



PharmPAC Perspectives



Pharmacist Professional Advisory Committee

Fall 2015

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PAC Chairs' Corner

“Answering the Call”

Contributed by CDR Jefferson Fredy, PharmPAC Chair

When I applied for the Chair elect position of the Pharmacy Professional Advisory Committee (PharmPAC), I wrote about “answering the call.” As Commissioned Corps officers, we all answered the call to serve to protect, promote and advance the health and safety of our Nation. We are each in unique positions as uniformed officers. We are expected to go above and beyond the call of duty. It was a pleasure leading our category as the PharmPAC Chair. The position requires dedicated time to address e-mails, attend/lead conference calls, being available for the Chief Professional Officer and serving as a consultant for the category. The PharmPAC activities and initiatives are accomplished by the dedicated PharmPAC voting members, voting alternates, and volunteers. A special thanks to RADM Schweitzer, CAPT Aaron Sigler, LCDR Ben Bishop, and LCDR Melinda McLawhorn for their support.

The PharmPAC accomplished a lot during the 2014-15 operational year. All the credit goes to the PharmPAC sections for the following achievements:

- The PharmPAC Standard Operating Procedure (SOP) was revised and updated.
- A survey was conducted to determine how the PharmPAC can improve to meet the needs of PHS Pharmacists. The survey results have been collected and are being considered to improve the PharmPAC services.
- In June 2015, the PharmPAC members and invited PHS pharmacy leaders met to discuss the development of initiatives and activities that would align with VADM Murthy’s vision for the Commissioned Corps. These proposed activities were analyzed and released as a White Paper to the five PharmPAC sections to implement. This will be fully implemented during the 2015-16 operating year.
- The strategic planning meeting also led to the expansion of the PharmPAC voting membership. The PharmPAC voted to increase the membership from 24 members to 26 members for the 2015-16 operational year. This increase makes the agency representation more reflective of the number of pharmacists in each agency.
- Social media is an integral part of the

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PAC Chairs' Corner (cont.)

VADM Murthy's outreach to the public. The PharmPAC has lead the way to use the 3 major social media platforms: Facebook, Instagram, and Twitter.

- The Readiness Section members were key in the development of the new APFT standards. This will be implemented Corps wide in January 2016.
- The PharmPAC continues to coordinate the PHS APFT Certificate of Excellence (PACE) program which is also for accepted by other PHS categories to recognize the APFT achievements of officers.
- The PharmPAC developed a comprehensive deployment skills checklist which provides officers with a valuable deployment resource.
- The PharmPAC continues to provide 1-on-1 career counseling at the annual COF Symposium and offers CV reviews for officers that are up for promotion.
- The PharmPAC continued many of the ongoing projects throughout the year.

Serving as PharmPAC Chair was a valuable experience that will help me continue developing as a leader in the Corps. Throughout my career, there have been various opportunities that became available. The decision relies upon many factors – time, current duty station activities, succession planning, and more. When an officer begins to progress to higher level positions, the decisive factors begin to increase. Recently, I was selected for an Executive officer position in the Indian Health Service Headquarters in Rockville, MD. At the time of applying it felt like the right time to make a career move. A couple of months passed before I was notified of my selection.

I am stationed at an isolated healthcare facility that has its challenges. Fortunately, the pharmacy department has been consistently well staffed. We made some bold changes that included increasing our residency program to two residents when we had two outstanding candidates that we could not pass up. We increased our weekend and holiday hours of operation and expanded our services to assist the medical staff by providing thorough medication reconciliation (using the IHS Improving Patient Care model). Our residents are taking on the challenges of implementing Bar Code Medication Administration (BCMA) and Consolidated Mail Outpatient Pharmacy (CMOP). They are also in the process of developing new pharmacy-based clinics. Instinctively, I knew my department and facility needs someone to lead the department to ensure that we successfully meet all the initiatives. I also didn't want to leave because of the young, motivated officers that re-inspired my desire to mentor and lead by example.

My career plan is to serve my agency at the highest level to impact and improve the health of our American Indian/Alaskan Native patients. I thrive on challenges and collateral duties. I also consider the future of the Commissioned Corps. At Crownpoint, I currently have a motivated group of Junior Officers that I want to help them reach their fullest potential by providing guidance and support. Once we achieve our ambitious initiatives, I'll reassess my career. If this situation is right, I'll answer the call for my next assignment. Until then, I look forward to continuing the mission of Crownpoint Healthcare Facility, the Indian Health Service, and the United States Public Health Service.

CDR Jefferson Freedy, Pharm.D., BCPS
PharmPAC Chair, 2014-15
PharmPAC voting member, 2010-16

PAC Chairs' Corner (cont.)

