

NoDak Pharmacy *Journal*

Volume 29, No.3 September 2016



October is **PHARMACY** **MONTH**

Video Premiere Release
at the NAPT Annual Fall Conference on
October 7th & 8th
at the Holiday Inn in Fargo, ND.
More details page 7...You don't want to miss it!

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2016 Calendar

OCTOBER

OCTOBER IS PHARMACY MONTH!

Oct 7-8	NAPT Fall Conference, Fargo, ND
Oct 10	Columbus Day
Oct 15-19	NCPA Annual Convention, New Orleans
Oct 17	Bosses Day
Oct 18	National Pharmacy Technician Day
Oct 31	Happy Halloween

NOVEMBER

Nov 6	Daylight Savings Begins
Nov 8	Election Day – Get out and Vote
Nov 11	Veterans Day
Nov 24	Happy Thanksgiving
Nov 25	Shop till you drop Black Friday

DECEMBER

Dec 4-8	ASHP Midyear Clinical Meeting & Exhibit, Las Vegas, NV
Dec 7	Pearl Harbor Remembrance Day
Dec 7	NDPhA/NDPSC Joint Board Meeting – Hampton Inn, Bismarck
Dec 25	Merry Christmas

NoDAK PHARMACY JOURNAL Submission Policy

The ND Pharmacists Association is pleased to accept submissions for the Journal. Submissions should be reasonable in length due to space considerations. In order to ensure the quality of our publication, editing for grammar, spelling, punctuation and content may occur. Articles, photos, and advertising should be submitted in electronic form.

To submit, please email NDPhA at:
lgiddings@nodakpharmacy.net

**The deadline for the Next Issue is:
Nov. 9th, 2016**

NoDAK PHARMACY JOURNAL

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NDPhA *President's Message*



September 2016:

Colleagues,

As the season begins to change, we also begin a transformation to busy children in school, warmer clothing, reorganization of space, consideration of different priorities, and trying to plan for the next six months so that life seems a little bit more in control!

As you work through these seasonal changes, I would encourage you to consider potential changes for your fellow pharmacists and your career. In January, the ND legislative sessions will begin. NDPhA is working closely with the pharmacists across the state to consider areas of concern and need within your practices that could be affected by a "pro pharmacy" legislative session. We need your involvement, help, and support in voicing your opinions!

NDPhA leadership and the NDPhA Governmental Affairs Committee are working to address the multiple issues that exist in the PBM market. If you would like to express some of your issues, please contact the NDPhA office or other members of the Governmental Affairs Committee.

We are also working to advance the practice of pharmacy through the support and promotion of provider status and the "About The Patient" program.

The North Dakota State University School of Pharmacy is working with NDPhA to bring a Point of Care testing certificate to pharmacists in the form of continuing education. Stay tuned to learn more about this exciting opportunity that will prepare pharmacists to screen patients for influenza, streptococcus, hepatitis C and HIV. Announcements on upcoming programs should be coming out later this fall.

In my July newsletter, I asked YOU to become more active in your Association. We need YOU!!! Please do not sit back and let this season of considerable change control you and your practice.

Wanda Roden

President NDPhA



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Whether you are just starting out or looking to expand, Health Mart® is a franchise designed for today's independent pharmacy owner. Health Mart includes a comprehensive portfolio of marketing, clinical and business solutions to help you care for the health of your patients and your business.

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NAPT *President's Message*

Greetings Fellow Technicians,

Welcome to our newest NAPT board members; Arlene Monson and Twana Dick. We are excited to have them serve on the NAPT board and look forward to working with them to better our organization.

I would like to invite all Pharmacy Technicians to the Fall Conference to be held in Fargo on October 7-8 at the Holiday Inn. Registration forms were mailed to all technicians and can also be found on the NDPhA website. This year we are going "green"; the speaker handouts will be posted on the NDPhA website for easy access, or the option to print if you prefer.

The Fall Conference committee has an exciting conference planned with Miriam Mobley Smith from PTCB as this year's keynote speaker. Her presentation is "Advancing the Roles for Pharmacy Technicians in an Evolving Health Care Environment: Failure is Not an Option!" There is an exceptional lineup of speakers who will provide great continuing education for our profession. We are trying something new this year. We will be using "Poll Everywhere," so be sure to bring your cell phones. This will give you the opportunity to share and answer questions anonymously.

The NAPT Executive Board and Fall Conference Committee are excited to be debuting the Pharmacy Technician recruitment video at the Fall Conference. Register soon...you don't want to miss it!

Congratulations to NAPT for receiving "The AAPT Chapter of The Year Award". This award is presented annually for the Chapter whose achievements have enhanced the profession of Pharmacy Technicians. Congratulations North Dakota Pharmacy Technicians!!

Celebrate Pharmacy Technician Day on October 18th!

Thank you for all you do for your patients and your pharmacy!

