

Volume 26, No.4 September 2013



Annual Fall Conference: October 11 & 12, 2013

FRIDAY event will be held at the Homewood Suites in Fargo

SATURDAY event will be held at the NDSCS Skills and Technology Center in Fargo The North Dakota Pharmacists Association and the Cardinal Health Foundation congratulate **Michael S. Riepl** as the recipient of the **2013 Cardinal Health GenerationRx Champions Award!**



This award recognizes a pharmacist who has demonstrated excellence in community-based prescription drug abuse prevention. We celebrate Michael's outstanding efforts and commitment to raising awareness of the dangers of prescription drug abuse among the general public and among the pharmacy community.

For more information about the award, visit cardinalhealth.com/GenerationRx



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COLLEGE OF PHARMACY, NURTING, AND ALLIED SCIENCES





Calendar

SEPTEMBER

September 2	Lauur Day
September 11	Pharmacy Opportunities Night
September 12	NDSU Career Fair
	& Pharmacy Scholarship Program
September 13	Pharmacy Interview Day

OCTOBER - October is Pharmacy Month		
	NAPT	
October 11-12	NAPT Fall Conference Fargo	
	NDSU Homecoming	
October 12	Homecoming Bison Vs Missouri State	
	NCPA	
October 12-16	NCPA Annual Convention	
	Walt Disney World, Orlando, FL	
	NASPA	
October 12-14	Fall Symposium	
	Walt Disney World, Orlando, Fl	

Walt Disney World, Orlando, FL ACCP

October 13-16	Annual Meeting, Seattle, WA

NOVEMBER ASCP

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DECEMBER

	ASHP
December 8-22	Midyear Clinical Meeting,
	Orlando, FL
APRIL 2014	

NDPhA 129th Annual Convention

April 4-6, 2014	Ramada Plaza Suites
	Fargo ND



Message from the NDPhA President

Call To Become Involved

NDPhA President, Joel Aukes

The average professional association spends half their budget on efforts to recruit and retain members. This expenditure gains them a membership of about a third of the potential member pool. This gap is a result of many reasons; as many reasons as there are members who have chosen not to join that professional organization. Fortunately, NDPhA has not had to spend half its budget to obtain this level of membership in our organization. However, as with other professional organizations there is still a large number who choose not to be members.

Prospective members

If you are not reading this article and not a current member of NDPhA, we encourage you to consider joining (after an NDPhA member has extolled the virtues of membership). It is through a wide base of members which promotes a strong presence for NDPhA and therefore our profession.



Joel Aukes

This is not to say that members of NDPhA always get their way as individuals, or even as an association. But, by being an involved NDPhA member, Pharmacy will be much closer to our ideal profession than if our actions and responsibilities were dictated to us by outside forces with others', sometimes, opposing vested interests. Become a member of NDPhA and have your voice for pharmacy amplified through the association.

Current members

If you are reading this article you are currently a member of NDPhA. And, I hope, I am "preaching to the choir" because you have seen and understand the value which an NDPhA membership provides. So my challenge to you would be to take advantage of opportunities to evangelize the benefits of NDPhA membership to your colleagues who are not currently members of NDPhA. I also challenge those who are current members to become involved in a leadership role within NDPhA. Get your pharmacy students involved; bring a prospective member to the NDPhA Annual Convention.

Involvement never ends

If you have or are currently in a leadership role within NDPhA, I challenge you to mentor and encourage active involvement in our organization. Active involvement does not mean that every member needs to take their turn serving as a Board member; there are endless possibilities for association involvement. Involvement can range from "small" (assisting with registration at an NDPhA Annual Convention) to "large" (serving a 4-year term on the NDPhA Board of Directors). This will prevent our organization becoming stagnate and ensure there is a large pool of other involved members to fill the endless leadership opportunities available in OUR association.

Become a member, become involved, stay involved and have a profession which best services you and your patients.

If you know pharmacists who are not members of NDPhA, encourage them to join. It is through a wide base of members which promotes a strong presence for NDPhA and therefore our profession.

2013 (Third Quarter)



American College of Physicians called for enhanced education in rational therapeutics including "increased communication with pharmacists, as health care professionals with particular knowledge in this area."

RU-486 (mifepristone) first marketed in France as a safe and effective method of early abortion.