Captain's Log – PharmPAC Chair-Elect Update

Contributed by CAPT Aaron Sigler, PAC Chair-Elect

Reviewed/Edited by LCDR Susan Alu

Change is often subtle, at times nearly imperceptible, until the moment you look around and realize something is different. Such is life. Things change, and it is our capacity and ability to reframe how change affects us that allows us to meet new challenges. Consider something as basic as our communication methods, which have radically metamorphosed over the last couple decades. Additionally, expectations of our profession and officers have also shifted to accommodate new paradigms of practice. The PharmPAC has always strived to meet the needs of our category officers, as well as serve the profession and Corps. So, what are some of the most recent changes for your PAC? The PAC recently developed a White Paper based on results from a strategy meeting in June. The goal of the meeting was to evaluate our alignment with both the Surgeon General goals, and our CPO's priorities. If you're unaware of the SG's goals, you should visit his website at <http://www.surgeongeneral.gov/>. While he didn't create the current national prevention strategy, he's on a mission to see it succeed.

As for RADM Schweitzer, she has a number of priorities aimed to further propel the PHS into the national spotlight as the premier group of pharmacists and officers in the country. These are based on continuing the efforts of her predecessors in strengthening the pharmacy category by expanding upon the current priorities:

1. Advance the profession to support its role in successful health reform.
2. Expanding and enhancing internal and external pharmacy partnerships.
3. Inspiring and supporting leadership development among pharmacists to assume leadership in all aspects of health programs.
4. Recruiting and developing future pharmacists and health leaders.

These priorities were discussed at the aforementioned strategy meeting and a number of new activities were suggested. Some examples include improving and expanding collaboration with other categories, monitoring policy developments that affect our profession, increasing presentations to schools and our officers, using MAX.gov to house information, identifying skill sets for various projects, and bolstering relationships with both local and national organizations. All of the PAC's sections are absorbing new activities and will continue to advocate for the programs and initiatives that contribute to our success as a category. We also evaluated our current activities to affirm that they were relevant and value-added. *Most, if not all, are aimed at improving our Corps. So stand by.* There will continue to be announcements for ways to stay informed and get involved.

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SG Spotlight

As noted in previous issues of the *PharmPAC Perspectives*, this space is dedicated to updates on the various initiatives of our Surgeon General. Articles and Social Media activities highlighting work towards achieving these initiatives are encouraged.

Current initiatives from SurgeonGeneral.gov:

- [Tobacco Free Living](#)
- [Mental and Emotional Well-Being](#)
- [Healthy Eating](#)
- [Active Living](#)
- [National Prevention Strategy](#)
- [Family Health History](#) (with “[My Family Health Portrait](#)” tool)
- [Support Breastfeeding](#)
- [Prevent Skin Cancer](#)



ELEMENTS OF WELLNESS

#REBELANDLIVWELL

<p style="font-size: 1.2em; font-family: cursive;">hydration</p> <p style="font-size: 0.8em; margin: 5px 0;">Individual water intake needs vary widely. Rebel and keep a bottle of water with you wherever you go so you aren't tempted by soda or other sugary drinks.</p>	<p style="font-size: 1.2em; font-family: cursive;">nutrition</p> <p style="font-size: 0.8em; margin: 5px 0;">Maintaining calorie balance over time can help achieve and sustain a healthy weight. Live well by increasing your intake of whole grains, vegetables and fruits.</p>
<p style="font-size: 1.2em; font-family: cursive;">sleep</p> <p style="font-size: 0.8em; margin: 5px 0;">People who don't get enough sleep have an increased risk of chronic health problems. Rebel and create a regular sleep schedule and relaxing bedtime routine.</p>	<p style="font-size: 1.2em; font-family: cursive;">exercise</p> <p style="font-size: 0.8em; margin: 5px 0;">Exercising just 10 minutes at a time is fine. Live well and start with walking then work your way up to a moderate or vigorous effort.</p>
<p style="font-size: 1.2em; font-family: cursive;">mental and social well-being</p> <p style="font-size: 0.8em; margin: 5px 0;">Mental and social well being are crucial elements of wellness. Rebel and live well by making sure that you set aside time for yourself as well as time to spend with your family and friends.</p>	

Now is the time for you to #RebelandLiveWell with the USPHS Wellness Team!

Elements of Wellness

Hydration - Individual water intake needs vary widely. Rebel and keep a bottle of water with you wherever you go so you aren't tempted by soda or other sugary drinks

Nutrition - Maintaining calorie balance over time can help achieve and sustain a healthy weight. Live well by increasing your intake of whole grains, vegetables and fruits

Sleep - People who don't get enough sleep have an increased risk or chronic health problems. Rebel and create a regular sleep schedule and relaxing bedtime routine.

Exercise - Exercising just 10 minutes at a time is fine. Live well and start with walking, then work your way up to a moderate or vigorous effort.

Mental and Social Well-Being - Mental and social well being are crucial elements of wellness. Rebel and live well by making sure that you set aside time for yourself as well as time to spend with your family and friends.