Donna Kisse

NAPT Chairperson



Back Row: Tracy Lindsey, Amanda Olauson, Diane Halvorson, Arlene Monson

Front Row: Twana Dick, Donna Kisse, Autumn Guilbert

Not Pictured: Kerri Ring, Danika Braaten, Barbara Lacher, Mike Schwab

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AAPT Convention Update

President-Amanda Olauson, CPhT

The 2016 AAPT Convention was held in Omaha, Nebraska, at the University of Nebraska Medical Center College of Pharmacy on July 7 & 8.

A total of 12 CE was provided to the registered attendees including 1 Law specific and 1 Patient Safety.

I was honored to be the North Dakota, NAPT representative at the House of Representatives meeting. AAPT President Judy Neville lead the meeting. On the agenda we reviewed 2014-2015 Officer Reports, a status overview of current accounts, Chapter updates (North Dakota, North Carolina, Washington, Texas and New York), President's goals and action items.

1. Review of Officer Reports in a quick summary:

President Judy Neville, mentioned what she had done in the past year and what she plans to do. Some main items were promotion of AAPT and membership recruitment. New leadership roles were appointed, Fred Shackelford was acknowledged as an Original Founder and appointed as an Advisor; Emma Wickland was appointed as a Membership Ambassador; Kristy Malacos was appointed as an Executive Advisor; and Tony Beraldi was appointed as Pharmacist View. She also listed some changes with the AAPT Website that they are working on, mostly cost. She solicited 2 CE for the year, one from Flavor Rx and the other regarding Professionalism. Lastly, she came up with the idea for a journaling initiative and appointed Emma Wickland as the forerunner. It was named "Our Voice" and will be featured in Pharmacy Times Magazine.

Emma Wickland, Membership Ambassador mentioned the success of the "Our Voice" journaling project and the upkeep of the AAPT Facebook page.

Alice Foust, Office Support, submitted updates on her upkeep of the office, answering the phone, etc. Also mentioned that the physical office has been closed. She will still perform her routine duties, just without the office.

2. Overview of Accounts:

Current membership includes approx. 400 members for 2016.

Treasury reports were listed on screen and not printed for review.

3. Each Chapter that was present gave an update, Northland, Alamo and NCAPT.

4. President's goals for 2016-17 focused mainly on membership and advertising of AAPT.

5. Pharmacy Technician day will be October 18. No theme is currently set.

6. New officers were installed and Judy announced that there were two write-ins for Vice-President: Mr. Ryan Lee and Ms. Donna Kisse. Both were told to think about it and discuss the position with Judy at a later time.

Convention updates:

As I mentioned before, there were 12 speakers (12 CE). The keynote speaker's topic was "Positive Effects of Teamwork"

Two awards were given out. The first was the Founders Award, given to someone who is a great advocate for technicians and AAPT, one who encourages membership and Convention attendance. The Board of Founders Committee voted and Mr. Malphus Stroud won the award.

The second award is the Chapter of the Year Award, awarded to the chapter for their accomplishments made in the previous year (2015). This year I am thrilled to announce that our very own Northland Chapter received this award. As President, and HOR Representative for North Dakota I personally accepted the award and it was a great honor! Pictures were taken with Fred and Judy and later included all North Dakota representation, Donna Kisse, Diane Halvorson and Candy Aamold.

I want to thank NAPT for giving me this wonderful experience! It was a great learning curve for me. North Dakota has wonderful, educated Technicians and I am proud to be working among them all!

Thank you much!

Amanda Olauson

President, NAPT



Left to Right:
Donna Kisse,
Amanda Olauson,
Judy Neville,
Candy Aamold,
Diane Halvorson

NAPT Fall Conference Schedule



Northland Association of
Pharmacy Technicians

2016 Annual Fall Conference
October 7 & 8, 2016 • Holiday Inn, Fargo, ND

Friday, October 7, 2016

- 5:15** Registration table opens
- 5:45 - 5:50** Welcome
- 5:50 - 6:50** Dr. Mark Hardy, PharmD, Executive Director of the ND State Board of Pharmacy:
North Dakota State Board of Pharmacy Updates
0047-9999-16-018-L03-T (Activity Type - Knowledge) 0.1 CEU
1. Describe changes made to Law and Rules and how they may affect Pharmacy Technicians.
 2. Discuss the potential impact of Pharmacy Technician's screening patients.
 3. Identify and clarify any issues related to the practice of pharmacy.
- 6:50 - 7:50** Gene Anderson, Retired Senior Patrol Lieutenant of Fargo Police Department:
Security in the workplace - keeping yourself and patients safe.
0047-9999-16-024-L05-T (Activity Type - Knowledge) 0.1 CEU
1. Describe techniques for keeping patients and employees safe utilizing situational awareness.
 2. Identify the steps in conducting a workplace threat assessment.
 3. Discuss strategies for maintaining a safe work environment for patients and employees.
- 7:50 - 8:05** Break - Snack provided
- 8:05 - 9:05** Virginia Demmer, RN:
Empathy for all aspects of Life
0047-9999-16-021-L04-T (Activity Type - Knowledge) 0.1 CEU
1. Define the meaning of empathy and sympathy to include its effect on patient care.
 2. Analyze empathy in our role in the health care setting.
 3. Describe the impact of empathy on success in the workplace and patient care.