Oncovin (vincristine), an alkaloid derived from rosy periwinkle, was used as a folk medicine for diabetes. Eli Lilly & Co discovered it to be an effective treatment for several forms of leukemia.

1938 Seventy-five Years Ago:

APhA undertook a national campaign to work with dental associations and dentists to increase appropriate prescribing.

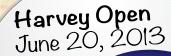


1913 One hundred Years Ago:

University of Puerto Rico formed

By: Dennis B. Worthen, PhD, Cincinnati, OH

One of a series contributed by the American Institute of the History of Pharmacy, a unique non-profit society dedicated to assuring that the contributions of your profession endure as a part of America's history. Membership offers the satisfaction of helping continue this work on behalf of pharmacy, and brings five or more historical publications to your door each year. To learn more, check out: www.aihp.org



Thank you to all sponsors and participants at the Harvey Open. Hope you can Join us next year!



NAPT

(Northland Association of Pharmacy Technicians)

Annual Fall Conference: October 11 & 12, 2013
Friday event will be held at the Homewood Suites in Fargo
Saturday event will be held at the NDSCS Skills and Technology Center in Fargo



HOTEL INFORMATION

Homewood Suites 2021 16th Street North, Fargo 701-235-3150

Block of rooms available until September 13, 2013

Topics:

About the patient Teamwork Dosedge Professionalism/Customer Service Pharmacy Technicians in the workplace-working outside the box Seasonal Affective Disorder AND MORE!!!!

A conference for Pharmacy Technicians, provided by Pharmacy Technicians

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Email address:_				
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Mail your registration and \$20 fee to:

NAPT Fall Conference Planning Committee

C/O Diane Halvorson

1531 11th Avenue South

Fargo ND 58103

Message from the NAPT President

Greetings fellow Technicians!



I hope this finds you all enjoying the last days of summer and awaiting a colorful fall. With fall upon us it is that time of year to start planning for fall conference. Mark your calendars and join us at fall conference on October 11 & 12 in Fargo. The fall conference committee is busy planning an exciting weekend with great continuing education. The fall conference is a great opportunity to meet fellow technicians and join in on fellowship and networking. It is your involvement that makes the conference a great success!

The deadline of March 1, 2014 is fast approaching for the new Pharmacy Technician certification requirements. If you are a ND Registered Pharmacy Technician that needs to become PTCB certified by March 1, 2014 and you would like some help with preparing for your test, NAPT (Northland Association of Pharmacy Technicians) would like to offer assistance. For further details please contact me at dkisse@thriftywhite.com or call me at 701-269-8747.

PTCB certification is required and must be obtained before registration for new technicians, who graduated from an ASHP accredited program, and must be obtained, by current technicians by March 1, 2014. The only exception to this requirement will be for those technicians registered on or prior to August 1, 1995, these technicians will be grandfathered. You can find information about the certification test at www.ptcb.org.

Donna Kisse NAPT President

Technician Spotlight

Technician of the Year Darcy Speidel

This year's recipient of the Technician of the Year Award is Darcy Speidel of Fargo. Darcy is a Certified Pharmacy Technician and is employed with NDSU Family Healthcare Pharmacy in downtown Fargo.

Congratulations Darcy!





Pharmacy Technician Diamond Award Patricia Olson

This year's recipient of the Diamond Award is Patricia Olson of Fargo. Patricia is a Registered Technician and is employed with Sanford Roger Maris in Fargo.

Congratulations Patricia!

Pharmacist Mutual Distinguished Young Pharmacy Technician Award Anne Revier

This year's recipient of the Distinguished Young Pharmacy Technician Award is Anne Revier of Fargo. Anne is a Certified Pharmacy Technician and is employed with Sanford Medical Center in Fargo.

Congratulations Anne!



let our experts do the math

Now more than ever, pharmacists are learning just how important it is to have not only proper insurance coverage, but the right amount of insurance. We understand the risks involved in operating a pharmacy practice and have coverage designed to ensure that you and your business are protected. We even provide policies specifically designed for practices that offer specialty services such as compounding or home medical equipment.

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Dear Association Member,

As a valued member of our State Association, we are excited to invite you to participate in the rollout of a revolutionary new opportunity, PocketRx, which will not only generate additional refills and time savings for you, but will also reduce phone calls, faxes, and emails which over burden your pharmacy staff. I know a number of you already have access to something similar through your current vendor. We are not advocating for you to switch. It is obviously up to you to decide whom you want to use for this kind of service. This communication is to let certain pharmacies know they have options and PocketRx is available to them if their current vendor does not offer this type of service or they want a more customizable application to meet their specific pharmacy needs.

