



President's Message: ***Pain is Inevitable, Suffering is Optional***

"Pain is inevitable, suffering is optional." A quote I am reminded of this time of year.

It is budget season at my hospital and for some reason quotes about pain come to mind. Each year we struggle within our departments and our hospitals to trim already tight budgets. We search for new sources of revenue and creative ways to defer expenses. We ask our business partners to make concessions in existing and new agreements. We ask each other to conserve resources and do more with less. At our hospital, pharmacy is one of the few departments that the better the job is done; the fewer resources there are to do it. Let me explain. Our pharmacy productivity count is based on orders processed and doses dispensed. Therefore, the more recommendations a pharmacist makes to alter therapy, reduce duplication and decrease medication use, the less productivity workload units earned and the less personnel staff hours earned to complete the work. The documentation and justification of clinical pharmacy services is a topic we will save for another day. Meanwhile we live through the pain of budget management.

It is very appropriate that the theme of this month's newsletter is *pain management*. There are some great articles with practical applications of pain management, which can be applied to your practice setting.

Two other important news items for you also. The MSHP membership dues cycle is changing to match our fiscal year and everyone will have a common renewal date. Look for information headed your way about membership renewal and prorated annual dues. While this may be painful the first year, the common renewal date will benefit our budget planning and make renewal simpler for all. Additionally, the MSHP Board has approved a policy and a budget to grant affiliate chapters funds to assist with creative programming and recruiting. Your local affiliate President was part of the decision making process and has the opportunity to use these new funds to recruit new members or meet the needs of your local chapter.

And a final quote by Robert Gary Lee: "Wisdom is nothing more than healed pain."

Still following my compass on the path to excellence in patient care,
Daniel



Upcoming Events

ASHP Midyear

December 2-6, 2012

Las Vegas, NV

[Register Online](#)

MSHP/ICHP Annual Meeting 2013

April 11-13, 2012

St. Charles, MO

[Contact MSHP](#)

[MSHP Career Center](#)

In The Next Issue:

The next newsletter will have a submission deadline of November 9, 2012 for articles.

Please send articles to:

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Featured Articles

Naloxone in Overdose Management of Opioids

By Ben Hyde, Pharm.D Candidate

The rate of deaths associated with drug overdoses has been on the rise in the United States over the past 30 years. Between 1990 and 2008, the annual deaths due to overdose have tripled. In 2006, more than 37,000 deaths were reported as poisonings, nearly 40% of which were associated with opioid analgesics. Abuse of prescription pain medications over the last few years has caused the escalation of drug overdose deaths as well as increased the number of drug-related emergency department visits. [Read More](#)

Use of Naloxone for the Management of Opioid Overdose

By Tinh Nguyen, Pharm.D. Candidate, Elizabeth Englin, Pharm.D. Candidate, Whitney Palecek, Pharm.D. Candidate, and Eric Wombwell, Pharm.D., BCPS, University of Missouri ☐ Kansas City, School of Pharmacy

Opioids exert their analgesic effect by binding to opioid receptors that exist throughout the central and peripheral nervous system. The end result is inhibition of transmission of nociceptive information. Opioids also cause euphoria, specifically by an agonistic effect on the μ -opioid receptors located in the mesocorticolimbic system. Because of this property, opioid analgesics are often misused. Opioid overdose is becoming a more prevalent issue in our society, with mortality rates more than triple from 5.3% per year before 1990 to 18.1% per year from 1990 to 2002. Between 1997 and 2007, prescriptions for opioid analgesics increased by 700% in the United States. In 2008, more than 36,000 deaths were reported from drug overdose, with prescription opioid analgesics, cocaine, and heroin being the most common. Opioids are also frequently used in hospitals and are commonly associated with medication errors. Results from a 2007 national reporting system showed that more than half (53%) of opioid errors resulted in overdoses, and many cases (22%) required intervention with an opioid antagonist. [Read More](#)

Ensuring Patient Safety for Extended-Release Opioids: Strategies for Success

By Carolyn Hunninghake, Pharm.D. Candidate 2013

Familiar to most individuals is the overarching principle of the Hippocratic Oath in that as healthcare providers, we are to "do no harm." One strategy often employed to meet this goal in the provision of safe care is the development of protocols and ordersets used to facilitate medical decision making. In 2007, The United States (US) Food and Drug Administration (FDA) established a way to "ensure that the benefits of a drug or biological product outweigh its risks." The FDA Amendments Act of 2007 allowed the organization to enforce a Risk Evaluation and Mitigation Strategy (REMS) from manufacturers of certain materials such as drugs and biologic products. Since the establishment of the REMS system, over 70 medication products have been listed as those requiring post-marketing safety precautions. While REMS apply to a large spectrum of medications in a variety of classes, a large number apply to narcotic analgesic agents. [Read More](#)

Methadone: Striking a Balance Between Safety and Efficacy

By Breck Snoddy, Pharm. D., Erica Ralston, Pharm.D. Candidate, and Thomas Gregory, Pharm.D, BCPS, DASPE, CPE

