

NoDak Pharmacy *Journal*

Volume 30, No. 4 September 2017

YOUR PHARMACIST

Know

YOUR MEDICINE

**October is
American
Pharmacists
Month**



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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:
November 8, 2017**

NoDak Pharmacy Journal

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2017 Calendar

SEPTEMBER

Sept 29	NDSU Pharmacy Homecoming
Sept 30	Homecoming 2017

OCTOBER

OCTOBER IS PHARMACY MONTH

Oct 9	Columbus Day
Oct 14-18	NCPA Annual Convention, Orlando FL
Oct 18	Bosses DAY
Oct 21	Check Your Meds Day
Oct 23	National Pharmacy Technician Day
Oct 31	Happy Halloween

NOVEMBER

Nov 4	Daylight Savings Begins
Nov 11	Veterans Day
Nov 23	Happy Tanksgiving
Nov 24	Shot till you drop Black Friday
Nov 25	Small Business Saturday Support your local businesses

DECEMBER

Dec 4-8	ASHP Midyear Clinical Meeting & Exhibit, Las Vegas NV
Dec 7	Pearl Harbor Remembrance Day
Dec 13	NDPhA/NDPSC Joint Board Meeting – Hampton Inn, Bismarck
Dec 25	Merry Christmas

NDPhA President's Message



Colleagues,

I have been fortunate to have had a number of great mentors throughout my pharmacy career; a career that has spanned the width and breadth of our great profession, from retail to hospital to academia to government practice. I have no doubt that the advice and example that they have provided to me have helped me to become the pharmacist that I am today. I continually hope that I am living up to their legacy.

Our young pharmacists and technicians, student pharmacists and technicians, and those contemplating pursuing our great profession are also yearning for that same guidance that has been a great blessing for me and for many others in our wonderful profession. The landscape of pharmacy practice has changed greatly over the years and this encompasses all areas of our profession. From navigating the challenges of rules, regulations, PBMs and third-party payers, and declining revenue for community practice to the increased complexity of regimens and greater dependence on collaborative practice models in

health systems to ever-changing accreditation and funding concerns in academia, our young practitioners have the great energy and drive needed to move the profession forward into the future salted with the wisdom of the past.

For those of you who have served as mentors, I thank you for your service to the profession. For those who are contemplating taking on the challenges of being a role model for the next generation of pharmacists and pharmacy technicians, I strongly encourage you to put your wisdom and experience to use by helping these young professionals to thrive. This can be done in a variety of ways; from opening your practice to individuals wishing to "shadow" a pharmacist or pharmacy technician, to hiring student pharmacists as interns, to serving as preceptors during the IPPE and APPE rotations, to being available at local and state meetings and interacting with these young professionals. I strongly believe that all of us have that desire to give back to a profession that has given so much to each of us.

Harvey Hanel

Harvey Hanel,
PharmD, R.Ph.

President NDPhA



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At Pharmacists Mutual Insurance Company, we protect not only your pharmacy, but you as well. You're covered no matter where your job takes you, with \$1 million per occurrence and as much as \$3 million aggregate. In our recent study, we found that 75% of claims were related to wrong drug or wrong dose – even with protocols in place. We know mistakes happen. But you've invested too much to become a pharmacist, and now's the time to help safeguard that investment by purchasing **professional liability insurance coverage**. Call us today at 800.247.5930 for more information or apply online at phmic.com.

A photograph of a female pharmacist with dark hair tied back, wearing a white lab coat, smiling at the camera. She is standing in a pharmacy aisle with shelves of colorful boxes of medicine in the background. The lighting is bright and warm.

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Message from the NAPT Chairperson

Greetings to my fellow Technicians!

Wow, once again it is September, and most of us are wondering where did the summer go? I hope everyone had a wonderful summer full of sun, family, friends and making memories!

Your association, NAPT, has been busy this summer working on the final plans for our fall conference, which by the time you are reading this has come and gone. We are very excited for this conference and being able to offer a time of networking with fellow technicians and earning CE. If you attended this year, we hope you had a great time! If you did not attend, we hope you will consider attending next year in Fargo!