We want to take a minute to provide you with a list of some of the advantages of adding PocketRx:

- Giving mobile refill capabilities to your customers using their smartphone,
- Providing customers the ability to submit refill requests to your pharmacy refill system *anywhere...any time*,
- Marketing your pharmacy to your customers anywhere...all the time,
- Easing your pharmacy workload, and;
- Allowing your pharmacy to increase competitiveness in an already mobile market.

Getting your own branded version of PocketRx is simple and straight forward. The functionality of the mobile application is integrated with numerous pharmacy management systems but can also work independent of integration.

You can easily sign up for PocketRx by visiting our Association's PocketRx page at: http://pocket-rx.com/northdakotapage.html. Please enter your Association member code for a discount. Membership code: **NDPHA0713**

Should you have any questions, please contact Praeses at (877) 246-8155 and ask to speak to a Praeses Mobile Specialist or via email at myapp@pocket-rx.com. They will be happy to discuss this valuable mobile refill application with you in more detail.

We are excited to be able to introduce this new product to our Association members.

Sincerely,

Mike Schwab

Mike Schwab NDPhA



JOIN THE MOBILE REFILL REVOLUTION Now for iPhone and Android

PocketRx is available from Praeses, a leader in mobile applications for the pharmacy industry. With PocketRx, you are able to offer your pharmacy customers the ability to refill their prescriptions directly from their smartphone. All they need is the RX number and they can place their order while on the move — directly and securely.

Invaluable Application Features For Your Pharmacy Business

- Application branded individually on iPhone or Android device for your pharmacy
- Great user experiences always make happier customers
- Seamless integration with your current pharmacy management system

It's Simple To Customize PocketRx For Your Pharmacy



A splash screen which can be customized to include your pharmacy logo. (Screen images may vary from iPhone to Android devices.)



An order screen which can be customized to include your pharmacy logo and include designated customer information per your management system requirements. Screens will vary depending on your current system.



Optional Screens:
A refill information screen which presents the information retrieved from your database for customer verification before being submitted. Optional screens based on pharmacy workflow and management system capabilities. For instance, the application can be customized to include pickup/delivery/mail service.

BENEFITS of PocketRx

- Individually branded for iPhone and Android
- Mobile refill access
- Seamless integration
- Increased competitiveness
- Store marketing
- No long term commitment
- Monthly plans available
- 10% discount on annual packages

WHAT CUSTOMERS ARE SAYING

"The move to a mobile application which gives our customers greater access to our services and their prescriptions has proven to be a great success. We have had a significant amount of downloads from the Praeses iTunes Store and the number of prescription refills from the iPhone has continued to grow."

Steven Boyd Causey's Pharmacy Natchitoches, Louisiana

It's Simple To Integrate PocketRx To Your Current System



It's Simple To Get Started With PocketRx

The first step is for you to provide us your pharmacy's logo. And if you don't have one, for an additional fee, Praeses also provides a service which can help you. Next, we brand each of the PocketRx screens with your logo and your information. And finally, we work with the vendor of your pharmacy backend system to make sure that the application works with it for single or multiple locations.

It's Simple And Affordable

You'll probably be astounded at the affordability of the PocketRx application. PocketRx can be customized for you and distributed to your customers for as little as \$99 per month with no long term commitment and a nominal setup fee. Or you can get discounts for annual subscriptions paid on an annual basis. All prices are for unlimited users and unlimited refills. Ask about our multiple location discounts.

That's how simple it is. Through our experienced and knowledgeable mobile specialists, we offer our pharmacy customers solutions that are not only beneficial to their business but customized for their business.



330 Marshall Street Suite 800 Shreveport, Louisiana 71101 (800) 333-8856 www.praeses.com



To get started with PocketRx, powered by Praeses, call (318) 424-8125 to speak with a Praeses mobile specialist. Or if you'd rather, email us at pocketrx@praeses.com.

