



# ALSHP News

March 2018  
Volume 3, Issue 2

## President's Message

Lee Ann Cain, RPh

Spring has sprung and the days are getting longer...

Leaving more time for fun in the sun! With the upcoming summer meeting in Pensacola, the longer days will make for fun and enjoyment after a great day of learning and networking. If you have not registered, don't delay as rooms will fill up fast and we expect a great crowd to be in attendance! The meeting will be held at the Pensacola Beach Hilton from June 17th to the 20th.



The votes have been counted and the new ALSHP tagline is (drumroll please)....

"Advancing Pharmacy for a Healthier Alabama". This statement shows we are a group who looks for ways to help the residents of Alabama and how pharmacy can play an important role in improving the patient outcomes in our health systems and beyond. From the time of admission with medication reconciliation, throughout the hospital stay with dosing and monitoring, to when patients are discharged and the transition of care begins, pharmacists are key players of the patient care process. So, the new tagline is a testament to what we do every day. Furthermore, we advance our profession with our involvement in patient care and help our patients become healthier by having a pharmacist as a part of their care team.

The committees have been hard at work so far this year. We have a newly designed website and welcome feedback from our members on its functionality and content. We have great legislative updates with lots of important information

## ALSHP Calendar

**2018**

**April 13:**

12:30pm- 4pm  
Alabama Residency Conference  
*Samford's MSOP*  
*Birmingham, AL*

**April 26:**

6pm- 8pm  
Birmingham Area Education and  
Dinner  
*Galley and Garden*  
*Birmingham, AL*

**June 17-19:**

ALSHP Summer Meeting  
*Hilton- Pensacola Beach*  
*Pensacola Beach, FL*

*President's Message: Cont. from page 1*

on bills being heard. We have had tremendous success with our webinars and hope to continue to offer more of these. The Pharmacy Leaders' meetings are well underway with great participation and input. These meetings provide a great networking opportunity for our health system pharmacy leaders to connect with peers right from their desk. The residency support is great and all their involvement is appreciated as well.

As a last note, congratulations to Charlie Cook on his appointment as delegate for ASHP. We know he will do a great job and appreciate all his service to ALSHP and the profession over the years.

Thanks to each of you for your involvement and your service within ALSHP. All of us together are:

**“Advancing Pharmacy for a Healthier Alabama”!**

Sincerely,  
Lee Ann

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## Join us for ALSHP's Summer Meeting

*The Hilton Hotel in Pensacola Beach, Florida*



This year's summer meeting is scheduled for June 17-19 at the Hilton Hotel in Pensacola Beach, Florida. We hope you are making plans to join us.

**Early registration price-cut is in effect until 5/17/2018.**

**Register here:** <https://alshp.wildapricot.org/event-2820867/Registration>

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# Social Events

*Join us for our next social event at Galley and Garden!!*

**Topic:**

***“Best Practices for Reducing Hospital Readmissions”***

**Speaker:**

Michael Oleksyk, MD, FACP, CPE, CMPE

**When:**

**April 26, 2018 from 6-8pm**

**Where:**

**Galley and Garden, 2220 Highland Avenue South, Birmingham, AL 35205**

**Sponsored by:**

Janssen

**Registration:**

[www.clinicalcomm.com/jans2016/264](http://www.clinicalcomm.com/jans2016/264)



## *We learned a lot and had a great time at Perry’s*

The most recent ALSHP social was held March 7th. We enjoyed a dinner and a presentation discussing the oncology medication venetoclax (Sponsored by AbbVie). We had 16 ALSHP members present representing institutions from all across the Birmingham area. We hope you will join us at our next social event.



*Social Events: Cont. from page 3*

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## *Bay Area Winter CPE Program*

The Bay Area Health-System Pharmacy Society held their Winter CE Program February 27, 2018 located in the Mobile Infirmiry Medical Center Auditorium. The program had a great attendance. A total of 27 members attended 9 of which were technicians. The key note speakers are Mobile Infirmiry Health System Pharmacy residents Clare Carter Pharm.D. and Elizabeth Steadman Pharm.D. The topics presented were “Preventing MALADies: Treatment of Hyperglycemia in the acute Care Setting” and “The Management of Metabolic Syndrome associated with Antipsychotic Therapy.” The program was ACPE accredited for 1.5 CE hours. The BAHPS mission is to integrate hospital pharmacies across the area and the Winter CE Program accomplished this. Five area hospitals had representation at the program.