**Schedule
Subject to
Change**



North Dakota State University College of Health Professions, School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Attendance at the session and completion of the evaluation form will be required to receive CE credit. Pharmacy professionals can now obtain CE statements of credit on the CPE Monitor website. Non-pharmacists will receive a noncredit transcript within 4-6 weeks of receipt of all evaluation materials.

Target Audience:
**Pharmacy Technician, Pharmacy Technician
in training and Pharmacy Technician Student**

NAPT Fall Conference Schedule

Saturday, October 8, 2016

7:30	Registration table opens (<i>Buffet breakfast served</i>)
7:50 - 8:00	Welcome
8:00 - 9:00	<p>Keynote Speaker, Miriam A. Molbey Smith, PharmD, FASHP, <i>Director of Strategic Alliances Pharmacy Technician Certification Board:</i> <i>Advancing the Roles of Pharmacy Technicians in an Evolving Health Care Environment: Failure is Not an Option!</i></p> <p>0047-9999-16-017-L04-T (Activity Type - Knowledge) 0.1 CEU</p> <ol style="list-style-type: none">1. Describe the national landscape and expanded roles for pharmacy technicians.2. Describe the regulatory issues and related barriers that have emerged as a result of the expansion of pharmacy technician roles and responsibilities.3. Identify the differences in pharmacy technicians education and licensing requirements across state regulatory boards.
9:00 - 9:15	Break
9:15 - 10:15	<p>Judy Neville, CPhT, Director of Pharmacy Technician Education, UNMC College of Pharmacy and Drug Discovery <i>"Our Voice" Pharmacy Technicians Speak Out on National Trends Regarding their Role in Patient Care.</i></p> <p>0047-9999-16-019-L04-T (Activity Type - Knowledge) 0.1 CEU</p> <ol style="list-style-type: none">1. List advanced practice roles that pharmacy technicians have available to them.2. Give examples of regulation that affects the pharmacy technician's workflow.3. Summarize education and training mandates for pharmacy technicians on a national level.
10:15 - 11:15	<p>Diane Halvorson RPhTech, CPhT: <i>Identifying the Pharmacy Technicians Role in the Epidemic of Drug Diversion in the Workplace</i></p> <p>0047-9999-16-022-L05-T (Activity Type - Knowledge) 0.1 CEU</p> <ol style="list-style-type: none">1. Describe drug diversion in the workplace.2. Identify the processes and resources a pharmacy technician can use to report potential drug diversion.3. Discuss drug diversion in the professional setting and its impact on the work environment.
11:15 - 12:15	<p>Mark Coppin, M.S., B.S., B.A., Director of Assistive Technology, Anne Carlson School: <i>Accessing Abilities</i></p> <p>0047-9999-16-023-L04-T (Activity Type - Knowledge) 0.1 CEU</p> <ol style="list-style-type: none">1. Identify essential components of Universal Design for Learning.2. Describe the difference between Universal Design and Universal Design for Learning.3. Identify accessibility features built into mobile devices.4. Identify accessibility features built into computers.
12:15 - 1:30	Working Lunch/NAPT General Business Meeting
1:30 - 2:30	<p>Judy Neville, CPhT, Director of Pharmacy Technician Education, UNMC College of Pharmacy and Drug Discovery: <i>The Pharmacy Technician's Role in Pharmacy Audit</i></p> <p>0047-9999-16-020-L03-T (Activity Type - Knowledge) 0.1 CEU</p> <ol style="list-style-type: none">1. Describe the process for pharmacy audit selection and review.2. Define Fraud, Waste, and Abuse and know how to report suspicion.3. List common examples of 3rd party payer non-compliance that occur within the pharmacy and steps to mitigate.
2:30 - 2:45	Movie Premiere
2:45 - 4:45	<p>Lawrence Patnaude, PharmD, Director of Experiential Outreach and Assessment, NDSU School of Pharmacy: <i>Pharmacology for Pharmacy Technicians – Your Role in Patient Safety</i></p> <p>0047-9999-16-025-L05-T (Activity Type - application) 0.2 CEU</p> <ol style="list-style-type: none">1. Describe the pharmacy technician's role in identifying medication issues related to patient safety.2. Identify common medication dosages and indications, drug interactions, and common side effects.3. Analyze prescription information to identify potential medication related issues.

NAPT Fall Conference Registration

Registration Form

(Please write legibly)

Name: _____

Phone Number: _____

Address: _____

Email: _____

ND Registration Number (if applicable):

I plan to attend the following days
(please circle one):

FRIDAY ONLY

SATURDAY ONLY

BOTH FRIDAY AND SATURDAY

Do you have a food allergy or special needs?
If yes, please briefly describe.