Share your #RebelandLiveWell ideas with the USPHS Pharmacy Wellness Team at; RebelandLiveWell@gmail.com

Also share your concerns and follow the SG;

#AskTheSurgeonGeneral

PharmPAC Highlights

Administration Section

New Voting Members Selected for the PharmPAC

Annually, members who have completed their three year term with the PharmPAC roll off, and new members are selected. Becoming a voting member on the PAC is highly competitive. This year we had 46 qualified candidates that applied to become a PharmPAC voting members, and we are proud to announce our newest members!

FDA	IHS	NIH
CDR Mark Miller CDR Diem Ngo CDR William Pierce LCDR Ben Bishop LCDR Melinda McLawhorn	CDR Damion Killsback MaryJo Zunic	LT Jun Lee

The PharmPAC would like to thank the following members with terms ending 10/31/15 for their service to PHS Pharmacy:

- | | |
|--------------------|--------------------|
| CDR Kavita Dada | CDR Selena Ready |
| CDR Janelle Derbis | CDR Juliette Touré |
| CDR Kara King | |

The following agency liaison positions posted recently with a call for nominations sent over the PHS-Pharmacists listserv. Please see that announcement with details about where to submit a nomination pack-

Bureau of Prisons (BOP) Centers for Disease Control (CDC) Centers for Medicare & Medicaid Services (CMS) Food and Drug Administration (FDA) National Institutes of Health (NIH)United States Coast Guard (USCG) US Immigration and Customs Enforcement (ICE) Department of Defense (DoD) Office of the Surgeon General (OS) American Academy of HIV Medicine (AAHIV)	American College of Clinical Pharmacy (ACCP) Association of Military Surgeons of the United States (AMSUS) American Pharmacists Association (APhA) American Public Health Association (APHA) American Society of Health-System Pharmacists (ASHP) American Society of Health-System Pharmacists Foundation (ASHP-Foundation)
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age.

Career Development Section

The 2016 Pharmacy category benchmarks are posted. They can be found on the USPHS CCMIS website Under Promotions, Category Benchmarks; [https://dcp.psc.gov/ccmis/PDF_docs/2016%20PHARMACY%](https://dcp.psc.gov/ccmis/PDF_docs/2016%20PHARMACY%20BENCHMARKS.pdf)

Healthy Lifestyle and Fitness

12 hours in the Wild West

Contributed by

LCDR Jarrod E. Mann and LT Dewey K. Foutz

Reviewed/Edited by

CAPT Lisa Becker and CDR Jamie Shaddon

USPHS Commissioned Corps Officers sponsored by the Rio Grande Branch of the Commissioned Officers Association competed 12 Hours in the Wild West mountain bike race on April 11th 2015. The race course was located on the Fort Stanton Snowy River Conservation Area, just north of Ruidoso, New Mexico. History enthusiasts will recognize this area as the homeland of the Mescalero Apache and later hideout for the notorious outlaw Billy the Kid. Coincidentally, nearby Fort Stanton was originally built by the US Army in 1855 then later converted to the USPHS Tuberculosis Sanatorium in 1899. On this day, USPHS Officers mountain biked the surrounding hills overlooking the Fort for 12 consecutive hours on a 14 mile course with over 1250ft of elevation change per lap. Officers raised over \$700 for The Wounded Warrior Project by participating in the race.

This 12 hour mountain bike relay race was designed for completing as many laps as possible in a 12 hour period. Six participating riders were divided into a team of four riders and a team of two riders. The team entered in the Male Duo event consisted of CAPT John Stadick and CAPT Brian Hroch. The team entered in the Male Four Man event consisted of LT Dewey Foutz, LCDR Jarrod Mann, LCDR Anthony Stout and CDR Mark McClain. One racer per team rode the 14 mile loop while the other offered support as they waited for their turn. The race began at 0700 with temperatures close to freezing. CAPT John Stadick and CDR Mark McClain were slated to be the first brave riders to pedal the course that frigid dawn. With cold weather gear donned, they started when a Fort Stanton soldier reenactor fired a shot from a period pistol.

CAPT John Stadick put up our best lap time at 1 hour and 14 minutes averaging over 11 miles per hour. The duo team and 4 man team both completed 8 total laps respectively. These 16 laps accounted for a total of 224 miles and over 20,000 feet climbing during the 12 hour event. The duo team took 6th place out of 10 teams and the 4 man team placed 5th place out of 9 teams. Our duo team was only 2 minutes behind the 5th place team. CAPT John Stadick provided the group with the funniest story of the event when he had expended every bit of his energy trying to catch the 5th place team and finally relented to hunger and stopped at a moon pie station to refuel. Sadly the station was out of water to wash the pie down.

Base camp offered resting riders needed support since not every officer raced on the course at the same time. LCDR Stout provided a hearty hot breakfast and CDR McClain manned the coffee percolator. USPHS officers did not stand on the podium after the race but all the fellow participants knew a little more about USPHS when the race was over.



Left to Right: LCDR Mann, CDR McClain, LT Foutz and CAPT Hroch

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Healthy Lifestyle and Fitness (cont.)