Methadone is a pure opioid agonist and a member of the diphenylheptane family. While methadone is probably best known for its use in the detoxification and maintenance of opiate dependency, it is also a strong analgesic used for acute and chronic pain. A recent Morbidity and Mortality Weekly Report from the Centers for Disease Control and Prevention (CDC) showed that while methadone accounted for only 4.5-18.5% of the opioids distributed in the 13 states studied, it was involved in 31.4% of opioid pain reliever (OPR) deaths and accounted for

over one-third of single-drug OPR deaths. This apparent disproportionate number of deaths warrants a review of the safe and effective use of methadone based on its pharmacokinetic profile. [Read More](#)

A Summary/Review of the Joint Commission's Sentinel Event Alert: Safe Use of Opioids in Hospitals

By Jena Torpin, Pharm.D., PGY1 Pharmacy Resident, University of Missouri Health Care

The Joint Commission's publication of their Sentinel Event Alert was a very timely reminder about the need for judicious use of opioids in the hospital setting. The article points out that although pain management is an important part of patient care, opioids are not benign drugs, requiring clinicians to closely monitor patients to ensure safety. The article details a systematic approach to the safe use of opioids in pain management. [Read More](#)

MSHP R&E Foundation Report

By Andy Crannage, Research and Education Foundation Board Member

Best Practice Award

The MSHP R&E Foundation will again be accepting submissions to recognize innovation and outstanding performance in a pharmacy-directed initiative. The theme for the 2013 award is: How have pharmacies re-designed systems to increase efficiency and meet changing patient care needs? □ Two health care systems can be recognized with one award presented for a large hospital (average daily census >100 patients) and one for a small hospital (average daily census ≤100 patients) or outpatient health care system. Each recipient will present their project and be honored at the R&E Foundation Breakfast during the 2013 Annual Meeting. Additionally, recipients will receive a plaque and a \$250 honorarium.

Best Practice Spotlight

Jennifer Lamar from Saint Luke's Hospital was honored at the Spring MSHP meeting for her institution's best practice regarding the □Development of an institutional scorecard to track warfarin treatment. We asked Jen to share some insights and lessons learned for this Best Practice Spotlight. [Read More.](#)

Poster/Platform Presentations

Have a research project or other work that would be great to share with others from around the state? MSHP now has even more ways to share your work and network with others at the Annual Meeting. New for this year, the R&E Foundation will be selecting abstracts for platform presentations. There will still be awards presented for various poster categories as in the past. We hope this allows for another avenue of dissemination of information amongst members from throughout the state. Please watch for more details on this year's revised poster/platform presentation format coming soon.

Newsletter

The R&E Foundation plans to feature additional articles in the MSHP Newsletter. We will be alternating a Best Practice Spotlight article with a Research Corner article in each newsletter. Best Practice Spotlight will highlight best practice efforts from MSHP members while Research Corner will emphasize tips, lessons, and advice for getting involved, promoting, and advancing research efforts. The R&E Foundation would encourage members to contribute to both of these articles. If you are interested in contributing to either, please contact R&E Executive Director, Julie Murphy (juliemurphypharmd@gmail.com).

Submit Your Publications/Presentation

The R&E Foundation knows that MSHP members are active within the state and also nationally. We would like to recognize your efforts. If you have presentations or publications from the past three months, please send those to Julie Murphy (juliemurphypharmd@gmail.com) so that we can highlight our members' activities and

accomplishments.

In order to continue to support the efforts above and expand activities of the R&E Foundation, we need support from our MSHP members. Please consider making a tax deductible donation to the R&E Foundation by going to our website (www.moshp.org). Thank you for your support.

MSHP News

NEW Membership Dues Structure

The MSHP Board of Directors completed its annual strategic planning meeting in July. The organizations' service to its membership was a large part of the agenda, specifically the ease of renewing and processing annual memberships was discussed. The MSHP membership cycle currently allows for renewals to occur on the anniversary month of initial membership. For instance, a member who joins in April will annually renew his/her membership the following April. The Board has voted to change the renewal cycle to occur annually at the beginning of the organization's fiscal year in July. This will provide members a predictable time to expect dues renewal information and to track membership retention.

The change necessitates revisions to the Bylaws and Policy and Procedure Manual. Please [click here](#) to review the modifications and [submit your vote](#). The revisions to the dues structure will go into effect immediately and will result in pro-rating the dues of many members based on their current renewal month, to ensure their memberships will renew again on July 1, 2013. The first dues pro-rating will affect all members whose renewals take place in October.

Vote on the changes to MSHP's organizational documents by **Friday, October 5th**. Look for more information from staff regarding changes to your specific renewal. If you have any questions, please contact Sara Neiswanger at (785) 271-0208 or sara@centrichq.com.

