$				
Saturday						\$	\$	\$	\$				
Sunday						\$	\$	\$	\$				
						Registration Total					\$		

Please note any special meal considerations or accommodations call 701-258-4968

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Signature:

Date:

Mail Completed Forms and Payment to NDPhA, 1641 Capitol Way, Bismarck, ND 58501

Or Register On-line at www.nodakpharmacy.net, select Convention Tab and click on On-line Convention Registration

Student Auction Donation Form

PLEASE PRINT INFORMATION BELOW AND RETURN TO:

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DELIVERY IS THE RESPONSIBILITY OF THE DONOR.

Items are appreciated by 10:00 AM-Saturday, April 21

The Silent Auction will be held on **Saturday, April 21, 2018.**

The Pharmacy Advancement Corporation Scholarship Annual Auction will be held Saturday April 21, 2018. The auction committee would like to invite everyone to participate by donating items. The North Dakota Pharmacists Association is celebrating 133 years so come on you woodcrafters, quilters, and other artisans, help us celebrate this momentous occasion. This year we will be starting the silent auction at 5:30 pm, allowing more opportunities for convention attendees to participate. The highlight of the evening will be the "live" auction following the President's Banquet. Please forward any questions to Lorri at ndpha@nodakpharmacy.net or call 701-258-4968. Thank you for your participation in the past and we look forward to another outstanding auction.

Pharmacy

TOMORROW.
IMAGINE THAT.



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Diane Halvorson • ND State Board of
Pharmacy Member

President's Message

On behalf of the NAPT Scholarship Committee, I would like to congratulate this year's recipients: Nicole Demars, Mandy Wixo, Cecile Hoornaert and Farhan Roobaa. Good luck on your career as pharmacy technicians!

All technicians are encouraged to join the Executive Board members and attend the 133rd ND Annual Pharmacy Convention. The convention will be held April 19-22 in Fargo at the Holiday Inn. This is a great opportunity to receive continuing education, meet fellow technicians and grow in the profession. The NAPT General Business Meeting is scheduled for Saturday, April 21 from 12:15-1:45 pm during lunch. All technicians and students attending the convention are encouraged to attend.

The NAPT Executive Board will have the Vice President/President Elect, Secretary and Member at Large positions open for the upcoming 2018-2019 term. The positions of Vice President/President Elect and Secretary are voted on by the NAPT members and Member at Large is appointed by the current President. I encourage all North Dakota NAPT members to cast your vote by filling out the ballot and having it postmarked by Saturday, April 14th. You will find the ballot in this issue of the NoDak. If you are interested in being considered for Member at Large, please contact an Executive Board Member. We would love to hear from you!

Fall Conference plans are underway for an exciting weekend of continuing education and networking this fall. The conference will be held in Fargo on October 5-6, 2018 at the Holiday Inn. Save the date! Stay tuned for more information in the coming months.

Stay up to date! Check out the "NAPT" tab on the NDPhA website and coming very soon the NAPT Facebook Page will be up and running!

I look forward to seeing you at the North Dakota Annual Convention in Fargo!

Tracy Lindsey

Tracy Lindsey
RPhTech, CPhT
President of NAPT

Get to know the NAPT Executive Board Candidates

VICE PRESIDENT/PRESIDENT ELECT CANDIDATE: Arlene Monson

I am Arlene Monson. I have been in the pharmacy world since 2011 at CVS Pharmacy. I received my certification in 2014 and then became Lead Technician. I am currently involved in my District 2 board. I am secretary of the Minot Gun Club and also coach youth shooting. I am involved with my church. My hobbies are trap shooting, hunting, outdoors, mowing the lawn, and spending time with my family.

I believe I would be a great asset as the Vice President because I am involved in many things. I love to help out where and when I am available. Just let me know what I can do. I am willing to learn! Pharmacy is always changing and having a vast variety of knowledge from different areas is great to have. Thank you for your consideration.