We will do our best to accommodate your
needs:

How would you like your confirmation of
receipt of registration?
(please circle one):

MAIL

EMAIL

NAPT MEMEBER (ND RPhTech) \$30 _____

NON NAPT MEMBER \$50 _____

STUDENT/ND TECH IN TRAINING \$10 _____

Please make check payable to NAPT

Please detach and send your registration
and full payment to:

NAPT
Attention: Diane Halvorson
1531 11th Avenue South
Fargo, ND 58103

REFUNDS

*Only under extreme circumstances will refunds
be made. All refunds are subject to the
approval of the NAPT Executive Board.*

Hotel Information

Holiday Inn

3803 13th Avenue South • Fargo, ND 58102
701-282-2700

\$104/night: 2 Queen size beds

Room rates are available for

Friday, October 7 and/or Saturday, October 8, 2016.

Room Reservation must be made by:

October 1, 2016

Video Premiere Release

The NAPT Executive Board along with the
Video Committee are excited to announce the
release of the NAPT Pharmacy Technician
recruitment video. The video will be released at
the NAPT Annual Fall Conference on October
7th & 8th at the Holiday Inn in Fargo, ND.
Register soon... You don't want to miss it!

GOING GREEN!

**In an effort to minimize paper waste, we will "go green"
for Fall Conference 2016. All speaker handouts will be
available on the NDPhA Website for each attendee to
print as desired prior to the meeting.**

**Directions on how to access this information will be
provided upon receipt of your registration.**

Medical Association Update

Across the nation, prescription drug abuse is continuing to expand into an epidemic and the complications involved are being reported at an alarming rate. I know your profession, along with mine, has been called upon to address concern with abuse and misuse of drugs. Along with this comes regulatory efforts to address these complications, I want to highlight a couple of the efforts which have been rolled out to our pharmacies to hopefully help the public. Maybe these efforts will assist you in your practice!

Drug Disposal program opportunity for North Dakota Licensed Pharmacies

The North Dakota Board of Pharmacy has developed a partnership with the Yellow Jug Old Drugs Program to provide an option for the safe disposal of a patient's prescription drug medications. The Board has generously decided to provide these systems and containers to any pharmacy eligible and willing to participate in the program. This will be free of charge and depending upon the impact and scope of the program, the Board hopes to continue funding for future years.

The collection of unused controlled substances from the public is a new initiative based on a rule recently passed by the Drug Enforcement Administration [DEA], which allows certain DEA registrants, such as pharmacies, to be eligible to register as a disposal location and provide that service to the public in your area. North Dakota now has over 50 pharmacies participating in the program and has made those sites available to the public in conjunction with the Attorney General's take back program at <http://www.ag.nd.gov/PDrugs/TakeBackProgram.htm>

Information on the procedures for registering with the DEA as a disposal site was sent to pharmacies, along with instructions on how and where you would need to place the secure container within the pharmacy so it is accessible to the public. If pharmacies need this information, they can contact the Board office.

The goal of providing this program to our citizens in an accessible manner is to decrease the number of prescription drug medications left in medicine cabinets, waiting to be discovered by an individual who will divert it for misuse. National data shows 71% of people misusing prescriptions first obtain them from friends or relatives. This is why it is important for pharmacies to provide this service and to inform your patients of this program.

Pharmacies received forms to complete in order to participate in the program. Once a form is submitted to the Yellow Jug Old Drugs Program, the pharmacy will receive a container as soon

as one is available. Of course, participation is voluntary and a service a pharmacy can choose to offer. We hope pharmacies will agree to provide this important service by becoming a disposal location for their patients and the public.

Limited prescriptive privileges for Naloxone by Pharmacists

The Board of Pharmacy finalized rules (NDAC 61-04-12) implementing the authority given by Senate Bill 2104, which granted prescriptive privileges for Naloxone to pharmacists in North Dakota. This important measure will be one of the tools the profession of pharmacy can utilize to help save lives from the illicit and prescription drug abuse issues currently affecting so many.

The process for a pharmacist to prescribe Naloxone is available on the Board's website along with information which can be provided to at-risk patients and patient's loved ones. The process is very straightforward and involves reviewing the context of the rule, completing one of the educational programs, and informing the Board of their intentions to prescribe this life-saving drug. The Board will make the locations to which pharmacists are prescribing Naloxone available to the public for their information.

Included in the rule is the requirement for the pharmacist to communicate to the primary care practitioner the fact that a prescription for Naloxone was prescribed to their patient.

Reducing Pharmaceutical Narcotics in our communities stakeholders committee

These two initiatives along with others stemmed from discussions from this committee which is made up of stakeholders representing legislators, practitioners, pharmacists, treatment professionals, law enforcement, and many other groups. This group regularly meets to discuss the epidemic of the misuse of controlled substances and how we can collectively work together on initiatives to help address the issues across the state of North Dakota.

As always, the Board of Pharmacy is interested in hearing from you on solutions to help tackle the abuse trends we are seeing across the state of North Dakota. Feel free to reach out at any time to our office.