Celebrate Pharmacy Week

Pharmacy Week is October 21 - 27, 2012. Are you looking for ideas to help you celebrate Pharmacy Week at your institution? Make sure to check out ASHP's [Pharmacy Week Resource Center](#) to load up on ideas, resources, strategies, and a wealth of other information to help make your Pharmacy Week the best it can be! We want to see you! MSHP would like to showcase some of the ways you celebrate Pharmacy Week in an upcoming issue of the newsletter. We invite you to forward any photos and stories of your celebration to [Jeremy Hampton](#).

Public Policy Committee Report

Greetings from the Public Policy Committee! Are you still looking for ideas for pharmacy week? Have you considered inviting a Board of Pharmacy member to tour your pharmacy to show how a hospital pharmacy practices? Now is an excellent opportunity for show and tell. The Board has recently requested information on the unique needs of hospital practice with the thought of forming a working group to discuss. Some of the issues MSHP sited were:

- Infusion clinics
- Clarification of technician roles
- Medication Therapy Management

If you are interested in knowing more about these issues, consider becoming a member of the Public Policy Committee.

Register Now for the MSHP Leadership Program!

MSHP launches its new leadership program on Friday for MSHP members. Rich Drinon's Leadership Express focuses on the four essential competencies needed by those in a leadership role. Those competencies include building relationships, achieving results, navigating change and making decisions. This 13-topic program helps experienced leaders

understand the implications of both leadership and followership styles in the organization. The course examines the use of power, leverage and influence in the workplace, and important pillars of leadership such as character, commitment, competence and a maturing consciousness. Participants will explore relationship building in the framework of connecting, communicating and collaborating with others as well as approaches for getting results, promoting change, solving problems and making decisions within their respective organization.

Learning for each topic begins with an article distributed to the registrants, followed by a one hour webcast with Q&A (designed to qualify for CE). The topics are designed to lead participants through an understanding of key elements for leading others. Although each session builds upon previous entries, each session will also provide a valuable learning experience as a standalone one hour program. The program is perfect for pharmacists, residents, pharmacy students and others interested in learning strategies for becoming a strong leader in any organization or hospital. The fee for the program is \$750 per person for the entire program, which provides a total of 13 hours of CE. The final program will take place at the MSHP Annual Meeting in April, where graduates of the program will be recognized by MSHP leaders. To learn more about the program, including scheduled dates and more, as well as register, [click here](#).

Advertise and Find Your Pharmacy Position with MSHP!

by Eric Wombwell, PharmD, BCPS, MSHP Website Committee Chair

The [MSHP Career Center](#) is your destination for exciting Health-System Pharmacy job opportunities and the best resource for qualified candidates within the Health-System Pharmacy Industry. The Career Center is operated through a contract with Association Career Network. Through this agreement MSHP receives a portion of the listing fees. The Career Center is a great place to locate qualified candidates from both the Missouri area and beyond for your available open positions. Our online career center allows you to connect to hundreds and thousands of members and job seekers. Each month total traffic exceeds 1,000 page views specific for MSHP/Missouri related content.

Services include Email Blasts, which advertise opportunities to MSHP members through a direct email. An opportunity may also be simply listed on the Career Center website for jobseekers to view. Listings may be maintained for varying lengths of time from 30 to 90-days. Jobseekers are able to browse available opportunities by job category, specific employer and location of opportunities. The Career Center also has the capacity to allow jobseekers to maintain an online resume.

The Career Center is custom tailored for Health-System Pharmacy making it an excellent place find opportunities and attract highly qualified candidates.

Congrats!

Laura Butkievich, System Clinical Coordinator, is the St. Louis College of Pharmacy Alumni Association recipient of the Young Alumnus Award for 2012! This Distinguished Alumni Award will be presented to her at the Alumni Reunion Dinner in St. Louis on Saturday, September 29th. Congratulations, Laura!

MSHP Welcomes New Members!

July

Amanda Akin, Recent Grad

Jordan Anderson
University of Missouri Women's and Children's Hospital

Jeff Bowers
Cox North Hospital Pharmacy

Elizabeth Durham
Olathe Medical Center

Paul Erwin
St. Louis College of Pharmacy

Kelli Fitterling
Boone Hospital Center

Kathryn Krei
PGY1

Tim Mitchell
Tim Mitchell Medical, Inc.

Elana Nelson
Truman Medical Center

Amanda Stahnke, Academia

Nadja Strikovic
Corum Health Services

August

Susan Burros, Pharmacist
Kansas City VA Medical Center

Robert Foudree, Pharmacist
The HCI Group

Patrick Kelley, Pharmacist
St. Luke's North Hospital

Lisa Lubsch, Pharmacist
St. Louis University Hospital

Nicole Nesselhauf, Resident
St. Louis University Hospital

Stephanie Tackett, Pharmacist
St. Louis College of Pharmacy



Pharmacists
Say it Best ...

"I've had the pleasure to work with PTCB CPhTs and rely on their support to my pharmacist activities in providing patient care. Our pharmacy simply couldn't function without them."
—Jeanie Barkett, RPh, Long Term Care Pharmacy Lead Pharmacist, Providence Specialty Pharmacy Services, Portland, OR

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