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President

Hi! My name is Donna Kisse. This will be my second year as President of NAPT and it will be my fourth year serving on the NAPT Executive Board. It has been a wonderful experience being welcomed into a whole new network of people. I am employed with Thrifty White Pharmacy for the past 33 years and I am based out of Fargo as a Regional Pharmacy Support Manager. I enrolled in the PATSIM program through NDSCS and have been a Certified Pharmacy Technician since 1998.

I am married to Gary and we live in Fargo. We have two children, Christopher and Erica, and three grandchildren, Jourdyn, Taylor and Hunter.

In my spare time I enjoy reading and spending time outdoors. I enjoy the opportunities each season brings like camping, fishing, gardening, riding bike, walking, skiing, and snowmobiling. My favorite past time is spending time with my grandchildren.

I look forward to serving on the NAPT Board and will dedicate my time to making our Association one that we are proud of. If you have and questions or concerns you can contact me at 701-269-8747 or email me at dkisse@ thriftywhite.com.

Vice President

My name is Sharon Kupper and I have been a Pharmacy Technician since 1999. I worked retail pharmacy in Williston and Mandan until 2011, now I work for ND Workforce Safety & Insurance.

I have been married to Dave for 35 years and we have 3 daughters, all married to great guys. We have 7 grandchildren and are fortunate to have them all living in Bismarck!

Hobbies I enjoy are quilting, riding bike, walking, flowers, reading and spending time with grandkids.

Secretary

My name is Tamara Link, I am originally from the Chicago area.

I am married to Terry Link. We have two children, Austin Link, and Kaitlyn Link.

I have been employed with Gateway health Mart pharmacy since October 2002.

Treasurer

Hello my name is Bobbie Hauck. I work at Irsfeld Pharmacy in Dickinson ND. I started there in October 2002. I went through NDSCS Pharmacy Tech Program. I love my job and I work with a great group of people. My main responsibility is LTC which I really enjoy. I invite all of my fellow techs to join us at conventions. We have great CE's and it's a great way to promote our profession. Hope to see you all at our fall convention.

Parliamentarian

Graduate of NDSU and a PTCB certified Pharmacy Technician. Began my career as a pharmacy technician at what was then St. Luke's Hospital in the late 1970's and am currently employed by NDSCS as the Assistant Program Director for the Pharmacy Technician Program. Am an active member of ASHP currently serving on the Support Staff SAG for ASHP as well as an Accreditation Team reviewer for Pharmacy Technician Programs. I have three children and three grandsons as well as a husband. We live just south of Fargo, yes along the banks of the Red River but on the dry side of the proposed diversion. I have been an active NAPT member since its inception having served on the Board in many different capacities.

Member-At-Large

I'm Kiah Erdmann. I live in Fargo and I work for Sanford Health-South University. I have been a technician for 5 years and I absolutely love it. I have a 2 1/2 year old daughter named Leila who is the joy of my life! I enjoy spending time with friends and family, reading, camping, and cooking.

Member-At-Large

My name is Brittany Butler. I live in Forman, ND with my husband and two children. I currently work at Tara's Thrifty White in Oakes. I have been a pharmacy technician for 6 & 1/2 years. My hobbies include four wheeling with my husband, playing with my children and farming with my dad. I look forward to the learning experiences ahead of me on the pharmacy technician board.

Immediate Past President

My name is Kristina (Foster) Larson. I am the current past president of NAPT. This is my fourth year on the board. I enjoy being on the NAPT board very much! It has been a great experience to meet fellow techs and pharmacist. I have been working as a tech for 8 yrs. My career has been with Thrifty White Drug. I am currently at our Rugby store and living in Willow City, ND. I just got married June 22, 2013. so I have been busy this past winter planning my wedding. I enjoy spending time with family and all my nieces and nephews. I am looking forward to seeing everyone in Fargo for fall convention! Please contact me if anyone has any questions about my experience on the NAPT board. We are always excited to see new faces on the board!