The American Association of Pharmacy Technicians (AAPT) Convention was held August 3-5, 2017 in Omaha, Nebraska. This convention was attended by technicians from across the country, including representation from North Dakota. It was inspiring to have conversations with technicians from across the country (even one technician all the way from the Bahamas!) I had the privilege of attending the HOR (House of Representatives) meeting to represent NAPT and report on what our chapter has been up to. A common theme between AAPT and NAPT is how to get more technicians involved in their associations, whether on the national or state level. There were two days of continuing education, networking and even a little time for sight-seeing. Some of the CE offered were about PDMP, Expanding Pharmacy Technician Roles: Measuring Vital Signs, Patient Interviewing, MTM, Safe Hazardous Drug Handling, LGBTQ: Your Patients, Your Colleagues.

Please take the time to explore the AAPT website at pharmacytechnician.com and learn about the advantages of being a member of this national association. Members of the AAPT Executive Board include North Dakota technicians Donna Kisse as Vice President and Candace Aamold as 2017-2018 Area Director.

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Diane Halvorson
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NAPT Executive Board

Chairperson

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#RxTechDay

Celebrating

PHARMACY TECHNICIAN DAY

OCTOBER 17, 2017

RAISING THE BAR TO ENSURE PATIENT SAFETY



AAPT Founders Award

Candace Aamold, RphTech, CpHT, from Grand Forks was awarded the Founders Award during the AAPT convention! Criteria for the Founders Award is for the nominee to be an outstanding achiever in the pharmacy technician profession for an extended number of years and exemplify the dedication to pharmacy and AAPT shown by the Founders of AAPT. Congratulations Candace!

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NDSU students help community members act FAST

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

[Submitted article: NoDak Pharmacy, September 2017]



Church basements and fellowship halls aren't usually where you expect to find pharmacy research underway. But that's exactly where some NDSU students took their skills to help members of the community.

Every 40 seconds, someone suffers a stroke. Knowing the signs of a stroke and how to lessen risk factors are important. In community settings, students and Dr. Marketa Marvanova share information on risk factors for stroke, along with additional education.

The outreach is part of a "Pharmacist-Led Stroke/TIA Risk Identification, Prevention and Care-Seeking Study in Fargo, North Dakota." As chair of Pharmacy Practice, Marvanova piloted the study with seed funding from the College of Health Professions.

The program aims to improve knowledge about stroke prevention, help people know the signs of stroke, and identify those who may need additional clinical care to decrease risk for stroke or a transient ischemic attack, commonly called a mini-stroke.

More than 95 people participated in the program over four months. Marvanova partnered with care committees and parish nurses at several churches in Fargo to deliver the stroke awareness and education program.

Pharmacy students took blood pressures and heart rates while helping participants learn about risk factors, stroke prevention and signs of a stroke, including how to act FAST.

The acronym stands for Face—ask the person to smile. Does one side of the face droop? Arms—ask them to raise both arms and check if one arm drifts downward. Speech—ask the person to repeat a simple phrase and check if speech is slurred or strange. And Time—call 911 immediately.

What pharmacy students learn in community outreach events augments their classroom experience.

Sam Dwyer from Bemidji, Minnesota, hopes the experience will help him refine his ability to interact with patients. "I thought it was interesting at how appreciative the community was to

having college students performing a health screening for them. They were encouraged by our presence and I was asked if I would ever be back again," he said.

Michelle Bjerke, from Fosston, Minnesota hopes to learn more about patient outreach within the community and how a pharmacist can assist in important medical screenings.

Arianna Vidger of Fargo, North Dakota said the experience directly related to her studies. "One of my classes heavily covers cardiovascular risk factors and the prevention and treatment of diseases such as stroke and TIA," said Vidger. "It is really interesting to see these theoretical concepts being used to actually identify patients who need additional attention."

For parish nurses such as Katie Kringstad, it's an opportunity. "If they do have high blood pressure or other things, then it could be caught to follow up with it. It could be life saving," said Kringstad, who also served as a preceptor to help provide clinical experience for NDSU nursing students.

Linda Bates from the care team at another church said the program was well received. "Your mission and passion for spreading the word on how we can control many parts of our health is one we need to hear," said Bates.

If future funding becomes available, Marvanova hopes to offer the program to communities in rural areas as well.

NDSU School of Pharmacy receives funding for program to help combat opioid crisis

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

[Submitted article: NoDak Pharmacy, September 2017]

Two groups have awarded \$11,078 in funding to two North Dakota State University faculty members in the School of Pharmacy for a program to assist in prevention of opioid abuse.