SECRETARY CANDIDATE: Lindsay Cizek-Cribb

My name is Lindsay Cizek-Cribb and I am an employee-owner with Thrifty White Pharmacy. I work in the Fargo central sites location. I began my career as a pharmacy technician with Thrifty White Pharmacy 13 years ago and have grown into several leadership roles within the company. Most recently, I am in the position of Specialty Pharmacy Operations Manager where I oversee the day-to-day operations of our Specialty Pharmacy services. I would like to serve a second term as secretary on the NAPT board as I have a strong desire and commitment to enhancing and growing the role of pharmacy technicians in the state of North Dakota.

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Northland Association of Pharmacy Technicians

Executive Officer Ballot

Please vote once for each position

VICE PRESIDENT/PRESIDENT ELECT:

_____ Arlene Monson

SECRETARY:

_____ Lindsay Cizek-Cribb

***Please complete this form and
return to:***

NDPhA

Attention: NAPT Election

1641 Capitol Way

Bismarck, ND 58501

Must be postmarked by:

April 15th, 2018

The Role of Pharmacists in Combating the Opioid Epidemic

By Gina Trosen, PharmD Candidate 2018

North Dakota has been making great strides in combating the opioid crisis. As Figure 1 shows, the number of narcotic/opioid prescriptions dispensed either in North Dakota or to North Dakota residents began a downward descent in 2016 after several strategies were implemented to address the issue.

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
2015	180,410	180,555	175,335	180,346
2016	175,601	160,332	151,366	153,880
2017	154,301	148,568	139,836	136,279

Figure 1: Narcotic/opioid prescriptions dispensed by quarter

However, there is still more work to be done. As healthcare practitioners, pharmacists are on the front line of the day-to-day interactions with patients and can provide a crucial step in educating through consultation the potential dangers associated with controlled substances. Here are some reminders about what pharmacists can do to help the opioid crisis:

- **Prescription Drug Monitoring Program.** Checking the ND Prescription Drug Monitoring Program (PDMP) can assist pharmacists in making informed decisions when dispensing controlled substances. If you need help gaining access to the PDMP, contact Kathy, the Program Administrator, at 701-328-9537.
- **Partial filling.** When a patient drops off a prescription for an opioid, ask if they would like to fill a partial quantity instead of the full quantity. A federal act signed into law in July 2016 allows for partial filling of Schedule II medications. If a partial fill has been dispensed, the patient has 30 days from the date the prescription was written to fill the rest of the script.
- **Keeping medications safe.** Opioids should be stored in a safe place to prevent others from accessing the medication. Though secure storage is always important, extra precautions should be taken when the patient will have many people visiting, such as an open house. If secure storage is a concern for the patient, a medication lock box may be purchased.
- **Dispensing naloxone.** As of July 2016, pharmacists are able to prescribe and dispense naloxone to patients based on professional judgment. More details can be found in NDCC chapter 61-04-12.
- **Take back programs.** Patients should be counseled on what to do with unused opioids. The North Dakota State Board of Pharmacy has sponsored a drug disposal program since 2016, with well over 100 pharmacies participating in the program. If your pharmacy does not offer this service, a list of pharmacies and other locations that offer this service is available at <https://attorneygeneral.nd.gov/public-safety/take-back-program/take-back-program-locations>. If you would like to participate in the take back program, contact the ND Board of Pharmacy.

We appreciate all your hard work in combating the opioid crisis, and look forward to the work that North Dakota pharmacies will do in the future to address this public health concern.

Opioid Education and Resources

By Hannah Grotsun, PharmD Candidate 2018

In January 2018, pharmacies received the current / updated revision of the North Dakota State Board of Pharmacy Rules and Laws. Applicable pharmacies also received bag-stuffers that hopefully have been utilized when dispensing opioid prescriptions. It is important to utilize these resources provided to help educate patients about opioids during the growing epidemic of prescription opioid addiction.