NAPT

Board of Directors

NAPT President

Donna Kisse

Employer: Thrifty White Drug, Fargo

Work #: 701.269.8747

Email: dkisse@thriftywhite.com

NAPT Vice-President

Sharon Kupper Employer: Workforce Safety & Insurance, Bismarck Work#: 701.570.3148 Email: dskup@wil.midco.net

NAPT Secretary

Tamara Link

Employer: Gateway Pharmacy,

Bismarck

Work#: 701.224.9521

Email: taktlink@me.com

NAPT Treasurer

Bobbie Hauck Employer: Irsfeld Pharmacy, Dickinson Work#: 701.483.4858 Email: bobbiehauck@yahoo.com

NAPT Parliamentarian

Barbara Lacher Employer: NDSCS, Wahpeton Work#: 701.671.2114 Email: barbara.lacher@ndscs.edu

NAPT Member-At-Large

Brittany Butler Employer: Tara's Thrifty White, Oakes Work#: 701.742.3824 Email: brit_j_smith@hotmail.com

NAPT Member-At-Large

Kiah Erdmann Employer: Sanford Health-South University, Fargo Work#: 701.280.4466 Email: Kiah.Erdmann@Sanford-Health.org

Immediate Past President

Kristina Larson Employer: White Drug #50, Rugby Work#: 701.776.5741

Email: kristinafoster23@yahoo.com

ND Pharmacists Association



Are you a ND Registered Pharmacy Technician that needs to become PTCB certified by March 1, 2014?

Are you a Pharmacy Manager/Director and one or more of your employees need to become PTCB certified by March 1, 2014?

If you answered yes to one of the above questions and you would like some help with preparing for your test, NAPT (Northland Association of Pharmacy Technicians) would like to offer assistance. For further details contact Donna Kisse, NAPT President.

Donna Kisse dkisse@thriftywhite.com 701-269-8747

Pharmacist looking for work in the Bismarck - Mandan Area

Jennifer Murphy 21 Penenah Drive Lincoln, ND 58504 701-202-9991

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ND Board of Pharmacy

QREs-Errors and CQI

The Board of Pharmacy, at their July 18, 2013 meeting, voted to move ahead with a rule to require a Continuous Quality Improvement (CQI) program in all North Dakota pharmacies.

We already have a requirement in all of our telepharmacies, central sites, our hospitals and for sterile product preparation.

Many states have mandated reporting of errors which cause mortality or significant morbidity. The North Dakota Board feels this is too late in the process, as harm has already occurred.

It is the intent of the new requirement to focus on Quality Related Events (QREs), which are the precursors of Errors (Those that get out of the pharmacy's hands and put the patient at risk).

The rule will require recording of QREs and analysis of them to identify places where changes can be made to prevent errors from occurring. Errors are also reported and serious analysis (GAP analysis) conducted to determine why we have a gap between our expected outcome, [a perfect prescription or more importantly a good patient outcome] and what actually occurred, [an error of some kind resulting in a poor patient outcome].

The rule will include discovery protection (a lawyer cannot ask for your CQI report so he can find potential clients, or reveal that you had six near misses to bolster his case before the judge or jury).

The rule will include a reference to reporting to a Patient Safety Organization (PSO) to provide federal protection under the 2005 Patient Safety and Quality Improvement Act.

The North Dakota Pharmacist's Association has a co-marketing agreement with a PSO and an excellent online CQI program. We will also have forms on our website for you to use in internal recording of your QREs and then, without the computer assisted analysis, that part will be up to you.

Look for the rule hearing announcement and of course the proposed rule will be published in this Journal, when it is ready.

Howard C. Anderson Jr, R.Ph. Executive Director North Dakota Board of Pharmacy



"I'M ALWAYS
WATCHING OUT
FOR MY PATIENTS,
BUT WHO'S
WATCHING OUT
FOR ME?"



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News Release – June 26, 2013

Pharmacists Mutual Insurance Company Announces New Rates for Individual Pharmacist Professional Liability Coverage – Most Members to Receive Lower Premium

After a comprehensive review of their claims experience, Pharmacists Mutual Insurance Company has begun filing new rates for its Individual Pharmacist Professional Liability coverage. Thomas Claude, Sr. Vice President of Underwriting and Product Development, commented that "Our overarching goals are to ensure we can honor the promises we make by charging adequate rates, provide excellent service to our members, and minimize as much as possible cross subsidies between members with different risk profiles."

As a result, Pharmacists Mutual is introducing new rate classes for individuals performing sterile compounding. Members not performing sterile compounding will receive a modest reduction in premium. Members performing sterile compounding will see a rate increase to reflect the higher risk inherent in their practice.

The current rate for employed pharmacists in lowa is \$144. The new rates will be \$139 for members not performing sterile compounding and \$299 for members engaged in sterile compounding.