Mark Strand, professor of pharmacy practice and Heidi Eukel, associate professor of pharmacy practice, received a grant award of \$8,078 from the FM Area Foundation for "Pharmacist Engagement in the Community to Target Opioid Abuse Prevention."

In addition, the North Dakota Board of Pharmacy also awarded \$3,000 for the program.

To engage pharmacists in the community-wide fight against opioid abuse, the funding will help to:

- Train community pharmacists in the Cass County area on the use of naloxone to reverse the effects of an opioid overdose
- Provide education on the use of an Opioid Risk Tool to screen patients for risk of abuse
- Offer pharmacists training in patient counseling and referral

"As health care professionals, pharmacists have a role in authorized opioid prescriptions dispensed in our communities," said Eukel, who holds a doctor of pharmacy degree. "They are able to provide professional support to such patients to help prevent and recognize opioid abuse."

Drug overdoses in North Dakota increased from 20 in 2013 to 61 in 2015, according to the U.S. Centers for Disease Control and Prevention National Vital Statistics System.

There was a nearly 60 percent increase in the number of controlled substance prescriptions dispensed in the state between 2008 (935,201) to 2015 (1,493,847) according to North Dakota Board of Pharmacy data. Additional statistics are available through the Substance Use North Dakota website. A July report from the CDC provided a county-by-county picture of opioid prescription rates across the U.S.

Authorized prescription opioids assist patients with medical conditions. However, if not closely monitored, they can lead to addiction and abuse of other opioids such as heroin. This creates a public health concern that calls for collaboration between multiple sectors.

"Public and private partnerships underway between the medical community, public health, law enforcement, educators,



NDSU School of Pharmacy faculty members received funding to develop a program that assists in prevention of opioid abuse. The funding will help provide training on the use naloxone as well as an opioid risk tool for screening patients, along with patient counseling and referral.

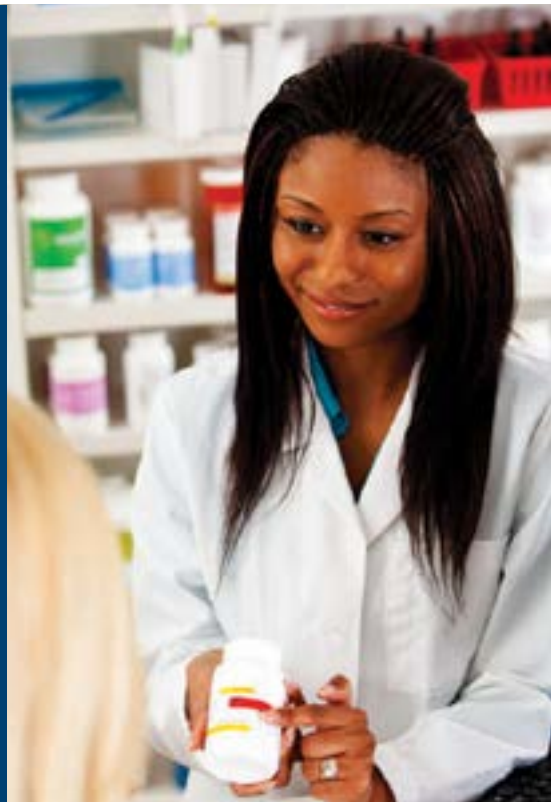
treatment providers and other community members show the breadth of collaboration needed for this problem," said Charles D. Peterson, dean of the College of Health Professions and School of Pharmacy at NDSU and a registered pharmacist. "We appreciate the support of the FM Area Foundation and the North Dakota Board of Pharmacy to make this program possible."

According to the executive director of the North Dakota Board of Pharmacy, Mark Hardy, pharmacists play a key role in developing solutions for such community issues. "This project is a worthwhile initiative and it is an opportune time to engage community pharmacists in this issue," said Hardy.

The FM Area Foundation is a nonprofit, community foundation created by and for the people of Cass County, North Dakota and Clay County, Minnesota. The FM Area Foundation helps people give back to the community and ensures the needs of the community are addressed now and in perpetuity. Working in partnership with individuals, families, businesses and nonprofits, the FM Area Foundation manages charitable funds and provides grants to qualified nonprofit organizations and causes.

The NDSU School of Pharmacy in the College of Health Professions educates students and practitioners, advances research/scholarship, delivers quality patient care and provides services to the profession.