As you are well aware, abuse and misuse of opiates is a huge public health concern for the nation and North Dakota alike. As healthcare practitioners, pharmacists are on the front line of the day-to-day interactions with patients and can provide a crucial step in educating through consultation the potential dangers associated with controlled substances. The pamphlet is meant to be a tool for you to utilize in your practice. The Department of Human Services, through grant funding, is able to ship more pamphlets to your pharmacy upon request. Reordering of these pamphlets can be done through the www.prevention.nd.gov website under "free materials." There may even be other materials of interest to your practice that can be obtained from their website as well. Please consider providing these to your patients, using your professional judgment as to when it is applicable.

The CDC also has a fact sheet which addresses morphine milligram equivalent dosages. This was also included in the mailing, but can be found at: https://www.cdc.gov/drugoverdose/pdf/calculating_total_daily_dose-a.pdf.

Morphine milligram equivalent dosages of opioid medications are becoming the standard of practice in evaluating proper prescribing and dispensing. This chart may be helpful to you and your staff for consultation when evaluating prescriptions. As you will see, the CDC is recommending levels over 90 may be putting the patient as a higher risk of an overdose. The PDMP is using this as a method of sending out unsolicited reports on patient who exceed that threshold.

The Board encourages you to take the time to educate yourselves on how these simple tools can be used to help combat the opioid addition epidemic. Although these conversations can be difficult, many patients are very trusting of their pharmacists. With proper education and professional judgment, you can make a difference in your community by screening patients and offering information about the resources available.

As always, please feel free to contact the Board with your thoughts and suggestions on this matter.

Thank you for your efforts in taking care of our fellow North Dakota citizens.





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NDSU Pharmaceutical Sciences Graduate Student Wins Three Minute Thesis Competition

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

[Submitted article: NoDak Pharmacy, March 2018]

A pharmaceutical sciences doctoral student studying results of weight-reduction surgery delivered the top presentation at NDSU's Three Minute Thesis Competition hosted by the College of Graduate and Interdisciplinary Studies on February 22. Sanford Health sponsored the competition.

Farnaz Fouladi, earned the \$1,000 prize for her presentation titled "The role of the gut bacteria in weight loss surgery." Fouladi's faculty adviser is Kristine Steffen, associate professor of pharmaceutical sciences at NDSU.



NDSU pharmaceutical sciences graduate student Farnaz Fouladi won NDSU's Three Minute Thesis Competition based on her research on gut bacteria and weight loss surgery. Dr. Kristine Steffen, associate professor of pharmaceutical sciences, served as her advisor. Fouladi will now go on to regional competition.

"This means a lot to me because we have been working on this project for years, and I am excited to explain it to everyone," said Fouladi, who hopes to earn a post-doctoral research position after graduation and would like a future career in academia. "When I see that everyone can understand what we have done and the outcome, that makes me even more happy and excited to do continued research."

A typical 80,000-word thesis would take nine hours to present; the participants are given just three minutes. The competition features graduate students from a variety of disciplines explaining the goals and value of their research in terms relevant to government officials, media, future employers and funding organization representatives. An important point of the competition is to simplify complicated subject matter into language most people can relate to – that's seen as an important skill as students seek employment.

"In the future, I'll have job interviews and I'll need to talk to people who are not in the field or don't have a background in research. This experience gives me the ability to explain in a way that everyone can understand and see what can be done in the future," Fouladi said.

A total of 40 graduate students started the initial rounds of the NDSU competition. Out of six finalists in the competition, three of them are graduate students in pharmaceutical sciences. The other finalists each received \$250. They included:

- Shrinidh Joshi, pharmaceutical sciences, "Designer stem cells for the treatment of diabetic complications: The future is now." Adviser: Yagna Jarajapu, associate professor of pharmaceutical sciences
- Amreen Mughal, pharmaceutical sciences, "Apelin: a guardian for vascular diseases?" Adviser: Stephen O'Rourke, professor of pharmaceutical sciences

"Our students do an exceptional job," said Charles Peterson, dean of the School of Pharmacy at NDSU. "The robust research program by our faculty in pharmaceutical sciences provides students an opportunity to work on diseases and issues relevant in today's health care landscape."