(Continues from previous)



LCDR Jarrod Mann went out for his second lap. LCDR Mann completed his lap in just under 80 minutes.

Tsehootsooi Medical Center Commissioned Corps Officers Fight Cancer

*Contributed by LT Gladys Asabre Williams
Reviewed/Edited by LCDR Mary Thoennes*

Each year the quiet town of Gallup, New Mexico becomes a shining star of hope as the Gallup McKinley County team hosts approximately a 30 hour pep rally to raise funds for the American Cancer Society via its Relay for Life initiative, also known as the “Gallup Relay”. For three consecutive years, the Commissioned Officers assigned to Tsehootsooi Medical Center in Fort Defiance, Arizona have formed their own team (Team TMC) and partnered with “Gallup Relay” to plan and execute various activities to help finance the fight against cancer. This year’s team was particularly extraordinary because it was comprised of PHS Officers as well as civilians; four of which are cancer survivors. Of the four cancer survivors on the team, three are current employees and one is a former employee of TMC. Having four cancer survivors join our team really anchored the team to the cause. Team TMC was

led by LT Gladys Asabre Williams (Pharmacy Category) and LCDR Shatara Sherwood (Nursing Category). The co-captains received overwhelming support from CDR Mylene Santulan (HSO Category) and LT Gayle Tuckett (Pharmacy Category). This year’s Relay for Life fundraiser consisted of eight months of event planning and fundraising activities such as: a chili cook-off, bake sales and a community car-wash. All the activities were concluded by a final all-night relay and fundraising event on June 12, 2015. During the all-night relay, Team TMC provided face painting and games such as balloon darts and the ever popular “pie eating contest.” In total, Team TMC raised a total \$2000. The dedication exhibited by Team TMC’s steadfast support of the American Cancer Society through the Relay for Life events clearly embodies the mission of the Commissioned Corps by protecting, promoting and advancing the health and safety of our nation. Keep up the good work Team TMC!



LT Gladys Williams taking picture of Luminaria Bag

Healthy Lifestyle and Fitness (cont.)

Alaska Summer Hiking Series

Contributed by LT Sara Low and LT Jessica Thompson

Reviewed/Edited by CDR Alexis Beyer

From June to August 2015, Alaska Area officers and friends enjoyed a series of outdoor events organized by LT Sara Low and LT Jessica Thompson. In all, the group hiked five trails in and around Anchorage: Mount Baldy, Twin Peaks, Little O'Malley, Bird Ridge, and Mount Alyeska. In addition, the group biked 17 miles on the famous Tony Knowles Coastal Trail. The outdoor events were a resounding success. Each hike drew anywhere from 8 to 19 participants, and the feedback was overwhelmingly positive. May we share with you our keys to success?

Fun. Although we enjoyed Annual Physical Fitness Test events, we wanted to offer additional fitness opportunities that would, in the words of LCDR Brittany Keener, give everyone “a really good excuse to get outside and get some exercise!”

Inclusivity. We welcomed officers and civilians, students and professionals, adults and children, and even pets! CDR Aimee Young remarked, “It was great to see family and friends of all ability levels come together to enjoy the outdoors!” LCDR Keener added, “[The events] allowed us to catch up and network with our colleagues that we don’t get to see regularly.”

Marketing. We used Microsoft Publisher to create a custom flyer for each event featuring pictures from the previous event and a preview of the next event to build excitement. We sent each flyer to the Aurora Borealis Commissioned Officers Association listserv and organizational listservs as well as students on rotation at Alaska Native Medical Center. We also publicized events by word of

mouth.

The Great Outdoors. “Living in Alaska, we are incredibly lucky to have great outdoor activities,” says LCDR Keener. “There are few things more beautiful than standing on top of a mountain overlooking the ocean, and these group events allowed us to enjoy the wonderful Alaskan views together.”



Left to Right: LT Jessica Thompson, LT Sara Low, LCDR Brittany Keener and CDR Aimee Young hike with family, coworkers and pharmacy students to the top of Mt. Baldy on a sunny June day.



Left to Right: LCDR Brittany Keener, CDR Aimee Young, LT Sara Low, LT Jessica Thompson, coworkers and family hike Twin Peaks in June.

Healthy Lifestyle and Fitness (cont.)

How Did A Mother of Two Like Me Do It?