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WATCHING OUT
FOR MY PATIENTS,
BUT WHO'S
WATCHING OUT
FOR ME?"**



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NCPA MEMBER PRIORITY LEGISLATION AT-A-GLANCE

Bill Number/Name	Sponsors	What it Does	What it Doesn't Do	Number of Co-sponsors	Voice Your Support	Status
S. 413/H.R. 1038, Improving Transparency and Accuracy in Medicare Part D Spending Act	Sens. Shelley Moore Capito (R-W.Va.) & Jon Tester (D-Mont.)/ Reps. Morgan Griffith (R-Va.) & Peter Welch (D-Vt.)	Addresses pharmacy DIR fees by prohibiting retroactive reductions in pharmacy payments in Medicare Part D	Does not prohibit PBMs from rewarding pharmacies for achieving performance metrics	12 Senate/49 House Heitkamp – YES Hoeven – NO Cramer – YES	http://bit.ly/supportrdirban	Pending before committee. Gathering cosponsors.
H.R. 1316, Prescription Drug Price Transparency Act	Reps. Doug Collins (R-Ga.) & Dave Loebsack (D-Iowa)	Provides for greater transparency in MAC pricing in federal programs and establishes a uniform appeals process	Does not increase costs to taxpayers	34 Cramer – NO	http://bit.ly/supportrthr1316	Pending before committee. Gathering cosponsors.
S. 109/H.R. 592, Pharmacy and Medically Underserved Areas Enhancement Act	Sen. Charles Grassley (R-Iowa) & Bob Casey (D-Pa.)/ Reps. Brett Guthrie (R-Ky.) & Ron Kind (D-Wis.)	Recognizes pharmacists in medically underserved areas as health care providers under the Medicare Part B program	Does not expand services beyond each state's already existing scope of practice	43 Senate/203 House Heitkamp – YES Hoeven – YES Cramer – YES	http://bit.ly/supportrtproviderstatus	Pending before committee. Gathering cosponsors.
S. 1044/H.R. 1939, Ensuring Seniors Access to Local Pharmacies Act	Sens. Shelley Moore Capito (R-W.Va.) & Sherrod Brown (D-Ohio)/ Reps. Morgan Griffith (R-Va.) & Peter Welch (D-Vt.)	Give seniors in medically underserved areas more access to discounted cost sharing and promote greater competition in Medicare by allowing more pharmacies to participate in preferred networks	Does not increase Medicare premiums or costs	4 Senate/20 House Heitkamp – NO Hoeven – NO Cramer – NO	http://bit.ly/supportrtparmacychoice	Pending before committee. Gathering cosponsors.
H.R. 2871, Preserving Patient Access to Compounded Medications Act	Reps. Morgan Griffith (R-Va.) & Henry Cuellar (D-Texas)	Specifically allows for office use compounding by 503A pharmacies where allowed by state law among other provisions	Does not preempt state laws and oversight	18 Cramer – NO	http://bit.ly/suppororthr2871	Pending before committee. Gathering cosponsors.

**Please contact our members of Congress to thank them for co-sponsoring these bills.
Encourage them to co-sponsor these bills if they have not done so yet.**

NDPhA Award Nominations Criteria

Fax to: (701) 258-9312 or

Email to: ndpha@nodakpharmacy.net by **FEBRUARY 16, 2018.**

A list of past recipients can be found on our website at www.NodakPharmacy.net. Scoring details for nominations received can also be found on our website listed above. Nominations should be submitted **ALONG WITH BIOGRAPHICAL INFORMATION.**

NDPhA AWARDS NOMINATIONS CRITERIA

AL DOERR SERVICE AWARD

The recipient must be a pharmacist licensed to practice in North Dakota. The recipient must be a member of the North Dakota Pharmacists Association; be living (not presented posthumously); not have been a previous recipient of the award; have compiled an outstanding record for community and pharmacy service.

Nominee: _____ Submitted by: _____

UPSHER-SMITH LABORATORIES EXCELLENCE IN INNOVATION AWARD

The recipient should be a practicing pharmacist within North Dakota and a member of NDPhA who has demonstrated Innovative Pharmacy Practice resulting in improved patient care.