*Left to Right (Clare Carter Pharm.D., Vicky Vega Pharm.D., PGY1 Residency Coordinator, Elizabeth Steadman Pharm.D.)*

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# Member Announcements/Committee Updates

## Committee Updates

### Professional Affairs

#### *April 13<sup>th</sup>: Alabama Residency Conference*

It is that time of year again! We hope you will join us for the 2018 Alabama Residency Conference (ARC), sponsored by the ALSHP New Practitioners Committee. ARC will be held **Friday, April 13**, from 12:30 PM - 4:00 PM at Samford University McWhorter School of Pharmacy in Birmingham. Lunch will be provided at 12:30, and presentations will begin at 1:00. We are pleased to offer CE credit to ALSHP members for this year's presentations. Please contact the New Practitioners Committee at [ALSHPnewpractitioners@gmail.com](mailto:ALSHPnewpractitioners@gmail.com) with any questions.

### Educational Affairs

The Educational Affairs Committee is currently working on programming for the upcoming Summer (June 17-19) and Fall meetings, including seeking out speakers for the event. Additionally, keep an eye out for communication regarding the upcoming March Webinar.

### Social Media and Website Committee

The ALHSP Social Media and Website Committee is excited to announce the launch of ALHSP's revamped website. The committee has worked to reshape the website into a simpler and easier to use setup. We look forward to our members fully utilizing the website and taking advantage of the new setup. Going forward, we will continue to communicate regularly through our web, Facebook, and Twitter sites. We hope you enjoy it. Website: <https://alshp.wildapricot.org/>



## Student/Resident Corner

*A place for students and residents to share insight, knowledge, and information from the their perspective*



**Gaybrielle R. Moore**  
**Pharm.D. Candidate 2020**  
**McWhorter School of Pharmacy**  
**Samford University**

### **“A Charge to Keep I Have”**

My desire to pursue a career in pharmacy did not happen overnight. It was, rather, a culmination of my personal and professional experiences. Exposure to contrasting socioeconomic environments during my adolescence, coupled with my grandfather’s deteriorating health, fostered my interest in health disparities and chronic illnesses. These interests birthed a growing, yet fervent aspiration to discern how I can best serve those most in need in order to, ultimately, empower and transform lives. “Let your passion be your guide,” my best friend in college would often proclaim. “It will lead you right into your purpose.” So, I took her advice and increased my involvement in the local community.

After volunteering at a health fair on behalf of the American Heart Association, I found myself overwhelmed with feelings of nostalgia and hope. One of our visitors that day, Mr. Philips, made a particular impact on me. I had the opportunity to take his blood pressure and to discuss with him small changes that he could make to improve his health; however, his humor and personality reminded me so much of my dear grandfather that our conversation soon transcended that of systolic and diastolic values. We bonded over growing up in underserved towns, where too many citizens suffer without access to proper health care and resources. His expression of gratitude and pleas for my group and I to return to his community soon led me to realize that I *am* a resource and that I *can* make a difference.

Though individuals with chronic conditions continue to account for 80% of hospital admissions and for 90% of all prescriptions filled, my hope has not wavered. With those much like my grandfather and Mr. Philips in mind, I pursue my pharmacy degree because it is equipping me with the extensive drug knowledge that I need to effect change. My vocation to

*Student/Resident Corner: Cont. from page 6*

serve others continues to guide my decision-making in pharmacy school. I constantly ask myself: How can I best prepare to be a resource and advocate, both inside and outside of the classroom? In what ways can I challenge myself to step outside of my comfort zone? Am I actively seeking engaging opportunities that will enable personal and professional growth? These are the sorts of questions that supported my decision to join the Student Society of Health-System Pharmacists (SSHP) at Samford, and to seek out my current position of President-Elect.

Becoming a member of SSHP has quickly proven to be one of the best decisions I've made thus far. SSHP is challenging me to be a better leader, teammate, and student. It has provided me with a platform to help plan programs and extra-curricular opportunities for our members and the student body, as well as with opportunities to continuously engage with faculty and staff. I am constantly inspired by the pharmacists who speak with us at our monthly chapter meetings; hearing their stories provides invaluable insight into the numerous pathways that exist within our profession and assures me that there is a place for me. That assurance further motivates me to be all that I can be.

