



BULLETIN

of the New York City Society of Health System Pharmacists

FALL 2009

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PRESIDENT'S MESSAGE

-Joe Pinto M.S., R.PH

Dear Colleagues,

On behalf of the NYCSHP Board of Directors, I'd like to wish you Happy Pharmacy Month. We would love to hear how your hospital, school or company celebrated. Perhaps, you would like to share your pharmacy month/week activities at our next monthly meeting. Several NYCSHP members attended the Today Show on Tuesday, October 20th, you might have caught me "flirting", hmm speaking with Jenna Bush or student and legislative committee member Charrai Byrd speaking with Al Roker. In any event I'm sure if you watched the show you saw our NYCSHP banner prominently displayed as the cameras canvassed the crowd.

Our chapter kicked off Pharmacy Week by forming a team to volunteer during NY Cares Day, our team did a great job by painting murals, planting flowers and shrubs for spring bloom and painting the hallways of the John Randolph School, PS 47 in the Bronx. Participating in events like this is truly rewarding and allows us to promote our profession by giving back to the community.

The NYCSHP's summer hiatus is over and we are back in full swing. On September 30th we had our Industry Relations Program and CE dinner given by Dr. Karl Fiebelkorn on

"Medication Error Prevention and Patient Safety" at the world's most famous arena Madison Square Garden. The evening was sponsored by 16 vendors and attended by over 100 members. Our Industry Relations committee of Kwaku Marfo, Elizabeth Palillo, Melissa Zaslow and Vincent Ruocco did an awesome job in organizing and running the event.

Our next meeting is October 29th on "Emerging Trends in Parenteral Nutrition" and once again we are looking at another large turnout. The details for our November meeting are still being finalized, look for more info to follow in the upcoming weeks. President-elect Dr. Monica Mehta is hard at work putting together some intriguing educational CE programs for 2010, I can't wait to see what she has planned.

The Board of Directors will also be looking at providing additional networking and non-CE programs, this may include bowling night, karaoke night, a group outing to a NY Knicks' and NY Rangers' game, as well as non-CE educational programs sponsored by our industry friends.

As president I have 2 main goals that I would like to achieve during my term; the first is to in-

crease the awareness of the role of the health-system pharmacist. I cannot do that alone, I need you, our members and colleagues to help me achieve that goal. The Board of Directors are hard at work coming up with ideas and public relations and marketing strategies to get this accomplished, perhaps you have an idea or have done something in the past that has been successful in promoting our profession or something non related that you would like to share, we would love to hear from you. Get involved.

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Upcoming Events

Save the Dates

Jan Keltz Memorial Winter CE Program

Date: January 15-18, 2010

High Peaks, Lake Placid, NY

Deadline for NYSCHP State Council Awards - January 28, 2010

--NYSCHP Pharmacist of the Year

--NYSCHP Pharmacy Achievement Award

Details of the awards criteria are listed online. Please visit the website for more details:

<http://nyschp.org/associations/8780/files/AWARDS%20071609.pdf>

Anticoagulation Certificate Program

Date: March 12-13, 2010

St. John Fisher

NYCSHP Picks Up Brushes in a New Kind of Community Service **By Monica Mehta**

“Let’s do something different!” Fran Jordan told us as she was recruiting for the event. And it certainly was! On October 17, 2009, a group of health-systems pharmacists painted a school. It was “New York Cares Day,” during which 8,000 volunteers revitalized more than 100 New York City public schools. Our group was sent to PS 47, which is located in the Parkchester section of the Bronx. Stepping into the school, we realized how colorful and positive images on walls could play an important role in the growth of children.

Our group divided into mural painters and wall painters. With fine brushes in hand, the muralists brought a wall to life with images of magical animals (like fox-penguins and kangaroo-giraffes), hot air balloons, and bright flowers. Baseboard and wall painters mixed paints and then used rollers and wide brushes to rejuvenate the mauve school hallways.

Maybe it was the pizza and candy. Maybe it was the pleasure of doing something for the community. But our group bonded and left with big smiles. Who says pharmacists can’t paint within the lines? For others who are interested, New York Cares creates 1,000 volunteer projects each month and can be reached via their website:

<http://www.newyorkcares.org/>

Last, thank you to our NYCSHP New York Cares volunteers: Joe Pinto, Shalini Dosi, Garima Dosi, Marie Josephine Seya, Demetra Tsapepas, Amy Dzierba, Monica Mehta, Dinesh Mehta, John Sang, Fran Jordan, Vickie Powell, and Dave Powell.