Nominee: _____ Submitted by: _____

PHARMACISTS MUTUAL DISTINGUISHED YOUNG PHARMACIST AWARD

The goal of this award is to encourage the newer pharmacists to participate in association and community activities. The award is presented annually to recognize one such person for involvement and dedication to the practice of pharmacy. The recipient must: have received his/her entry degree in pharmacy less than nine years ago; be a pharmacist licensed to practice in North Dakota; a member of NDPhA; have practiced community, institutional, managed care or consulting pharmacy and have actively participated in national pharmacy associations, professional programs, state association activities and/or community service.

Nominee: _____ Submitted by: _____

APhA/NASPA BOWL OF HYGEIA

The recipient must: be a pharmacist licensed to practice in North Dakota; a member of NDPhA; be living (not presented posthumously); not have been a previous recipient of the award; is not currently serving, nor has he/she served within the immediate past two years as an officer of the association in other than an ex-officio capacity or its awards committee; have compiled an outstanding record of community service, which apart from his/her specific identification as a pharmacist, reflects well on the profession.

Nominee: _____ Submitted by: _____

GENERATION RX CHAMPIONS AWARD SPONSORED BY THE CARDINAL HEALTH FOUNDATION

This award was established to recognize a pharmacist for his or her work in prescription drug abuse, which could also include recovery and education.

Nominee: _____ Submitted by: _____

NAPT Award Nominations Criteria

Fax to: (701) 258-9312 or Email to: ndpha@nodakpharmacy.net by **FEBRUARY 16, 2018**

NAPT AWARDS NOMINATIONS CRITERIA

Nominations accepted from:

- North Dakota Registered Pharmacy Technician
- North Dakota Licensed Pharmacist
- Practicing professional in the medical field

DISTINGUISHED YOUNG PHARMACY TECHNICIAN SPONSORED BY PHARMACISTS MUTUAL

- The nominee shall be a practicing Pharmacy Technician of less than 10 years.
- The nominee shall be registered as a Pharmacy Technician in North Dakota.
- The nominee displays passion to the Pharmacy Technician profession and strives for excellence in the Profession of Pharmacy.
- The nominee exemplifies work ethic in the Profession of Pharmacy.

Nominee: _____ Submitted by: _____

DIAMOND AWARD SPONSORED BY THRIFTY WHITE PHARMACY

- The nominee shall be registered as a Pharmacy Technician in North Dakota.
- The nominee must be living, awards are not made posthumously.
- The nominee has not been a previous recipient of the award.
- The nominee is not currently serving as an officer of NAPT.
- The nominee has compiled an outstanding record of community and pharmacy service.

Nominee: _____ Submitted by: _____

FRIEND OF NAPT SPONSORED BY NAPT

- The nominee has not been a previous recipient of the award.
- The nominee has been an advocate of NAPT and the Profession of Pharmacy Technicians.
- The nominee can be a person(s) working in the Profession of Pharmacy; a person, group, or organization.

Nominee: _____ Submitted by: _____

Note: Nominations are only accepted from ND Registered Pharmacy Technicians.

PHARMACY TECHNICIAN OF THE YEAR AWARD SPONSORED BY DAKOTA DRUG

- The nominee shall be a Registered Pharmacy Technician in North Dakota.
- The nominee exemplifies the work ethic in the Profession of Pharmacy.
- The nominee has not been a past recipient of the award.
- The nominee demonstrates the key elements of the Pharmacy Technician Profession and demonstrates an outstanding record of pharmacy service.

Nominee: _____ Submitted by: _____

National Check Your Meds Day



Saturday, October 21, 2017



As an independent community pharmacist, you are your community's most accessible health care provider. You deliver medications and expertise daily to improve the lives of millions of Americans. That's why NCPA is supporting **National Check Your Meds Day** (October 21, 2017), sponsored by *Consumer Reports*—because we know your value and want others to know it, too.

This inaugural event is designed to encourage consumers to bring their prescription medications and supplements to their local pharmacies for brown bag medication reviews.

We also know taking care of patients takes time, so we've created this toolkit to put the resources you need right at your fingertips. Use what you need, skip over what you don't, and let us know if something is missing that you would like us to add.

Go to the link below to find all the forms and marketing strategies mentioned below.
<http://www.ncpanet.org/innovation-center/adherence-simplify-my-meds/national-check-your-meds-day>

Check Your Meds Day (October 21, 2017)

A pharmacist will review your medications with you to help organize and list your medications and remove any that have expired. Your pharmacist can provide more details, adjust medications as needed and answer your questions.