Dr. Mark Hardy,
Board of Pharmacy

Stop Overdose Campaign Message



Minimizing the Risk of Opioid Overdose through Clinical Practices

Pamela Sagness, Behavioral Health Division Director

Overdose deaths in North Dakota increased from 20 deaths in 2013 to 43 deaths in 2014 (CDC/NCHS, National Vital Statistics System, Mortality). You can prevent opioid overdose through the care you take when prescribing opioid analgesics, monitoring your patient's response, and effectively identifying and addressing opioid overdose.

The risk of opioid overdose can be minimized through adherence to the following clinical practices, which are supported by a considerable body of evidence:

Assess the patient: Obtain history of the patient's past use of drugs (illicit and prescribed medications with misuse potential) by asking specific questions that may indicate behaviors of misuse. For example, "Have you taken a medication to give you more energy or to cut down on your appetite?" and "Have you been taking anything to help you sleep (including medications or alcohol)?"

Take precautions with new patients: Determine who has previously cared for the patient, what medications have been prescribed and for what indications, and obtain medical records (with patient's consent.) In an emergency, prescribe the smallest possible quantity, typically not exceeding a three-day supply, and arrange for a return visit the following day.

Utilize the North Dakota Prescription Drug Monitoring Program (PDMP): Designed to monitor the prescribing and dispensing of controlled prescription drugs to patients, the PDMP can give you critical information regarding the patient's controlled substance prescription history before selecting a medication for the patient. For more information on North Dakota's PDMP, visit: <https://www.nodakpharmacy.com/pdmp-index.asp>.

Select an appropriate medication: Rational drug therapy demands that the efficacy and safety of all potentially useful medications be reviewed for their relevance to the patient's disease or disorder. When an appropriate medication has been selected, the dose, schedule, and formulation should be determined. These choices often are just as important in optimizing pharmacotherapy as the choice of medication itself. Even when sound medical indications have been established, physicians typically consider three additional factors before deciding to prescribe an opioid analgesic: (1) the severity of symptoms; (2) the patient's reliability in taking medications; and (3) the dependence-producing potential of the medication.

Educate the patient: Inform the patient about risks and benefits of the proposed therapy and ethical and legal obligations such therapy imposes on both you and the patient. Patient education should specifically address the potential for physical dependence and cognitive impairment as side effects of opioid analgesics.

The patient's obligation extends to keeping the medication in a locked cabinet or otherwise restricting access to it and to safely disposing of any unused supply. Visit www.ag.nd.gov/PDrugs/TakeBackProgram.htm for a local Take Back Location.

Execute the prescription order: Careful execution of the prescription order can prevent manipulation by the patient or others intent on obtaining opioids for non-medical purposes.

Monitor patient response to treatment: Proper prescription practices do not end when the patient receives a prescription. Recognizing the potential for non-adherence, especially during prolonged treatment, is a significant

Stop Overdose Campaign Message

step in overdose prevention. If you become concerned about the behavior or clinical progress (or lack thereof) of a patient being treated with an opioid analgesic, it is advisable to seek consultation with an expert in the disorder for which the patient is being treated and an addiction expert.

Prescribe naloxone along with the patient's initial opioid prescription: Prescribing naloxone is a vital link in preventing overdose deaths from opioid pain medications and heroin. Naloxone competitively binds opioid receptors and is the antidote to acute opioid toxicity. With proper education, patients on long-term opioid therapy and others at risk may benefit from a naloxone prescription.

Consider prescribing intranasal spray (Narcan®) or auto-injector (Evzio®) naloxone to patients who are:

- Taking high doses of opioids for long-term pain management
- Receiving rotating opioid medication regimens (at risk for incomplete cross-tolerance)
- Using opioids for legitimate medical need, coupled with a suspected or confirmed history of substance use disorder or non-medical use of prescription or illicit opioids
- Using a combination of opioids plus a benzodiazepine or other sedative
- Combining opioids with alcohol, OTC, or other central nervous system depressant
- Recently released from incarceration or an abstinent based program (and presumably with a reduced opioid tolerance and high risk of relapse)
- On certain opioid preparations that may increase risk for opioid overdose such as extended release/long-acting preparations

Legal and Liability Considerations

Prescribing naloxone is consistent with the drug's FDA-approved indication, resulting in no increased liability so long as the prescriber adheres to general rules of professional conduct. You are protected under North Dakota law. North Dakota offers immunity from civil and criminal liability to individuals who prescribe, distribute, dispense, receive, possess, or administer an opioid antagonist under North Dakota Century Code 23-01-42.

Most private health insurance plans, Medicare, and Medicaid cover naloxone for the treatment of opioid overdose.

Decide whether and when to end opioid therapy: If out-of-control behaviors indicate that continued prescribing is unsafe or causing harm to the patient, immediate cessation of prescribing is advised. These may include altering or selling prescriptions, accidental or intentional overdose, multiple episodes or running out early, doctor shopping, or engaging in threatening behavior. When such events arise, it is important to separate the patient as a person from the behaviors caused by the disease of addiction, as by demonstrating a positive regard for the person but no tolerance for the aberrant behaviors.