Last year, a pharmaceutical sciences student also won the Three Minute Thesis competition. Tayebah Anajafi Marzijarani's research covered drug delivery in pancreatic cancer, looking for ways to target the chemotherapy treatment on cancer cells without being toxic to healthy cells. Her advisor was Dr. Sanku Mallik, co-leader of the Center for Diagnostic and Therapeutic Strategies in Pancreatic Cancer at NDSU.

After earning her doctorate in pharmaceutical sciences from NDSU, Marzijarani is now a method development and validation scientist for Eurofins Bioanalytical Services of St. Charles, Missouri.

"Conveying the scientific importance of our research topics and showing enthusiasm are great skills that help in our job-hunting journeys," she said of the competition. "Those skills definitely assist us to stand out among other candidates."

Australia's University of Queensland developed the first Three Minute Thesis competition in 2008, and the concept has spread to institutions around the world. More than 600 universities in 63 countries now hold competitions. This is the fourth time NDSU has hosted an event.

Fouladi goes on to compete at the regional competition of the Western Association of Graduate Schools in Las Vegas this spring.

Pharmacy Student in Honors Program Gains Health Care Experience in South Africa

By Carol Renner, Office of the Dean, Communication Coordinator, NDSU College of Health Professions
[Submitted article: NoDak Pharmacy. March 2018]

Pharmacy students at North Dakota State University augment their class studies with a variety of experiences that bolster future career opportunities. The NDSU University Honors Program helped pre-pharmacy student Taylor Fern gain experiential learning and leadership development in Cape Town, South Africa, in the summer of 2017. The junior in pharmaceutical sciences participated in a two-week global mentorship program where she mentored students and helped patients.

Each weekday morning was spent with cultural immersion activities. Often, volunteers would visit patients who spoke a variety of the nation's 11 official languages. Fern gained experience working with patients and learning about how to treat diseases. Tuberculosis and HIV were prevalent.

Fern also learned about the pharmacy system in South Africa. She said each prescription refill required a doctor visit. The lines were often five-to six hours long at the pharmacy.

In the afternoon, Fern would mentor middle school students in a two-hour after-school program. She taught about HIV, biology, and microbiology. The topics typically aligned with the students they were teaching that day.

"The perspective of teaching a sassy seventh-grader named Tamicka reminded me of what I need to do to work with patients," Fern said. "I need to be able to break things down for them."

Fern worked in a pharmacy for more than three years in high school. She chose NDSU in part because of the pharmacy program's strength and after a campus visit.

"NDSU felt like home," said Fern, who is from Baldwin, Wisconsin. "It felt welcoming in what can be an intimidating program."

Fern works part-time at the NDSU Germans from Russia Heritage Collection. She also is a member of Kappa Psi, a professional fraternal organization that fosters high ideals, scholarship and pharmaceutical research.

Fern was a member of the National Honor Society in high school. She said she finds the University Honors Program "to be a great way to meet other students who have the same amount of ambition and dedication with school as I do," she said.

"The honors program will give me the skills I need to succeed in pharmacy," Fern said.

Funded by the NDSU Development Foundation, the University Honors Program supports students pursuing experiential learning opportunities outside the university.

"We provide students with a wide variety of learning and life opportunities," said Charles Peterson, dean of the NDSU School of Pharmacy. The program is a member of the American Association of Colleges of Pharmacy, and is accredited by the Accreditation Council for Pharmacy Education (ACPE).



NDSU pharmacy student Taylor Fern participated in an honors program that provided the opportunity to gain experiential learning in South Africa, working with patients, learning about diseases and about global pharmacy and health care systems.

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Pharmacists Mutual Donates to Four Major Pharmacy Organizations

Algona, Iowa - February 15, 2018 - Pharmacists Mutual Insurance Company is pleased to announce that donations have been provided to four national pharmacy organizations to endow scholarships for student pharmacists. The purpose of the scholarships is to assist student pharmacists who have a desire to practice in an independent or small chain community pharmacy, an underserved geographic or cultural community, or to serve in the armed forces.