Follow these steps before your appointment:

1. Gather ALL of your medications & supplements
2. Place them in a bag



Pharmacist: _____
Phone: _____

1. You identified:

- ✓ Your medications
- ✓ Why you need to take them
- ✓ How to take them

2. The pharmacist discussed:

- ✓ Importance of taking the medications correctly
- ✓ Not sharing your medications with others
- ✓ Monitoring the effects of your medications and potential side effects
- ✓ All expired medications you should NOT be taking were separated into another bag

3. Before you leave:

- ✓ Ask plenty of questions
- ✓ Understand what you were told

Return your medications to the pharmacist

For follow-up with your pharmacist, contact:

Name: _____

Phone: _____

Address: _____

Medication contact: _____

Signature: _____

Date: _____

Blue Bag Initiative

Check Your Meds Day

October 21, 2017

A pharmacist will review your medications with you to help organize and list your medications and remove any that have expired. Your pharmacist can provide more details, adjust medications as needed and answer your questions.

Follow these steps before your appointment:

1. Gather ALL of your medications & supplements
2. Place them in a bag
3. Meet with a pharmacist for a consultation

Add Your Store Logo Here

Blue Bag Initiative

Check Your Meds Day

October 21, 2017

A pharmacist will review your medications with you to help organize and list your medications and remove any that have expired. Your pharmacist can provide more details, adjust medications as needed and answer your questions.

Follow these steps before your appointment:

1. Gather ALL of your medications & supplements
2. Place them in a bag
3. Meet with a pharmacist for a consultation

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Blue Bag Initiative

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Document Your Impact

Help NCPA to amplify the impact of community pharmacy in America by sending in some quick post-event data. After National Check Your Meds Day, please fill out this quick five-question form online, email to Alliejo.Shipman@ncpanet.org, or fax back to (703) 683-3619.

National Check Your Meds Day Data Collection Form—online version

National Check Your Meds Day Data Collection Form—downloadable version

Marketing Resources

Use these resources to spread the word about National Check Your Meds Day and prepare your staff and patients for what to expect.

Check Your Meds Day Flyer

Stay Healthy Flyer

Check Your Meds Day Postcard

How Does Using a Comprehensive Medication Review Prevent Errors?

Promotional Video for Patients

Pharmacy Staff Video

Program Forms and Tools

Use these resources to prepare for and follow up on National Check Your Meds Day.

Quick How-To Guide

Workflow Walk-Through

Participant Sign-Up Sheet

Medication Review Form

MyMedSchedule—Patient Medication Calendar

Updated Medication List for Patients

Participant Evaluation Form

Patient Follow-Up Bag Stuffer

Patient Appointment Cards

Additional Resources

Use these links to connect with others and find more information about related initiatives.

HQI Blue Bag Initiative

Several of the materials in this toolkit were developed by Health Quality Innovators (HQI) to support the Blue Bag Initiative. Learn about the full program and how it helps prevent medication errors by visiting www.hqi.solutions.

Simplify My Meds®

The comprehensive medication reviews you're doing on Check Your Meds Day are the first step in this NCPA members-only program. Why not continue the process and revolutionize your pharmacy operations? Learn how Simplify My Meds® helps your patients and your bottom line.

Dispose My Meds™

Part of Check Your Meds Day is getting rid of patients' expired medications. Learn more about proper disposal and patient education with the NCPA Foundation's Dispose My Meds™ program.

Medication Adherence Apps

Most patients need reminders to take their meds, and there are several smartphone apps that can help. Learn about some of the apps available to recommend to your patients.

Technicians can now assess the necessity of counseling a patient on a refilled prescription

Written by Alex Petterson, NDSU Pharmacy Student

There has recently been a change to the rules regarding patient consultation requirements as well as tasks that technicians are permitted to do. Prior to the rule change, pharmacists or pharmacy interns were required to counsel on every prescription dispensed to a patient; this includes both new prescriptions and refills. The revision now allows technicians to assess a patient picking up a refill to determine whether or not counseling is necessary. The rule officially reads: The pharmacy technician may assess a patient receiving a refilled prescription on the need of the patient or their agent to have a consult with the pharmacist or pharmacy intern about the prescription.

- a. Assessment must include a visual display of the medication.
- b. Asking appropriate open ended questions on the medication and their applicable health condition.
- c. Any problematic responses must prompt the pharmacist to intervene with a consultation.