Contributed by LCDR Trang Tran

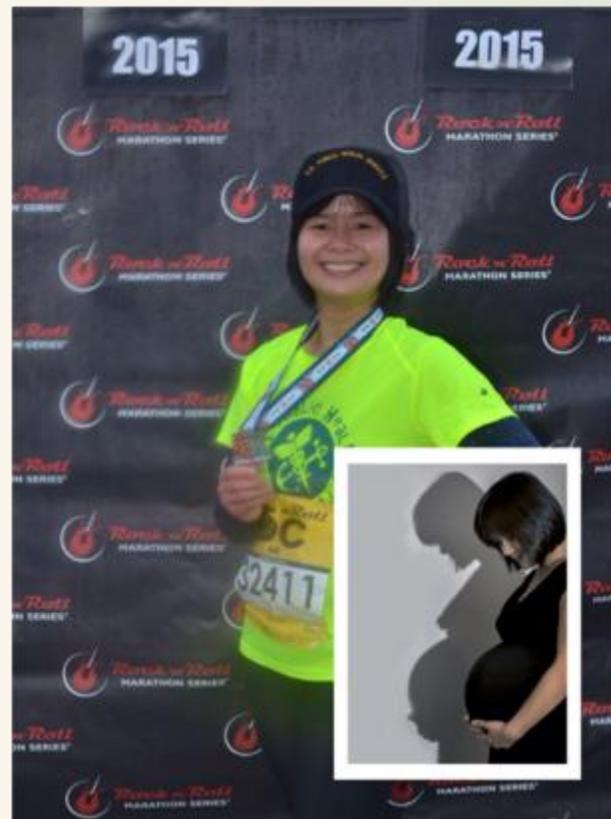
Reviewed/Edited by LCDR Chitra Mahadevan

Today, as I celebrate my son William's first birthday, I am also celebrating my healthy self. Soon after I delivered William, my second child, I made a commitment to myself that I would do everything to return to my pre-pregnancy weight by his first birthday, and I succeeded. So how did a mother of two like me do it?

Having been through two pregnancies, I understand how hard it can be to change one's eating and exercise habits. I would like to share some of the tips that work for me that may also benefit others. I do not feel the need to purchase a fancy gym membership or workout equipment. Instead, I try to control my diet and set realistic goals for my exercise routine given my busy schedule as a working mother of two. For my diet, I have been cutting back on portions and avoiding carbohydrates, fatty and sweet foods, snacks and drinks whenever I can. I eat three meals a day that always contain fruit and vegetable components to fill me up. In addition, I do not snack in between meals. For my exercise routine, I run and do cardio exercises for 30 minutes every week day either before or after work. On the weekend, I give myself an hour to exercise before my children wake up. For convenience and to avoid making excuses to not exercise, I always wear my workout clothes at home so I can exercise whenever I have an opportunity.

The key for me is to find any way to move my body even if I am only able to do jumping jacks, sit-ups or push-ups while watching the children. I have also been looking for different ways to motivate myself. Shortly after my maternity leave, I signed myself up

for different races as I made progress with my running. This is extremely helpful for me because I know that I need to train to finish the race and I do not want to waste my money by quitting. I have done two 5K races so far this year and I will run the Army Ten-Miler race this October. In addition, I joined my colleagues in a weight loss contest so we can encourage each other to watch our diet and work out more. Today, I am happy and proud to say that I can fit in my pre-pregnancy clothes! I truly believe that everyone can strive to be healthy if he or she sets realistic goals and has the determination and motivation to accomplish them.



LCDR Trang Tran at 37th week of pregnancy in 2014 and the 2015 Rock 'n' Roll Marathon Series in Washington DC

Pharmacy Spotlight

Rho Chi Boblitt Lecture

Contributed by CDR Chandima B. Deegala

Reviewed/Edited by LCDR Kelly Ngan

Sponsored by University of Houston (UH) College of Pharmacy and the UH Rho Chi Society Beta Omicron Chapter, the Robert L. Boblitt Lecture Series is held in the fall of each academic year. During the lecture, UH Rho Chi members present the chapter's Teaching Excellence Award to outstanding faculty members from the college's three academic departments.

Rho Chi Boblitt Lecture - April 24, 2015

"Advanced Pharmacy Practice in the U.S. Public Health Service"

CDR Chandima B. Deegala, Pharm.D., NCPS-PP, Pharmacist Practitioner, Indian Health Service, Northern Navajo Medical Center, Shiprock, New Mexico

CDR Deegala delivering the 2015 Rho Chi Boblitt Lecture to the University of Houston College of Pharmacy students



CDR Deegala meeting with a PharmD student after his lecture



CDR Deegala receiving the plaque of appreciation from the University of Houston Rho Chi Society Beta Omicron Chapter faculty advisor

Pharmacy Spotlight (cont.)

My Experience at TséHootSooí Medical Center

Contributed by Kristen Weglarz, 4th year APPE student

Reviewed/edited by LCDR Mary Thoennes

My name is Kristen Weglarz and I am a 4th year Advance Pharmacy Practice Experience (APPE) student at the University of New Mexico College of Pharmacy. A rotation at TseHootSooi Medical Center (TMC) in Fort Defiance, AZ, piqued my interest because of the many areas that pharmacists practice at this site. I contacted LT Shannon Saltclah of the USPHS, who became my preceptor for this APPE rotation. She arranged for me to visit the departments that interested me. As well as activities and community outreach events. I had no idea what a life-changing and memorable experience I was going to have, but I knew that I would learn a lot.