New Student Award Criteria

-Leila Tibi

In May 2009, the NYC Society of Health-system Pharmacists (NYCSHP) Board of Directors (BOD) revised their Student Award Criteria which allows NYCSHP student members the opportunity to nominate themselves for a Chapter award or NYCSHP members the opportunity to nominate students to whom they work with or know of a student who is deserving of a prestigious NYCSHP Chapter Student award. At most, two student awards will be given out at the annual Installation Dinner Program held in June, regardless of whether awardees are from the same College of Pharmacy. The NYCSHP Board of Directors reserves the right not to give out the award if any nominee does not fit the full criteria.

Below is the new NYCSHP Student Award Criteria:

- 1) Nominee must be a student NYCSHP member and may nominate themselves or another NYCSHP member may nominate a deserving pharmacy student.
- 2) Nominee must be in their sixth (6th) final year of their pharmacy school career to be eligible.
- 3) Nominee is encouraged to have experience working or volunteering in a health-system pharmacy practice (i.e. hospital, long-term care, industry, managed care, etc.).
- 4) Nominee must submit an essay detailing their career goals and interest in health-system pharmacy practice or submit an essay about a current healthcare topic.
- 5) Nominee must submit current curriculum vitae.
- 6) Nominee must submit at least one (1) letter of recommendation from a health-system pharmacist who is nominating.
- 7) Nominee is encouraged to be active in ASHP or NYSCHP local chapters.

Submissions for student nominations will be accepted no later than April 1, 2010. Please send nominations with required information to nycshp2008@gmail.com – Attention: Leila Tibi, Immediate Past-President.

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My second goal is the formation of a few ad-hoc committees, we are looking for;

- Industry members who would like to be more involved and share their ideas on how we can collaborate.
- Clinical / IT members to collaborate on best practices and clinical program models, I think so much of what we do on the clinical side is tied in to the decision support of our IT systems.
- Resident / Student members who can provide insight on what is important to them and how we can make the NYCSHP appealing to them, their thoughts on mentors
- Pharmacy Technicians how can we serve our technician members, what can we do better to be an advocate for our technician members.
- Administrative members lets share ideas on our operations, JCAHO and other regulatory agency experiences.

I am targeting January 2010 as start up for these committees, please contact me at NYCSHP@gmail.com if you are interested in participating on one of these committees. These committees will meet once a month via a conference call and will have one NYCSHP board member on the call.

We are also in the planning stages of the 2nd Annual Director of Pharmacy Forum which is geared towards pharmacy students in all phases of their academic life as well as practicing pharmacists in other areas of our profession. The date for this event is to be determined but will most likely be in late March or early April 2010.

As part of our NYSCHP President, Ms. Vickie Powell's initiative to increase membership by at least 50% I am putting out the challenge and reward to all NYCSHP members to get at least one colleague to join the NYSCHP with NYCSHP as their primary chapter. The reward will be the member with the most new member referrals equal to or greater than 2 (ties will be broken by picking out of the hat), will have their membership paid for at their time of renewal during 2010. The challenge will end April 9th, 2010.

I know we have some members that can truly contribute to the growth and success of our chapter and profession as a whole. **T**ogether **E**veryone **A**chieves **M**ore. There is no reason that as a chapter we cannot collaborate and work as a team to get the message out as to what we do as health-system pharmacist and the benefits we provide being part of the patient care team.

Thank You,
Joe

Industry Relations Continuing Education Program By Nida Siddiqi, PharmD. Candidate

The New York City chapter of New York State Council of Health System Pharmacists (NYSCHP) held its annual Industry Relations Symposium and education program on September 30th 2009 at an exciting new venue, Madison Square Garden in New York City. There were over 100 attendees, including pharmacists, technicians, students, as well as other health care professionals. Industry sponsors who exhibited set up tables with updates on recent products being marketed by their respective companies. Dinner and lecture followed the industry symposia. Karl Fiebelkorn, associate dean and assistant professor from University at Buffalo School of Pharmacy was invited to discuss medication errors and prevention. Mr. Fiebelkorn focused on the impact of medication errors on not only the patients, but the healthcare system as well. The speaker provided several examples of medication errors and discussed the ramifications of medication errors on the profession of pharmacy, such as increased cost and loss of patient trust in the profession. Decreasing distractions, hiring highly trained technicians, and using patient-specific barcodes were some of the methods Mr. Fiebelkorn suggested for reducing the occurrences of medication errors.