The four national organizations are the American Pharmacists Association, National Community Pharmacists Association, American College of Apothecaries, and the International Academy of Compounding Pharmacists. Each organization will add eligibility criteria in addition to the broad purpose of the scholarships.

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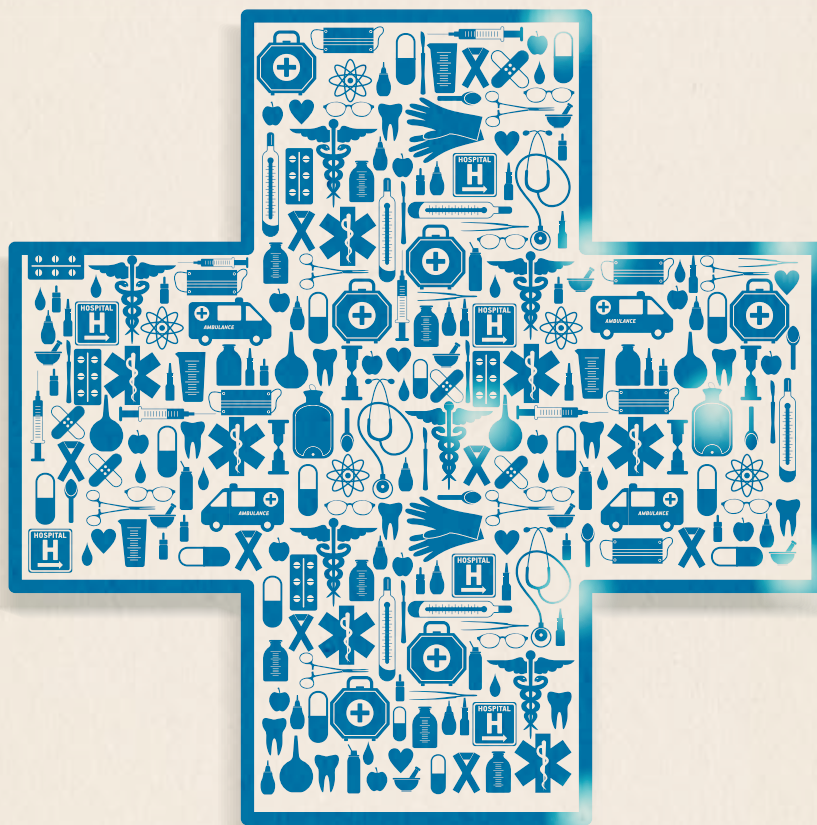
From Student to PharmD – How Do I Get Involved?

By Jamie Vander Vorste, PharmD Candidate 2018, North Dakota State University

"Make sure you get involved." I heard this throughout high school from my parents and teachers. And I did. I was on three sports teams and a member of three school organizations that I loved. Once I got to college, I heard the same thing again from almost everyone I talked to: "Make sure you get involved." And once again, I got involved. By the time I started my fifth year of college, I was in five organizations that I enjoyed and that connected me to lifelong friends. Now that I am almost done with college and graduation is just around the corner, I find myself thinking, "Now what?" I think about my future as a pharmacist and the last thing I want is a cycle of driving to work, driving home, and sitting on my couch eating ice cream while watching Stranger Things on Netflix.

Yes, there are lots of volunteer opportunities in every community, and it's very likely that I will find something that I enjoy doing and that makes a difference. But, I could also join an organization that I can contribute to and that promotes the profession of pharmacy. It wasn't until my APPE rotation with ND Pharmacists Association that I found out just how much the organization does for pharmacists across North Dakota. NDPhA acts to advocate for the pharmacist role as a provider in health care and to help pharmacists provide the best care for their patients. Through policy initiatives at the state legislature and services such as the About the Patient MTM program, the association helps pharmacy become not just a health care leader in North Dakota but across the country.

I can confidently say that as a future North Dakota pharmacist, I will be active in my profession and my community. I ask anyone reading this now: How will you get involved?



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