The new rates have been approved in Iowa effective August 1 for new policies and October 1 for renewals. The new structure will be rolled out across the country in the next few months.

An exclusion for sterile compounding will be added to policies receiving the lower rate. Members receiving this rate whose practice includes sterile compounding should contact Pharmacists Mutual and request a policy change.

Pharmacists Mutual expects a significant majority of its members will benefit from the lower rate.

For more information, contact Pharmacists Mutual at 515.295.2461.

Contact us: info@phmic.com • Information/Application: www.phmic.com 808 Highway 18 West • PO Box 370, Algona Iowa 50511 • Phone: 515.295.2461 or 800.247.5930

Adherence It Only Takes a Minute

ADHERENCE—IT ONLY TAKES A MINUTE



A Prescription for Medication Adherence: You

There have been more than 40,000 articles published on medication adherence (or lack thereof) since the 1960s, but not a lot to show for it in terms of improving health outcomes. Research across those 40-plus years has consistently demonstrated that adherence to medications, regardless of the diagnosis or health condition, is poor. So where do we go from here and what impact can community pharmacists have? The answer is: plenty. You are probably aware, but in case you didn't know, the most effective communicator about medication adherence is you, the pharmacist.

Perhaps it's time we change our perspective and approach to non-adherence. We (not just pharmacists, but other health care providers as well) are often quick to conclude that because a patient's condition is not well-managed, it must be a sign that their medications are not effective. But is it really necessary to increase the dose or add another agent because a patient is not at goal for their hemoglobin A1C or LDL? Do we ever stop to consider that non-adherence could be the culprit? As community pharmacists, we need to "normalize" non-adherence and integrate it into our routine patient assessment and counseling. Just as you always take the time to review duplicate therapies, drug-drug interactions, and identify cost-effective alternatives, regularly assessing adherence and addressing potential barriers can help improve your patients' health outcomes.

You're probably thinking, that all sounds good, but I have no clue how to predict non-adherence in my patients. Fortunately, there is a tool that can help

you do just that. It's called the Adherence Estimator®, and it's designed to quickly assess the likelihood (low, medium, or high risk) of a patient remaining adherent to a newly-prescribed medication. It has taken some of the most common barriers to adherence and classified them into three essential health beliefs: commitment, concern, and cost. The user-friendly tool is evidence-based and backed by research, but it's also practical enough to be easily scored and interpreted. It only takes about a minute to administer (which is why it's featured in this column), can fit into your workflow, and serves as a great conversation starter when you're counseling on a new medication.

After the patient answers three short questions about his/her beliefs about the medicine, the Adherence Estimator® scores the patient's responses and provides easy-to-understand, personalized information that addresses the patient's specific concern(s) about taking that medication.

You can learn more and use the online version of the Adherence Estimator® at www. merckengage.com/rxforhealth.

As we've shared before in this column, NCPA remains committed to the notion that as one of its most critical functions, community pharmacists educate patients on the importance of taking their medications as prescribed. The Adherence Estimator® can serve as another tool that pharmacists have in their arsenal to improve medication adherence and the well-being of their patients.

Reprinted with permission from National Community Pharmacists Association in the June 2012 issue of *America's Pharmacist*. For more information about NCPA, visit www.ncpanet.org.

Adherence It Only Takes a Minute

ADHERENCE—IT ONLY TAKES A MINUTE



Measuring Success

By Richard Boyd

It seems that we are endlessly measuring things in pharmacy. Business figures (such as daily prescription counts and annual sales) must be measured to assess performance. Patient health figures (such as blood pressure and glucose levels) must be measured much for the same reasons. Only by measuring are we able to assess a baseline value, and from there we can strive for improvement. So why shouldn't this concept hold true for patient medication adherence?

There are many ways that medication adherence can be measured. Patient medication diaries, pill counting, refill rates, and simply asking the patient are all valid methods. Typically once an adherence issue is recognized, the patient is alerted and told to "get back on track" (typically in more professional, empathetic terms!). Instead of constantly taking the "eat your vegetables!" approach to improving adherence, however, some pharmacists may choose to step back and let the patient assess themselves.