Visit www.prevention.nd.gov/stopoverdose for more information.

Source: Substance Abuse and Mental Health Services Administration. SAMHSA Opioid Overdose Prevention Toolkit. HHS Publication No. (SMA) 16-4742. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2016.

Willborn first student to graduate from pharmacy and public health dual degree program at NDSU

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

Robert Willborn likes to examine health care needs from many different angles. It's just one of the reasons he combined pharmacy with public health while pursuing his education at NDSU. During the School of Pharmacy's PharmD. Hooding Ceremony in May, he became the first student to graduate from NDSU with both a doctor of pharmacy degree and a master's degree in public health.

Willborn found the dual degree program to be the right fit for his future career goals.

"I was able to improve my interprofessional communication skills due to the multidisciplinary environment inherent within public health," he said. "I was also able to get a better perspective on how practicing pharmacists can contribute to the goals of public health in the United States."

Originally from Cambridge, Wisconsin, Willborn completed his undergraduate degree in pharmaceutical sciences at NDSU. In the five years needed to pursue his doctor of pharmacy degree and his master's degree in public health, he also took advantage of opportunities such as a graduate assistantship in pharmacy practice, presentations at regional and national public health and pharmacy conferences, and publication of research in which he participated.

Willborn had a commentary titled "Pharmacy's Influence and Opportunities in Public Health" published for the student contributions section of the American Journal of Health-System Pharmacy. His research regarding diabetes and depression also was published.



As part of his professional training, Willborn completed pharmacy rotations in West Fargo, Valley City, and Fargo, North Dakota, as well as in Sauk Center and Robbinsdale, Minnesota, Silver Springs, Maryland, and Rice Lake, Wisconsin.

He begins his residency with DenverVA Medical Center. Willborn also has his sights set on future professional opportunities.

"I am setting myself up to pursue a career as a clinical pharmacist providing patient care services within a larger healthcare system or teaching hospital," said Willborn. "However, I would like to find a vocation in which I can utilize both my education in pharmacy and public health, which could include options such as the U.S. Public Health Service."

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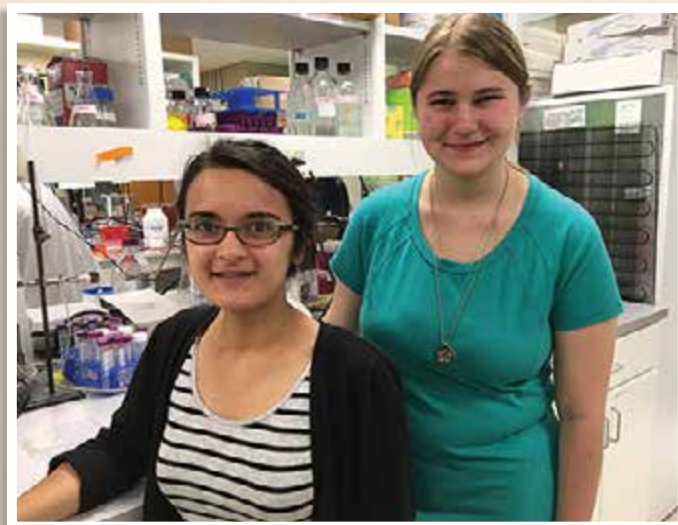
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Whether treating infections or fighting cancer—NDSU students contribute to health research

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

From research to create new medications to developing proteins that could fight skin infections, undergraduate and graduate students in the School of Pharmacy at NDSU have opportunities for hands-on learning in the labs of Sudro Hall. Others take advantage of opportunities outside the lab.

Students Kayla Heier, Arianna Vidger and Emily Olig spent their summer working in research labs, while Jenna Gullickson was immersed in breast cancer research, presenting findings at a national conference.



NDSU students Arianna Vidger, left, and Kayla Heier are part of research teams in the School of Pharmacy studying ways to make more effective topical antimicrobials and the role of certain receptors in pancreatic cancer.

Seeking new ways to treat skin infections

The lab of Dr. Stefan Vetter in pharmaceutical sciences presented a unique opportunity for first year pharmacy student Kayla Heier.

"I have always been interested in the research side of pharmacy, and I wanted to get some hands-on experience with it before making any more choices about my schooling and classes," said the Perham, Minnesota native.

"My area of focus is on a small protein that is part of the human body's innate immune system. It is released by white blood cells as part of inflammation, and binds metals to help keep them away from invading organisms," explained Heier.

Dr. Vetter developed a variant of a human protein with antimicrobial properties that could lead to novel treatments for skin infections and expand the range of topical antimicrobials available. The discovery led to an opportunity for Heier.

"We have been working on making this protein ourselves by growing it in bacterial cells, and the majority of my work has been

focused on testing if our manufactured protein behaves in the same way as the natural protein in the human body," said Heier. "Part of my study is to see if this protein will work as an effective topical antibiotic."

