

**Claim your Annual Fall Meeting CE Credits by:**

**December 6<sup>th</sup>!**

# *ISHP Newsletter*

*Volume 31 #4*

*November 2021*

**Idaho Society of  
Health-System  
Pharmacists  
Newsletter Volume 31 # 4**



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## **President's Message**

**Onward ho!**

**Elaine Nguyen**

My husband and I find ourselves saying this phrase when we are on a long hike, usually when I am tired and need a little motivation to keep going. As I was writing this message, this phrase came to mind because for me it conveys moving forward with excitement.

It is with excitement that I ask all of you to join me in moving ISHP forward as we fulfill our new mission and vision that were unveiled at our Fall Meeting.

### **Mission:**

*To optimize patient outcomes through the support and promotion of pharmacy professionals as essential members of the healthcare team.*

### **Vision:**

*ISHP is the leader in the development of and advocacy for Idaho pharmacy professionals.*

Thank you to the 2020-2021 I-LEAD fellows and leadership team as well as the ISHP Board of Directors (BOD) for crafting these important words.

(Continued on page 3)

## 2021 – 2022 ISHP Officers and Directors:

President:	Elaine Nguyen
President-elect:	Katie Erickson
Past President:	Andrea Winterswyk
Secretary/Treasurer:	Nitza Bankova
Executive Director:	Caroline Merritt
Administrative Affairs:	Leanne Ertle
Education:	Anna Hoenke
Programs:	Leslie LaMontagne
Legal & Public:	Lindsey Hunt
Professional Affairs:	Jennifer Adams
Student Representatives:	Meridian – Matthew Shin Pocatello – Zach Larson
Technician Representative:	Jessica Whipkey
ISU College of Pharmacy Representative:	Jordan Ferro
Central Idaho Representative:	Vacant
Eastern Idaho Representative:	Vacant
Northern Idaho Representative:	Vacant
Newsletter Editor:	Kent Quickstad
Website Chair:	Vacant
ASHP Liaison:	Anne Policastri

### EZ contact information:

All of these Officers and Directors can now be reached at one place!

[ishpcontact@gmail.com](mailto:ishpcontact@gmail.com)

If you are interested in helping us out with one of the vacant positions, please contact ISHP President Elaine Nguyen, the ISHP Office or go to <https://ishp.wildapricot.org/Get-Involved!> for more information.

Thanks!



### ISHP Meetings:

Spring 2022– Dates TBD  
Boise

Fall 2022 – September 23 – 25  
Sun Valley



## President's Message

(Continued from page 1)

Speaking of the Fall Meeting, I must thank all of our attendees, sponsors, and presenters that helped make it a success. A very special thank you to Leslie LaMontagne, Anna Hoenke, the Education Committee, and Caroline Merritt who were integral in the planning and operations of the event. I know we were all hoping to be together in Sun Valley this fall, but I am glad that we were still able to safely host this virtual meeting. The ongoing pandemic has been disheartening for many of us, but I encourage all of us to remember: "things can be bad and getting better" (Hans Rosling, Factfulness). I have hope that our current state is providing an opportunity for progress. Thank you to all of you, the pharmacy professionals who are working tirelessly every day, for helping things get better and moving our communities forward.

We cannot go forward without recognizing and learning from the past. With that said, I must recognize our BOD members who just completed two-year terms: Chris Oswald (Past-President), Andrea Winterswyk (Immediate Past-President), Annie Knudsen (Technician Affairs), Leslie LaMontagne (Education/Programs), and Mikaela Elwell (Professional Affairs). Thank you to these individuals who have helped ISHP get to where we are today and established a foundation for us to move forward.

I want to encourage all of you to move forward in your professional and personal lives - however that may look for you. Lastly, as you embark forward, remember that progress takes time.

Best of luck and onward ho,

*Elaine*

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### ISHP Treasurer's report Nitza Bankova



ISHP continues work towards remaining a fiscally sustainable organization despite challenges over the past couple years. Below is the budget overview provided at the Fall 2021 meeting. We are still working on tabulating the incomes and expenditures from the Fall Meeting so this information is not yet reflected in these values. Thanks to everyone who continues to support ISHP through membership, attending conferences, and donations. Stay tuned for the finalized 2022 Budget in your emails in the coming weeks.