Today, with my roots informing my purpose and the charge in my heart propelling me forward, I seek to continue building a powerful foundation in pharmacy so that I can purposefully serve those in need, and through my service, hopefully bring about empowerment and transformation in their lives. I am indebted to my family and friends for their constant support and encouragement, for Mr. Phillips, who shone a bright light on my path, and for the many pharmacists who have shared their journeys with me. Because of them, my goals and aspirations are greater than I could have imagined and I look forward to using pharmacy to achieve them all.

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## A Day in the Life Of...

*A section about getting to know a little about one of our fellow ALSHP members*



**Allana M. Alexander, PharmD, MSMTM**  
**Clinical Pharmacist**  
**Alabama Care Plan**  
**(Viva Health, Inc.)**

### **What is your education background [Where did you graduate pharmacy school and complete residency (if applicable)]?**

I earned my Doctor of Pharmacy degree from the Samford University McWhorter School of Pharmacy (MSOP) in 2014. I completed a PGY-1 Managed Care Pharmacy residency at Viva Health, Inc. and a Master of Science in Pharmacy in Medication Therapy Management from the University of Florida in 2016.

### **What area do you work in and how many patients do you cover?**

I am a clinical pharmacist for the Alabama Care Plan, Health Home Region B, administered by Viva Health, Inc. in Birmingham. I am one of three clinical pharmacists in Region B. We currently manage about 3,500 Medicaid Patient 1st program recipients across 16 counties.

### **Briefly describe an average work day**

I work on a care coordination team comprised of pharmacists, physicians, transitional care nurses, dietitians, social workers, transitional care facilitators, behavioral health nurses and community health workers. Our team works to address and alleviate barriers to medication adherence, improve health outcomes and prevent hospital readmissions. No two work days are the same but recurring tasks include: comprehensive medication reviews, patient home visits for education and counseling, multidisciplinary care team meetings, Medicaid Pharmacy and Therapeutics committee meetings, making therapeutic recommendations to prescribers, Health Home Program education, developing and implementing educational materials that promote medication adherence, drug information requests, Individualized Education Program meetings and various professional presentations (grand rounds, academic lectures, professional conferences, corporate training, etc.).

*Day in the Life of: Cont. from page 8*

### **Describe a medication error that you were proud to catch**

While on a home visit, I asked a patient to show me how he used his mealtime insulin. He was prescribed a Flexpen device but preferred using the insulin vial. The patient had been drawing his insulin from the Flexpen into a syringe and injecting. During the home visit, I called his primary care physician, communicated this information to the nurse and a new prescription for the insulin vial was called into his dispensing pharmacy.

### **What do you enjoy most about your job?**

What I enjoy most about my job is having the opportunity to serve and advocate for a patient population that is too commonly underserved and overlooked.

### **What do you enjoy most about working at your institution/organization?**

The Health Home directors are very receptive to pharmacist recommendations for process development and improvement. Having a chance to make a lasting impression in the company is pretty cool. I have had the opportunity to create protocols, patient education materials and reference materials that are used throughout the Health Home program.

### **Anything else you want to add?**

I am excited to get active in ALSHP, attend the meetings, get to know my colleagues and contribute to the progression of our great profession.

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## **Pharmacy Humor**



By: Chris Piszczatoski, PharmD Candidate 2018

## ***Newsletter Callouts***

- Would you like to have an event added to the newsletter calendar or make an announcement? Please send us your ALSHP-related events to [alshpnewsletter@gmail.com](mailto:alshpnewsletter@gmail.com)
- We would love to learn about a Day in the Life Of..... YOU!!! We want to feature a wide variety of pharmacy positions and roles in this new segment to allow pharmacists, students, and residents across the state to have an opportunity to see the variety that our profession provides. Please answer the questions in the section above and send a (optional but desired) headshot to [alshpnewsletter@gmail.com](mailto:alshpnewsletter@gmail.com)- you just may be our next featured member!
- ALSHP is aware that all of our scheduled socials to-date have been in the Birmingham area. If there are other areas in the state interested in organizing a social, please contact the newsletter committee at [alshpnewsletter@gmail.com](mailto:alshpnewsletter@gmail.com). We would love to extend these events to other member areas- we just need your help to organize!