While the summer research experience was her first time working in a lab, Heier said it was a positive one. "This experience has definitely helped me see that I enjoy lab work, and that I may want to continue working in a lab in the future."

Heier plans to work in the field of pharmacy in a hospital or emergency room.

Taking aim at pancreatic cancer

Until working in the lab of Dr. Estelle Leclerc in pharmaceutical sciences, second year pharmacy student Arianna Vidger had very little exposure to the research process.

Dr. Leclerc's lab is part of a research group working on pancreatic cancer. Vidger, from Fargo, conducted experiments to examine the role of a particular receptor on the growth of cancer cells.

"This receptor is present in higher than normal levels in many diseases, including pancreatic cancer," said Vidger. "This kind of research will help scientists better understand how certain characteristics and structures of cancer cells contribute to the development of tumors. These structures may conceivably become targets of drugs and other therapies," explained Vidger.

The long and often complex time frames needed to advance research surprised Vidger during her summer research experience.

"There are starts and stops, problems to be solved, mistakes that must be corrected, and time-consuming processes that may or may not give the expected results," said Vidger. "I am thankful for deeper, more practical understanding of the research process that this experience has given me," she said. "I have learned a lot about the practical aspects of lab work, as well as experiment planning and analyzing results."

Vidger will apply what she learned in her summer research experience on her future career path. She hopes to eventually work as a hospital pharmacist.

Treating chronic bone infections

In the lab of Dr. Amanda Brooks, second-year medical student Emily Olig found opportunity.

"As a medical student, it is really beneficial for our applications to residency when we have research experience and publications. It shows many teaching hospitals that we value research and understand how to pursue it," said Olig.

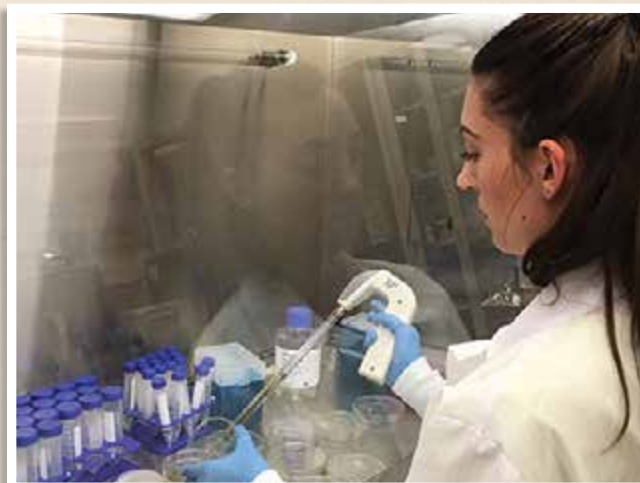
Research in the Brooks lab includes chronic osteomyelitis in military veterans who have experienced significant bone trauma. Researchers are using 3-D encapsulated cells to model a bone infection, and then deliver nanoparticle antibiotics directly to the cells in the model.

Olig studied the interactions between bacteria and bone cells. The Fargo native investigated how the interactions might be manipulated to prevent chronic bone infections that are extremely difficult to treat.

"There is an increasing occurrence of these types of chronic infections in orthopedic surgery and in amputees, such as in our veteran population. Preventing these infections from settling would improve long-term outcomes of many different orthopedic surgeries and improve quality of life for many people," she said.

Working in the lab of Dr. Brooks also provided Olig an opportunity to learn how to approach research questions, and assess available information to ultimately decide what needs to be studied.

"After my experience at NDSU, I am driven to hone my researcher's point of view and pursue clinical research during my residency and beyond, in order to further benefit my patients," Olig said.



Medical student Emily Olig worked in the lab of Dr. Amanda Brooks in pharmaceutical sciences at NDSU last summer. She was part of a research team using 3-D encapsulated cells to model a bone infection, and deliver nanoparticle antibiotics directly to the cells in the model. It's part of an effort to help treat chronic osteomyelitis in military veterans who have experienced significant bone trauma.



NDSU pharmacy student Jenna Gullickson presented her research regarding the role of PD-1 inhibition in triple-negative breast cancer at a national conference. Dr. Lisa Narveson served as Gullickson's advisor for the project.

Presenting breast cancer research to a national audience

Third year pharmacy student Jenna Gullickson took a different approach in her summer research experience. She presented research at the Ronald E. McNair Scholars Symposium at the University of California Berkeley during summer break.

Gullickson reviewed research that investigates a protein known as programmed cell death 1 (PD-1). Certain types of medications inhibit or block PD-1 and are used in treating some types of cancer. She investigated the future role of PD-1 inhibition in triple-negative breast cancer.

A native of Center, North Dakota, Gullickson worked with Dr. Lisa Narveson in pharmacy practice in the College of Health Professions.

"I learned that research is truly an effort of many, whether carried out in the lab or in an office," said Gullickson, who also worked with Anna Sheppard, TRIO McNair Scholars Program director and Merete Christianson, health sciences librarian at NDSU.