I started my journey at TMC with hospital orientation. It wasn't your typical policies and procedures training. It was actually enjoyable information about the staff and patients. It made me feel like I was being let into a family. I found myself interested in the culture of the Navajo patients and employees. I enjoyed hearing about traditional Navajo beliefs and stories from employees at TMC. I was fortunate to meet patients and providers who spoke Navajo, a language I had never heard before this experience.

Every person I passed said good morning or hello to me. Everyone in the pharmacy greeted me with a smile and kind words. Nobody was too busy to help me when I couldn't find something or someone. I know this facility gets new faces regularly, but they treated me like I belonged.

I shadowed physicians in primary care clinic, emergency, chest clinic, and pediatrics. I was able to practice physical assessment, consult patient charts, make dosing recommendations, interview patients, and counsel on medications.

My favorite part of this rotation was working in the pharmacist ran diabetes clinic and anti-coagulation clinic. It was great to see pharmacist providers. I can't imagine a better profession leading patient care in disease states that require close medication management. I was also able to rotate in the inpatient pharmacy, outpatient pharmacy, and primary care clinic pharmacy. In outpatient pharmacy I was intrigued by the time I was able to spend counseling patients.

In addition to all the areas of the hospital, I was given many opportunities for outreach and participation in local events. My fellow student from UNM, Jordan Murphy, and I were able to create and present Spike's Poison Prevention at the hospital as well as at Window Rock. I participated in two of the "Just Move It" events in Crystal Chapter and Window Rock.



From Left to Right: Kristen Weglarz, LT Shannon Saltclah, and Jordan Murphy. Kristen and Jordan are UNM APPE students.

On our very first weekend in town, we were invited by LT Saltclah to experience the annual mutton butchering. I was able to participate in the festivities, including preparation of the sheep. My fellow UNM students and I were also taught how to make Navajo fry bread. In our free time LT Saltclah suggested we take in the gorgeous views of Arizona. We visited the local flea market one

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Pharmacy Spotlight (cont.)

weekend. We also spent time exploring and hiking. We visited nearby Canyon de Chelly. The drive there was very scenic. It was quite surprising to see so many trees as we headed west. We also hiked several nearby trails. We reached the top of Window Rock with a group of coworkers from the TMC pharmacy.



From Left to Right: Jordan Murphy and Kristen Weglarz, APPE students from UNM, prevent Spike's Poison Prevention at the "Just Move It" 5K walk/run in Fort Defiance, Az.

This was an unforgettable experience. I will recommend TMC to other students so they can experience the kind patients and caring and providers in Fort Defiance.



From Left to Right: UNM pharmacy student Jordan Murphy, UNM medical student Candace Watts, UNM pharmacy student Kristen Weglarz, and Preceptor LT Shannon Saltclah. LT Saltclah demonstrates to students how to make fry bread during a mutton cookout. June 2015

Advocating and Advancing the Profession

Contributed by LCDRs Ashley Burns, James "Garrett" Sims and Patrick Harper

Reviewed/Edited by Katherine Sims, MLIS, CAPT Aaron Sigler, and LCDR Jeannette Joyner

United States Public Health Service pharmacists have a long and proud tradition of advancing pharmacy practice. Recently, these contributions have garnered national recognition outside of the federal practice setting. It is well documented that pharmacists positively impact patient outcomes in the clinical setting. The shortage of primary care providers, coupled with the profession's desire to step out from behind the counter, created unique (Continues on next page...)

Pharmacy Spotlight (cont.)

opportunities for pharmacists to showcase their knowledge and abilities by serving as health care providers.

Compensation for such services has been a limiting factor to incorporating pharmacists into direct patient care roles in the private sector. Grassroots efforts at the state level are still necessary to supplement initiatives led by national organizations to amend the Social Security Act. Changes to state laws regarding overall compensation available to pharmacists are also necessary to expand our scope and contribution to patient care. Roused by RADM Scott Giberson's efforts to bring advanced pharmacy practice to the national spotlight, a team of pharmacists and pharmacy students at the Northern Navajo Medical Center (NNMC) embarked on its own quest. We wanted to create changes at the state level that would produce greater recognition and payment for clinical pharmacy services.

In order to achieve this goal we researched and developed our own whitepaper and collected letters of support from thirty NNMC medical providers including the chief of staff, deputy clinical director and CEO. The letters of support were crucial to our cause because they documented the value of pharmacists in the clinical setting as witnessed by the medical staff. We are extremely proud to report that Washington State recently passed legislation requiring third party payers to recognize pharmacists as billable providers.

Don Downing, Pharmacist and Clinical Professor at the University of Washington School of Pharmacy, has over 40 years of employment and consulting work in multiple tribal clinics in the Pacific Northwest. He applied our endeavors in testimony to the Washington State Senate Health Care Committee as evidence to support a first-of-its-kind legislation. He credited the letters of support for passage of this legislation, stating,

“These letters were read and acknowledged by numerous legislators, including the House Health Care Committee, in making the crucial vote that took the bill to the floor of the House for its critical vote...a vote of 93-4 in favor of SB 5557 – a wonderful indicator of the impact of this effort... When I needed to show policy makers how pharmacists could perform, given the chance, I immediately went to LCDR Sims and his team for support.”