Year	Income	Expenses	Difference
2019 End of Year	\$127,198.40	\$98,219.80	\$29,175.96
2020 End of Year	\$46,373.16	\$55,652.22	(\$9,279.06)
2021 (Through August)	\$20,582.20	\$36,345.16	(\$15,762.96)

- Total funds as of Aug 2021 = \$78,088.78
  - Checking = \$42,090.08.70; Savings = \$35,998.70
- 2022 budget planning in process
  - Budgeting for in-person Spring 2022 and Fall 2022 meetings, will adjust if needed
  - Will attempt to propose a zero-balance budget
  - New income opportunities for 2022
    - Corporate membership

## New Board Members 2021 – 2022

**Congratulations to the following members who were elected to fill open positions on the ISHP Board of Directors for 2021 – 2022.**

**President-Elect**

**Katie Erickson**

**Professional Affairs Chair**

**Jennifer Adams**

**Programs Chair**

**Leslie LaMontagne**

**Technician Rep**

**Jessica Whipkey**

They were inducted into their new positions during the annual Fall Business meeting last month by ISHP's ASHP liaison Anne Policastri. Congratulations and thank you for volunteering to serve ISHP!

A round of thanks is also due to those outgoing Board members who have just completed their terms with ISHP:

<b>Chris Oswald</b>	(Past-President)
<b>Andrea Winterswyk</b>	(Immediate Past-President)
<b>Annie Knudsen</b>	(Technician Affairs)
<b>Leslie LaMontagne</b>	(Programs and now back for a second term!)
<b>Mikaela Elwell</b>	(Professional Affairs).



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### From the ISHP Office - Executive Director's Message



#### Caroline Merritt

Thanks to everyone who attended our successful Fall Virtual Meeting. The ISHP Education Committee put together a great program for our 110 attendees with content for pharmacists, technicians, and students. **Thank you to our sponsors, Bristol Myers Squibb and Alexion Pharmaceuticals**, for making this meeting possible.

If you're planning to claim **CE credit** for the meeting, please make sure you've submitted the required post-tests and evaluations by **December 6<sup>th</sup>, 2021**. After this date, ACPE will not allow attendees to claim credit, so be sure to complete all the required steps in the next few weeks.

If you've never attended an ISHP conference, please consider doing so in 2022. The Education Committee is currently discussing the format, date, and venue for our ISHP Spring Meeting and we'll announce the date soon. We hope to be back in **Sun Valley for our 2022 Fall Meeting September 23-25, 2022**. Our conferences and the sponsorships we receive from our industry partners support the work of ISHP all year long, so we encourage you to participate.

Thanks for your continued support of ISHP!

*Caroline*

## Cheers to the 2021 ISHP Annual Award Winners!



Each year during the ISHP Fall Conference, pharmacy professionals throughout Idaho are recognized for their service to the organization and dedication to the field of pharmacy. This year's winners, like the many before them, are outstanding representations of leadership and innovation. Our award winners actively took on roles to improve patient care and expand access to critical clinical services – all while battling the challenges of a global pandemic!

### Pharmacist of the Year

#### Nikki Chopski, PharmD

Executive Officer – Idaho State Board of Pharmacy



*“Dr. Chopski is an innovator and an icon in the practice of pharmacy in Idaho. Through her role when she served as the Chair of the Board of Pharmacy, she innovated and advanced the practice of pharmacy significantly expanding the scope of practice for Idaho pharmacists, and more importantly increased access to healthcare services in communities throughout the state of Idaho. Examples of this advancement include broad independent pharmacist prescribing privileges for pharmacists in all practice settings, streamlined facility regulation, and advanced delegation authority allowing for an increased role for pharmacy technicians in all practice settings... After Idaho pharmacists were given provider status with Idaho Medicaid through a regulatory change, Dr. Chopski worked with Idaho Medicaid to auto-enroll pharmacists as providers to facilitate broader access to COVID-19 testing and immunization services for Idaho's most vulnerable patients. In addition, she worked with the Idaho Coronavirus Financial Advisory Committee to administer a grant using CARES Act funding to stand up COVID-19 testing in pharmacies across the state.”*