What this means is that if a patient is in the pharmacy to pick up refills, the technician has the opportunity to gauge the patient to determine whether or not he or she needs counseling on the medication. In order to properly assess the patient, the technician should display each refilled medication to the patient. The technician should then ask open ended questions to evaluate how the patient has been doing on the medication. If the patient is refilling medications for diabetes, a good question to ask would be "How have your sugars been recently?" If he or she has been taking an anti-hypertensive medication, a technician could ask "Have you been monitoring your blood pressure?" A brief conversation with the patient should be enough to determine if the patient needs counseling. An important note to this rule change is that technicians are still not permitted to counsel the patients. If any response from the patient raises concern in regards to the efficacy of the medication or the adherence of the patient, the technician should then have the pharmacist counsel the patient. If everything appears to be fine, the pharmacist would not need to engage the patient.

Partial Fill of Schedule II Medications

In July 2016, in an effort to address the prescription opioid abuse crisis the Comprehensive Addiction and Recovery Act of 2016 was signed into Law.

One of the provisions of this act provides for partial filling of Schedule II prescriptions. Previously, the partial filling of a Schedule II prescription was only permissible if the pharmacist was not able to provide the full quantity prescribed at the time of the filling, with the remainder filled within 72 hours. Partial filling had been allowed for nursing home patients in a nursing home setting or under hospice care.

The Act specifically amends 21 United States Code §829 by adding subsection (f), which allows for the partial filling of a Schedule II prescriptions if the following conditions are met:

- It is not prohibited by state law;
- The prescription is written and filled in accordance with federal and state law;
- The partial fill is requested by the patient or the practitioner who wrote the prescription and;
- The total quantity dispensed in all partial fillings does not exceed the total quantity prescribed.

The Act also provides that the remaining portion of a partially filled Schedule II prescription may be filled not later than 30 days after the date on which the prescription was written. However, if the partial filling of a Schedule II is the result of an emergency situation oral prescription, the pre-existing partial fill time frame of 72 hours after the prescription was issued remains. There is no prohibition on partial fill of Schedule II prescriptions in North Dakota Laws and Rules.

The change made allowing partial fill of schedule II prescriptions was meant to create opportunities to decrease the amount of unnecessary, unwanted and unused prescription opioid medications. However, this law change is applicable for ALL schedule II prescriptions. We feel like this new provision allows our profession an opportunity to work with practitioners and patients to limit the amount of schedule II medications that we dispense in certain circumstances. An example being; a patient with a tooth extraction obtaining a partial fill to limit the amount of opioids initially dispensed; with the remaining amount available to have filled should it become necessary. This also has opportunities as third-parties look to design strategies, like ND Medicaid, to limit the amount of medication that may be received on the first partial fill, while if appropriate, having the remaining quantity dispensed within thirty days.

As always, it is important to discuss opportunities to utilize this expanded authority with your practitioners and how this may be useful in the care of your patients, with the goal of limiting the amount of unwanted, unused, unnecessary opioids and other schedule II medications in North Dakota households.

Left over prescription medications being diverted continues to be a major issue with drug overdoses and abuse. Limiting the amount of unused controlled substances in the medicine cabinets will also limit the exposure our citizens, youth or otherwise, to divert them.

Take Back Program and MedSafe

North Dakota offers two different free programs where patients can safely dispose of medications: Take Back and MedSafe. The Take Back program was initiated about 7 years ago, and the state began utilizing MedSafe's services in June of 2017. Both programs accept medications that are either expired, unused, or unwanted. Medications that can be disposed of include controlled substances, non-controlled substances, and over-the-counter medications. The Take Back program can be found at participating law enforcement agencies such as police stations, while MedSafe boxes are found inside participating pharmacies across the state.

Take Back and MedSafe are excellent ways for patients to dispose of controlled substances that have been sitting around unused. State residents should take advantage of the opportunity to utilize these services as North Dakota is the only state that offers free, year-round, state-wide drug disposal programs. The programs have been largely successful; as of May 4, 2017, the Take Back program itself has collected nearly 9 tons of medications. Pharmacies across the state are encouraged to offer MedSafe services to their patients if they have not done so already. If your pharmacy would like to offer this service, please reach out the Board's office. For information on the locations that currently have drop off sites, visit <https://attorneygeneral.nd.gov/public-safety/take-back-program/take-back-program-locations>.



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