Each pharmacist can make a difference in their profession and the OPDIV they serve. Creative thinking, team work and perseverance can extend your impact beyond your local duty station. Building relationships with key stakeholders is paramount to the advancement of pharmacy practice just as it is for positive patient outcomes in the clinic. State and national organizations are better positioned to create change when they have eager volunteers and can amplify your voice more effectively. Get involved today!

Please contact LCDR James “Garrett” Sims (james.sims@ihs.gov) if you would like a copy of the whitepaper and see how it can affect your initiatives.

Pharmacists in Action



LT Garrette Martin-Yeboah, PharmPAC American Society of Consultant Pharmacists (ASCP) Liaison, provided information about PHS, JRCOSTEP, and SRCOSTEP to pharmacy students at the ASCP Mid-Atlantic Conference in Gettysburg, PA on August 7, 2015.

CDR Yvette Waples participated in a career panel at the University of Maryland Eastern Shore School of Pharmacy in July 2015. CDR Waples presented on her experience as a USPHS Pharmacist to the first year pharmacy students.



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Pharmacists in Action (cont.)



From Left to Right: LT Sara Low, LT Jessica Thompson, LCDR Brittany Keener and Kevin Keener ride bicycles on beautiful July day on the Tony Knowles Coastal Trail

LCDR Brittany Keener, LCDR Erin Naber, LCDR Sean Berkey, LT Sara Low and LT Jessica Thompson are joined by pharmacy students and co-workers on a hike to the top of Little O'Malley Peak in August



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Pharmacists in Action (cont.)



A bull moose encountered while hiking up Little O'Malley Peak

Pharmacy students and family join LT Sara Low, LT Jessica Thompson, LT Madalene Mandap, CDR Aimee Young and LCDR Brittany Keener on a hike up Bird Ridge in July



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Pharmacists in Action (cont.)



Co-workers and friends join LT Madalene Mandap, LT Sara Low and LT Jessica Thompson on a hike to the top of Mt. Alyeska on a gorgeous August day

After summiting Mt. Alyeska, hikers rode the free aerial tramway down the mountain



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Quarterly Agency Liaison Reports

Compiled by LCDR Sadhna Khatri, lead PharmPAC Liaison

Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov>

Liaison Officer's Name and Email: LCDR Jennifer Lind; jlind@cdc.gov

Ebola One Year Report: [The Road to Zero: CDC's Response to the West African Ebola Epidemic, 2014–2015](#)

CDC Vital Signs: In August 2015, CDC released a call-to-action focused on stopping the spread of antibiotic resistance and *C. difficile* through better information-sharing among health care facilities and their local public health department.

Upcoming CDC Grand Rounds on 11/16/2015, 12/15/2015, and 1/19/2016 at 1 pm EDT. Free Continuing Pharmacy Education (CPE) credits available.

CDC Science Clips: Each week CDC shares select science clips with the public health community to enhance awareness of emerging scientific knowledge.

Food and Drug Administration (FDA) <http://www.fda.gov/>

Liaison Officer's Name and Email: LCDR Sadhna Khatri; Sadhna.khatri@fda.hhs.gov

Expanded Access (Compassionate Use): Expanded access, sometimes called "compassionate use," is the use outside of a clinical trial of an investigational medical product (i.e., one that has not been approved by FDA). FDA is committed to increasing awareness of and knowledge about its expanded access programs and the procedures for obtaining access to human investigational drugs (including biologics) and medical devices. On this page, you will find general information about expanded access, followed by more detailed information on individual patient access to investigational drugs (including biologics), and referred to as a single patient investigational new drug (IND).

Proposed Changes to the Nutrition Facts Label: The FDA is proposing to update the Nutrition Facts label found on most food packages in the United States. The Nutrition Facts label, introduced 20 years ago, helps consumers make informed food choices and maintain healthy dietary practices. If adopted, the proposed changes would include the following: Greater understanding of nutrition science, updated serving size requirements and new labeling requirements for certain package sizes and a refreshed design.

Naming and Biologic Products: To create market competition among biological products and lower costs, the Affordable Care Act created a new approval pathway for products that are biosimilar to and interchangeable with FDA-licensed biological products. Earlier this year, the agency approved the first biosimilar, and other products are in development. But one key issue is how to name biological products to ensure safe use and foster acceptance of these new products.

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Quarterly Agency Liaison Reports (cont.)