### Technician of the Year

#### Kathleen O'Dell, CPhT

Pharmacy Technician – St. Luke's Cystic Fibrosis Center of Idaho

*“Kathleen has had a long career dedicated to providing service to the pharmacy profession. After spending many years at the Boise VAMC as a technician leader she took a leap to develop her clinical skills at the St. Luke's Cystic Fibrosis Center of Idaho. She has allowed our clinic staff to work at the top of our licenses while working at the top of hers. In the year 2021 she has already saved nursing and physicians over 136 hours of work by taking over prior authorizations and refill requests. The true measure of her work cannot be calculated by metrics, and this is evidenced by a quote from one of our directing physicians who noted “pharmacy is the single best team addition that the CF clinic has ever had”. Our patients love working with her and one recently told us ‘If it wasn't for Kathleen I would not take my medications’.”*



## Pharmacy Innovator

### Shanna O'Connor, PharmD

Associate Professor – Idaho State University College of Pharmacy



*“Dr. O’Connor is a champion of pharmacy practice advancement in Idaho. Through her role as a faculty member at ISU College of Pharmacy and the Community Pharmacy Enhanced Services Network (CPESN)-Idaho Network Lead, she focuses on the delivery, implementation, and support of sustainable non-dispensing services in ambulatory care/community pharmacy settings... This past year, she led the COVID-19 Rapid Antigen Testing Expansion Program, which assisted pharmacies throughout the state in providing COVID-19 testing services. As part of this effort, she facilitated credentialing and provider recognition of pharmacies/pharmacists with commercial insurers in Idaho...Dr. O’Connor is dedicated, enthusiastic, and passionate about advancing pharmacy services to ensure sustainability of the profession. She is constantly identifying and implementing innovative strategies that allow for the highest levels of pharmacy practice in our state.”*

## Student Leadership

### Matthew Shin

ISU PharmD Candidate 2023



*“Matthew Shin is an engaged student pharmacist, displaying service to our community and leadership to our profession. He served as the Idaho State University College of Pharmacy (COP) Operation Immunization Co-Chair from August 2020-May 2021, and currently serves as the Chair. Given the importance of immunization efforts these past months, he has been a valuable player in organizing students to help provide immunizations.”*

### Jeremy Boyle

ISU PharmD Candidate 2023

*“As a student, Jeremy has shown commitment to his learning, future patients, and the profession – he maintains a high-grade point average while also pursuing other commitments outside of the classroom. In the early months of the pandemic, he volunteered to help analyze statewide data from pharmacists on their willingness and needs to support COVID-19 services. In collaboration with other team members, his work was presented at the ISHP Fall 2020 Meeting and published in the Journal of Community Health.”*



## YOU

In addition to our award winners, it is important to recognize the meaningful impact that all of our members have made over the past year! On all fronts, pharmacy professionals have been leading the charge – creatively managing drug shortages, clinically managing critically-ill COVID patients, administering thousands of COVID vaccinations across the state – and so much more. On behalf of ISHP, and the Professional Relations Committee, it has been a true honor to work alongside you.

## Congratulations to the 2021 Virtual Fall Poster Presentation Winners!



We received more than 10 poster submissions for this Fall's virtual poster session – and the competition was fierce! Thank you to all the students and residents who presented their work, as well as the poster judges who took the time to review and provide feedback. It was inspiring to hear about all the great research being conducted throughout the state! If you'd like to review the poster submissions, there is still time! You can check them out on the ISHP website:

[Idaho Society of Health-System Pharmacists - 2021 Fall Meeting Poster Competition \(wildapricot.org\)](https://wildapricot.org)

### ***Student Poster Winner***

#### **1<sup>st</sup> Place – Elise Capson**

**ISU PharmD Candidate 2023**

**Poster Title:** Retrospective medication use evaluation on guideline-directed medical therapy in patients diagnosed with heart failure with reduced ejection fraction

**Poster Authors:** Elise Capson, PharmD Candidate 2022; Elaine Nguyen, PharmD, MPH; Leanne Ertle, PharmD, BCACP

### ***Resident Poster Winners***

#### **1<sup>st</sup> Place – Alyssa Pang**

**PGY1 Community Pharmacy Resident**

**St. Luke's Health System**

**Poster Title:** Outpatient pharmacist-prescribed naloxone in a large health system: a descriptive report

#### **2<sup>nd</sup> Place – Brandon Guthrie**

**PGY1 Pharmacy Practice Resident**

**Eastern Idaho Regional Medical Center**

**Poster Title:** Implementation of a bowel protocol for the prevention of opioid-induced constipation in adult patients hospitalized at a regional medical center.