A number of medication adherence surveys have been developed that can be quickly and easily administered in the community pharmacy setting. These surveys have been validated in multiple disease states, and are a great way to get patients to think about their own behavior. No guidelines currently exist as to which survey is best, but each has its own benefits. The major surveys of interest to the community pharmacist include the Medication Adherence Questionnaire (MAQ), the Self-efficacy for Appropriate Medication Use Scale (SEAMS), and the Brief Medication Questionnaire (BMQ).

The survey validated in the broadest range of disease states (including hypertension, dyslipidemia, HIV, Parkinson's disease, type 2 diabetes, heart failure, and coronary artery disease) is the MAQ. This survey is only four items long, consists of simple yes or no questions,

and has been shown to consistently detect non-adherence at the point of care. The SEAMS (validated in chronic disease states including coronary artery disease, hypertension, dyslipidemia, and diabetes) and BMQ (used in patients with diabetes, depression, and other chronic diseases) are 13 and 9 items long (respectively), and attempt to gauge other barriers to medication adherence. However, both of these scales are difficult to score at the point of care.

Given national averages that put medication adherence at 50–60 percent, patient surveys are yet another useful tool in the pharmacist's arsenal of improving patient care. The MAQ is the briefest, easiest to score, and most widely validated survey, although there are advantages of using other surveys in various patient populations. Given the type of patient and the time available, an appropriate survey can be selected and discussed with the patient at the point of care. Give it a try and see if you can make a difference in your patient's adherence.

Medication Adherence Questionnaire (MAQ) (Morisky, et al. 1986)

- Do you ever forget to take your medicine?
 ☐ Yes ☐ No
- 2. Are you careless at times about taking your medicine?

☐ Yes ☐ No

3. When you feel better do you sometimes stop taking your medicine?

Yes
No

4. Sometimes if you feel worse when you take the medicine, you stop taking it?

Yes
No

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NDSU Continuing Education

NDSU DISTANCE AND CONTINUING EDUCATION

August 2nd, 2013

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North Dakota State University Expands Their Continuing Education Offerings for Pharmacists

New CEU Offerings for Pharmacists through NDSU

FARGO, ND- (August 2nd, 2013) The NDSU Distance and Continuing Education Office is working in conjunction with the NDSU Department of Pharmacy Practice to expand their continuing education offerings, conferences, and events for pharmacists. The online certificate programs are all ACPE accredited with learning opportunities in Medication Therapy Management (MTM) and Diabetes Care, Pain Management, and Public Health. The Pain Management offering is offered at no cost to pharmacists registered and licensed in North Dakota.

In expanding the offerings through the NDSU Distance and Continuing Education Office, North Dakota pharmacists have access to education options that are flexible and current, and are better able to meet their continuing education criteria. The NDSU Pharmacy Practice department works to ensure the continuing education offerings keep North Dakota pharmacists influential in the pharmacy community through practical and relevant applications.

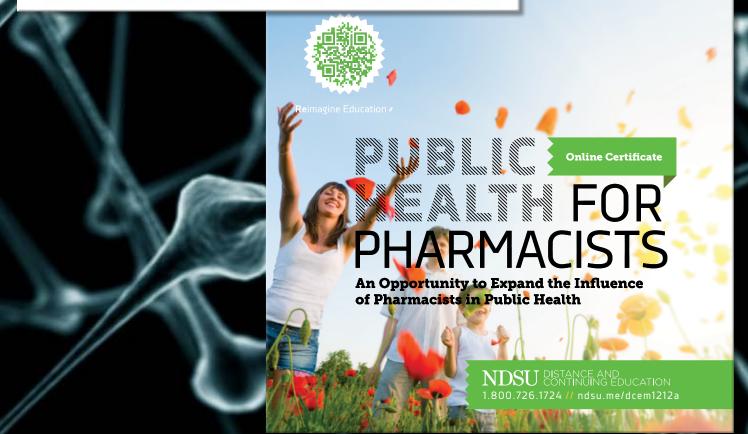
Pharmacists and affiliates are encouraged to visit the website at ndsu.edu/dce/pharmacy for registration and more information on current online certificate programs. There is also an opportunity online to subscribe for the e-newsletter to receive regular updates on upcoming conferences or events.

North Dakota State University is student focused and committed to its land-grant mission. The NDSU Distance and Continuing Education Office offer a diverse selection of online degrees, certificates, and services to encourage lifelong learning. For more information on the NDSU Distance and Continuing Education Office and their courses, please contact them at 701-231-7015.

-END-



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