Photo Gallery



Joe Pinto, Shalini Dosi, Garima Dosi, Marie Josephine Seya, Demetra Tsapepas, Amy Dzierba, Monica Mehta and Dinesh Mehta, John Sang, Fran Jordan at NY Cares Day.
Also participating but not in the picture Vickie & Dave Powell.



NYCSHP 44th Installation Program
Thursday, June 25th 2009



Kwaku Marfo and Bill Larkin from GNYHA, Executive VP of Pharmacy Services



John Sang hard at work at NY Cares Day at PS 47!

CALL FOR POSTER PRESENTATION

Have you always wanted to do a poster presentation but never got a chance?

Now you can have your poster presented at our Monthly CE meeting.

Please submit your poster to nycshp@gmail.com

An H1N1 Update

By Norela Ocampo, Pharm.D, PGY-1 Resident, James J. Peters VA Medical Center
Reviewed by: Sally Arif, PharmD, BCPS, Internal Medicine Clinical Specialist, James J. Peters VA Medical Center



It's fall again and school is back in session. What's also back is flu season! This year we are dealing with more than just the seasonal flu; we are also dealing with the re-emergence of Influenza A H1N1 (also known as "swine flu"). The first cases patients infected with the H1N1 flu were made public in April of this year and were linked to travel to Mexico prior to diagnosis. Later that same month, more cases were being reported in several states including Texas and New York and as far away as Europe. There were 60 confirmed deaths from the H1N1 flu in Mexico by the end of April¹.

Influenza A H1N1 was last seen in the 1970's and did not spread to the extent as this year's novel H1N1 virus did. As of August 30, 2009 there have been 4,569 hospitalizations and 364 deaths due to infection from the novel influenza A H1N1 virus². The spread of the disease in 1976 was contained with the immunization program that was initiated in October of that year. Today, efforts are being made to prevent further spread of this disease with the availability of antivirals such as oseltamivir (Tamiflu®) and zanamivir (Relenza®) and influenza vaccines specific for H1N1, which will be made available for distribution nationally sometime in October³. The H1N1 vaccines are monovalent vaccines which come in injectable and intranasal dosage forms. Expected side effects from the H1N1 vaccines are similar to the seasonal influenza vaccine, such as: mild fever, body aches, and fatigue for a few days after vaccine is given, and soreness around the injection site. Side effects from the nasal vaccine include: runny nose, nasal congestion, fever greater than 100°F in children two to six years of age, and sore throat which was reported in adults. Children 6 months to 9 years will receive two injections, one month apart, and those >9 years of age will get a single dose of the vaccine⁴.

It is important to recognize the signs and symptoms of the flu and what to do when it is suspected. Some of the symptoms of the flu include: fever (important to note that not everyone with the flu will have a fever), sore throat, cough, runny or stuffy nose, body aches, chills, fatigue, and occasionally vomiting and diarrhea⁵. If you get these flu-like symptoms stay at home and avoid contact with other people, except when getting medical care, and follow the everyday steps mentioned below. Seek medical care immediately when you see these signs:

In Children	In Adults
Fast breath and trouble breathing	Difficulty breathing or shortness of breath
Bluish skin color	Pain or pressure in the chest or abdomen
Not drinking enough fluids	Sudden dizziness
Not waking up or not interacting	Confusion
Being so irritable that the child does not want to be held	Severe or persistent vomiting
Flu-like symptoms improve but return with fever and worsening cough	
Fever with rash	

Adapted from: <http://www.cdc.gov/h1n1flu/sick.htm>

There are ways you can protect yourself from getting H1N1 and prevent the spread of this disease by following these everyday steps:

Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after using.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand sanitizers are also effective.

Avoid touching your eyes, nose, or mouth. These are ways in which germs spread.

Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

Adapted from: <http://www.flu.gov/individualfamily/prevention/index.html>

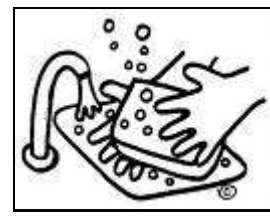
Another way to prevent the spread of H1N1 is to get the vaccination once it is available. As of August 13, 2009, the State Hospital Review and Planning Council is requiring New York state physicians, nurses and other healthcare workers who come in contact with patients to get vaccinated annually for influenza and also for influenza A H1N1. Health care professionals may opt not to get vaccinated, but their employers will face a fine of \$2000⁶. Nursing homes, unfortunately, are not covered under this regulation, but it is encouraged that those working in nursing home facilities get vaccinated.

For more information or updates on influenza A H1N1 please visit:

www.cdc.gov

www.fda.gov

www.flu.gov



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