#### **3<sup>rd</sup> Place – Holly Krenz**

**PGY1 Pharmacy Practice Resident**

**Eastern Idaho Regional Medical Center**

**Poster Title:** Implementation of a pharmacist-led transitions of care program for oral anticoagulants

## ASHP House of Delegates



### Paul Driver and Heather Walser

The policies that were passed by the ASHP House of Delegates (HOD) last June were published in AJHP November 1<sup>st</sup> issue. Please take some time and review those policies. There is a scheduled virtual house voting meeting from November 12<sup>th</sup> to the 19<sup>th</sup>. In this voting session the House will not be able to amend the policies but vote to accept them or defer them to the June meeting 2022. There are six policies to be considered. None of the policies under consideration are new. Five of them are updates of prior policies and one is to discontinue an existing policy. The policy titles and very brief synopsis of changes are below:

**Agricultural Use of Hormone and Prohormone Therapy** – This policy is expanding the original policy to advocate for elimination of nontherapeutic uses of hormonal treatments in animals and that when used should only be under the supervision of a veterinarian.

**Pharmacist's Role in Healthcare Information Systems** – This policy is primarily updating some of the wording to fit with current usage and reenforce the role of the pharmacists in informatics.

**Reduction of Unused Prescription Drug Products** – This policy is updating the language to be more inclusive of the pharmacy workforce and well as expanding the pharmacist role in excessive prescribing by advocating and educating providers and patients on quantities that are reasonably dispensed to reduce waste.

**Expiration Dating of Pharmaceutical Products** – This policy is more forceful in promotion of manufactures to update expiration dates and use current evidence of stability to extend existing date labeled products to be used to help with the drug shortages.

**Elimination of the Apothecary System** – This policy is recommended to be discontinued as essentially all drug orders are now in metric units and not in apothecary units.

**Covid-19 Vaccination Requirements to Advance Patient Safety and Public Health** – This policy was approved in June 2021 HOD meeting. However, since it was approved, all of the Covid vaccines used in the United States have become approved by the FDA. The original policy was in regards to Emergency Use Authorization (EUA). The EUA verbiage has been removed.

If you have any thoughts on this, please let Heather or Paul know as soon as possible. The voting is scheduled to begin November 12<sup>th</sup> and end November 19<sup>th</sup>. We realize this is a narrow window but please let your voice be heard if you have any comments on these policies.

Thank you,

*Heather and Paul*

For more information about the ASHP House of Delegates, please see their webpage at:

[ASHP's House of Delegates webpage](#)

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### Regional ISHP Representatives Needed

Live in either Central, Northern or Eastern Idaho and interested in representing ISHP in your area of the state? We are looking for representatives from each of your areas. Please contact either ISHP President Elaine Nguyen or ISHP Executive Director Caroline Merritt at the ISHP office if interested or for more information. Thanks!



## Technician's Corner

Jessica Whipkey



I would like to introduce myself as your new Technician Representative. My name is Jessica Whipkey and I am the Pharmacy Resource Pool Supervisor for St. Luke's Health System. I hold an Adv-CPhT, CSPT, and a Hazardous Drug Management Certificate. I just wrapped up a successful ILEAD Fellowship and am excited to put my new skills to use in this position. I have high hopes to grow our technician membership over the next two years through new recruitment strategies. Part of my plan to accomplish this is reinstating the Technician Affairs Committee. I look forward to growing a relationship with our diverse group of members and ISHP.