"This experience allowed me to improve my research skills as a student pharmacist, network with students from a variety of disciplines throughout the United States, and become more knowledgeable in the study of oncology, an area that I am passionate about!" said Gullickson, who ultimately hopes to become a professor of pharmacy practice.

Opportunities in research conducted in the College of Health Professions provide students another way to augment their studies. Competitive research grants awarded to the College of Health Professions have grown from \$500,000 to nearly \$30 million today, including research involving colon and pancreatic cancers, drug delivery systems, effects of tobacco and related products, Alzheimer's disease and other health topics.

Pharmacy and education play crucial roles in healthcare workforce development

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



Pharmacists provide crucial roles as healthcare providers. While telepharmacy and telehealth programs bring services that enhance access to healthcare in rural communities, some reports show an increasingly urgent need for healthcare professionals in the state.

As a primarily rural state, North Dakota faces unique challenges to serve the healthcare needs of its citizens. One report shows that 81 percent of the state's 53 counties are designated as health professional shortage areas. Another study from the Georgetown University Center on Education and the Workforce shows that North Dakota will have 4,430 registered nurse openings through 2020.

The growing need for healthcare professionals in North Dakota impacts its citizens and hundreds of health care facilities. These inter-related challenges necessitate collaborative efforts of many groups, including pharmacists, education, healthcare providers and government to develop both short-term and long-term strategies to meet this challenge.

NDSU's School of Pharmacy in the College of Health Professions responds to the region's critical healthcare workforce needs by:

- Providing graduates in pharmacy, nursing, allied sciences and public health to serve the state
- Discussing expansion of pharmacists' roles as providers to address the critical shortage of health care providers
- Improving access to healthcare and to health professionals in rural communities through telehealth
- Identifying the ability to expand the number of students we graduate from the School of Nursing and the School of Pharmacy, although program increases are constrained by accreditation concerns that cite lack of sufficient space
- Forging an educational model where students in pharmacy, nursing, dietetics and social work collaborate as an interprofessional team to ultimately improve the quality of healthcare
- Training healthcare professionals who stay in North Dakota, with approximately 80 percent of NDSU nursing graduates

annually staying in the state and 90 percent of the pharmacists being NDSU graduates

- Introducing students to healthcare practices in rural communities
- Educating students through public health programs to address health disparities and other public health challenges

The College of Health Professions is examining ways to help meet both short- and long-term needs for health professionals in the state. Enhancing program enrollments and expanding facilities to address critical workforce shortages of health professionals would provide an avenue to:

- Enhance teaching, research and clinical lab training for students
- Upgrade technology to enhance the quality of education
- Eliminate the need for separate leased space for nursing, public health and health library areas, now located off campus, and
- Address accreditation concerns about lack of sufficient space that impede improvements needed for continued accreditation

Over the long term, establishing space for interprofessional education where students work in collaborative teams, just as they will in hospitals, clinics, and other health care settings upon graduation, could help serve the growing need for additional health care professionals.

Enhanced space for simulation training would integrate concept pharmacy, nursing simulation, assessment and skills laboratories into one highly efficient training facility, rather than the current segregated training locations.

Students in the College of Health Professions receive the most up-to-date training possible to serve patients, but limited physical space and other factors constrain the number of students who can be admitted to the programs. The College of Health Professions at NDSU includes the School of Pharmacy, School of Nursing, Department of Allied Sciences, the Department of Public Health, Family HealthCare Pharmacy and the North Dakota Telepharmacy Project.

In collaboration with healthcare providers and additional groups, the NDSU College of Health Professions provides a critical link to supply a steady stream of health professionals serving North Dakota. The College is committed to the university's land-grant mission to develop solutions for challenges affecting the state and its citizens.

Visit us at www.ndsu.edu/healthprofessions and connect with the School of Pharmacy at www.ndsu.edu/pharmacy.

Statistical sources on healthcare workforce development:
<https://cew.georgetown.edu/report/nursingprojections>
www.ndcenterformnursing.org/wp-content/uploads/2016-Education-Supply-and-Demand-Chartbook.pdf

Alumni Day held in NDSU School of Pharmacy

By Carol Renner, communications specialist, Dean's Office, NDSU College of Health Professions

More than 110 alumni and friends from pharmacy, nursing, allied sciences and public health attended Alumni Day in the College of Health Professions at NDSU on August 27. An Open House at Sudro Hall provided pharmacy alumni the opportunity to visit with current students and tour the building to learn more about current programs and research.

Those attending also enjoyed a Bison Football Tailgating and Watch Party at the Fargo Air Museum with an exciting overtime game victory. It was just part of the weekend festivities, which included a visit by an ESPN crew filming in the College of Health Professions to see academics in action at NDSU. Pharmaceutical sciences research and video in the lab of Dr. Amanda Brooks was aired and mentioned by color commentators during the third quarter of the game, netting visibility for School of Pharmacy programs. Thank you to alumni for their support of programs and students in the School of Pharmacy at NDSU.



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