Thanks,

*Jess*

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### **ISHP's Technician Scholarship Winner**

**Jessica Whipkey**

Jessica was awarded ISHP's 2021 Technician scholarship in recognition of her efforts in completing four PTCB Certifications in her pursuit to apply for Adv-CPhT:

1. CSPT Certification
2. Immunization Administration Certification
3. Technician Product Verification Certification
4. Hazardous Drug Management Certification

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### **ASHP House of Delegates election**

ISHP is currently accepting nominations to serve as the next Idaho delegate to the ASHP House of Delegates, the ultimate authority in establishing the professional policies of the organization. Idaho elects two representatives on a rotating basis to serve a two-year term to the ASHP House of Delegates (HOD) and will represent the ISHP on proceedings impacting the pharmacy profession nationally.



Nominated ASHP members will be added to the ASHP Delegate Ballot for Idaho and will be voted on via electronic ballot in December. ISHP opened delegate nominations at the ISHP Business Meeting during our Annual Fall Meeting and will accept nominations thru the end of this month.

Please nominate your colleagues by sending an email to [ishpcontact@gmail.com](mailto:ishpcontact@gmail.com) by **Tuesday, November 30<sup>th</sup>, 2021**. Self-nominations are welcome!

## Update from the Programs & Education Committee

Leslie LaMontagne and Anna Hoenke

First of all, **thank you to everyone who attended the Annual Fall Meeting!** We had a great turnout and great speakers who pivoted their presentations from live to virtual quickly. In the coming weeks you will be receiving an **educational needs assessment** to help us plan our upcoming meetings and individual CE events. Meanwhile we are starting prep for our spring meeting. Decisions will be made about a live vs virtual meeting. Topics that we already have in the works include oncology emergencies, DEI and immunization certification for techs! Stay tuned to social media and e-mails for more up to date information!

# EDUCATION COMMITTEE

*Leslie & Anna*

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### Pharmacy Week

#### St. Luke's Health System Pharmacy Services



Meridian Inpatient

SLHS Team Pharmacy Week

“Everyone’s favorite drug dealers”

tee-shirts



ISHP thanks you for all you do during Pharmacy Week and during every other week of the year!

**October 2021**

### **I-LEAD Recognizes Graduating Fellows (Class of 2021)**

The Idaho Pharmacy Leadership Academy, I-LEAD, formally recognized the graduating I-LEAD Fellows for the 2020 - 2021 year during the ISHP Fall Conference's Business Meeting last month. One of the key benefits of I-LEAD is the ability to connect and network with pharmacy leaders from across the state. Needless to say, it has been a challenging year for this year's class due to the need to be completely virtual, thus inhibiting the ability to connect with others. All that being said, this group held together like no other, showing us new ways to lead and work together to achieve heights not thought possible as evidenced by their work on updating the ISHP Mission & Vision. All 5 Fellows banded together to help steer this project towards completion, learning new skills all along the way. Please help us thank the 2021 I-LEAD class for their work and commitment to advancing pharmacy practice in Idaho!

#### **This year's graduates include:**

- **Heather Walser**, PharmD, BCPP, Pain Clinical Pharmacy Specialist, Boise V.A. Medical Center
- **Leanne Ertle**, PharmD, BCACP, Clinical Pharmacy Specialist and Prior Authorization Program Manager, Boise V.A. Medical Center
- **Jessica Whipkey**, CPhT, Pharmacy Technician Supervisor, St. Luke's Health System
- **Sarah Hogue**, PharmD, Director of Pharmacy, St. Luke's Cancer Institute
- **Nicki Chopski**, PharmD, BCGP, ANP, Executive Director of the Idaho Board of Pharmacy

### **I-LEAD Fellows Sweep Pharmacist and Technician of the Year**

This year the winners of the Pharmacist and Technician of the Year awards were also graduates of I-LEAD! Nicki Chopski, class of 2021, was recognized as Pharmacist of the Year at the ISHP Fall Conference for her work steering the state through the COVID crisis and her overall leadership in Idaho. Kathleen O'Dell, class of 2019, was recognized with the Pharmacy Technician of the Year award for her leadership and work with the St. Luke's Cystic Fibrosis Center. I-LEAD couldn't be happier to see past graduates recognized for the work that they do!

### **New Class of 2022**

The Idaho Pharmacy Leadership, Advancement & Development Program (I-LEAD) welcomed its 4<sup>th</sup> class of leadership fellows this past month (officially the class of 2022)! The class is our largest to date with five Pharmacists and three Pharmacy Technicians representing practice areas from across the state.

Going into this fourth year of ILEAD, the program administrators will continue the newly established quarter system, dividing up the year into the four domains of Leading Self, Leading Others, Leading Organizations, and Leading with Influence & Strategy. Each of these is led by one of the ILEAD Faculty Coordinators and Administrators (Lindsey Hunt, Chris Oswald, Lindsay Crawford, and Rob Wills). In addition, each Fellow will present to the ISU College of Pharmacy leadership class led by Dr. Barb Mason.

At the completion of the year each fellow will turn in a completed leadership portfolio in order to be considered as a graduate and officially awarded a Certificate in Organizational Leadership from ISHP/ISU, I-LEAD. I-LEAD has partnered with area Universities to allow for transfer credit to be awarded if the Fellow chooses to continue his or her leadership education and growth. Currently the program has received commitments from three universities, Idaho State, Boise State and the University of Wyoming, to provide transfer credit towards a graduate degree or certificate in Business or Healthcare Administration.

## New I-LEAD Class Already Underway!

The new I-LEAD class of 2021 - 2022 were also recognized and have hit the ground running having already begun their fall seminars. Click the link below to see the 2021-2022 fellows:

[Idaho Society of Health-System Pharmacists - 2021 - 2022 I-LEAD Fellows \(wildapricot.org\)](http://wildapricot.org)

## I-LEAD Class of 2022

1. *Anushka Burde, PharmD, BCAP, AAHIVP* – Assistant Lecturer, Idaho State University College of Pharmacy
2. *Jessica Corbridge, PharmD* – Assistant Director of Pharmacy, Teton Cancer Institute
3. *Cheyenne Hastings, CPhT*, St. Luke's Cancer Institute
4. *Lexi Enrico, CPhT*, St. Luke's Cancer Institute
5. *Laura Spoutz, PharmD, BCPS*, Clinical Pharmacy Specialist/Program Manager, Boise V.A. Medical Center – VISN 20.
6. *Eddie Garcia, CPhT* – Pharmacy Informatics Technician, Mountain View Hospital
7. *Leticia Juarez, PharmD* – Pharmacist, Rite Aid Pharmacy/Intermountain Health
8. *Tricia Aggers, PharmD* – Pharmacy Director, Vibra Hospital, Boise

**MORE INFO:** Interested in I-LEAD? Check out the I-LEAD webpage at [Idaho Society of Health-System Pharmacists - I-LEAD \(wildapricot.org\)](http://wildapricot.org) for information about the program, additional info about the I-LEAD faculty consisting of Barb Mason (ISU COP), Chris Oswald (Saint Alphonsus) and Lindsay Crawford (SLHS Nampa) or feel free to reach out to the I-LEAD administrative team of Lindsey Hunt ([Lindsey.Hunt@va.gov](mailto:Lindsey.Hunt@va.gov)) or Rob Wills ([willsr@slhs.org](mailto:willsr@slhs.org)) for more information.

ISU COLLEGE OF PHARMACY

# P1 FUNDRAISER



SCAN TO BUY COLLEGE OF  
PHARMACY APPAREL



ALL PROCEEDS WILL BE DONATED  
TO THE ISU ANGEL TREE



Idaho State  
University

College of  
Pharmacy



## Clinician Burnout

### Are you at risk?



In case you missed the Burnout Prevention presentation by Riley Binkowski, PharmD and Nicole Osbaugh PharmD during the ISHP Annual Fall meeting last month, as a portion of their talk, they provided a burnout self-assessment tool. Certainly COVID-19 has disrupted pharmacy practice and affected pharmacist's employment, workload and feelings of burnout. Research has shown that up to 60 to 70% of pharmacy staff members have some feelings of burnout. Are you at risk? Click on the link for more about burnout and the self-assessment tool.

[https://www.mindtools.com/pages/article/newTCS\\_08.htm](https://www.mindtools.com/pages/article/newTCS_08.htm)



**Thank you to our sponsors of the  
2021 ISHP Annual Fall meeting!**

**Bristol Myers Squibb and Alexion Pharmaceuticals**



**Bristol-Myers Squibb**

**ALEXION**

**And on the lighter side for all of us football junkies and their significant others:**

**PICKLES**



**BY BRIAN CRANE**