Federal Bureau of Prisons (BOP) <http://www.bop.gov>

Liaison Officer's Name and Email: LCDR Michelle Williams; mrwilliams@bop.gov

BOP held a successful National P&T/MAST meeting in Washington, DC
BOP is becoming an official partner with CDC's "[Get Smart](#)" campaign
BOP Chief Pharmacist (internal) website being redesigned/updated
Clinical Pharmacy Update: New opportunities for HIV pharmacists – 4 spots open to join collateral duty team of BOP HIV Clinical Pharmacist Consultants; Regional Psych pharmacists implemented/integrated successfully.

Centers for Medicare and Medicaid Services (CMS) www.cms.gov

Liaison Officer's Name and Email: LT Teisha Robertson; teisha.robertson@cms.hhs.gov

Medicare and Medicaid at 50: Keeping America Healthy and Driving Innovation in Health Care

July 30th marked the 50th Anniversary of Medicare and Medicaid, both historic social achievements that dramatically changed the health care landscape for seniors, low-income children and adults, and people with disabilities. These programs have greatly reduced the number of uninsured people and have helped create a health care system that is better, smarter, and more comprehensive.

CMS cutting-edge technology identifies & prevents \$820 million in improper Medicare payments in first three years

After three years of operations, the Centers for Medicare & Medicaid Services (CMS) reported that the agency's advanced analytics system, called the Fraud Prevention System, identified or prevented \$820 million in inappropriate payments in the program's first three years. The Fraud Prevention System uses predictive analytics to identify troublesome billing patterns and outlier claims for action, similar to systems used by credit card companies. The Fraud Prevention System identified or prevented \$454 million in Calendar Year 2014 alone, a 10 to 1 return on investment.

Immigration Health Service Corps (IHSC) <http://www.ice.gov/ice-health-service-corps>

Liaison Officer's Name and Email: LCDR Stephanie D. Daniels; Stephanie.d.daniels@ice.dhs.gov

Congratulations to LT Kristina Snyder of Tacoma's Northwest Detention Center on her selection as IHSC's Employee of the Quarter!

As of October 1st, LCDR Jose Aparicio of the Eloy Detention Center serves as IHSC's Acting Western Regional Pharmacist.

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Quarterly Agency Liaison Reports (cont.)

Indian Health Service (IHS) <http://www.ihs.gov/pharmacy/>

Liaison Officer's Name and Email: LCDR Sophia Park; Sophia.Park@ihs.gov

National Pharmacy and Therapeutics Committee (NPTC) website has been updated to reflect the newest formulary changes which can be found [here](#). A successful meeting was held on August 18-19 in Denver and focused on medication adherence, antibiotic stewardship program, new inhaled combined COPD regimen, new novel insulin delivery devices, nicotine dependence review and smoking cessation therapies, and atypical antipsychotics. National Pharmacy Council is working with Chief Medical Officer group to advocate for inclusion of pharmacists on medical staff.

National Clinical Pharmacy Specialist (NCPS) Committee now requires outcomes reporting for Anti coagulation, Hypertension, and Diabetes. Please refer to NCPS website for details: https://dcp.psc.gov/osg/pharmacy/ncps_cpaprotocols.aspx. NCPS is also working to expand credentialing to other agencies (Coastguard and ICE).

National Institutes of Health (NIH) <http://www.nih.gov/>

Liaison Officer's Name and Email: CAPT Richard DeCederfelt; rdecederfe@nih.gov

NIH launches human RSV study [Link to full article](#)

In uveitis, bacteria in gut may instruct immune cells to attack the eye [Link to full article](#)

NIH study shows no benefit of omega-3 or other nutritional supplements for cognitive decline [Link to full article](#)

NIH-funded vaccine for West Nile virus enters human clinical trials [Link to full article](#)

Health Resources and Services Administration (HRSA) (<http://www.hrsa.gov>)

Liaison Officer's Name and Email: CAPT Krista Pedley; (kpedley@hrsa.gov)

HRSA awarded \$63.3 million in Affordable Care Act funding to 1,153 health centers in all 50 states, the District of Columbia, and 7 U.S. Territories to recognize health center achievements in providing high quality, comprehensive care. Health centers will use these funds to expand current quality improvement systems and infrastructure, and improve primary care service delivery in the communities they serve. For a list of FY 2015 Quality Improvement Awards recipients, visit: <http://bphc.hrsa.gov/programopportunities/fundingopportunities/qualityimprovement/index.html>.

August 18th marked the 25th anniversary of the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act, the legislation that created the most comprehensive Federal program that provides services exclusively to people living with HIV. To learn more about the 25th anniversary of the Ryan White HIV/AIDS Program, visit <http://hab.hrsa.gov/ryanwhite25>.

HRSA, Office of Pharmacy Affairs issued the proposed 340B Drug Pricing Program Omnibus Guidance for notice and comment on Friday, August 28, 2015 which addressed key policy issues including eligibility and registration of hospitals and outpatient facilities, indi-

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Quarterly Agency Liaison Reports (cont.)

viduals eligible to receive 340B drugs (patient definition), drugs eligible for purchase under the Program, prohibition of duplicate discounts, and manufacturer compliance. The proposed guidance was open for public comment through October 27, 2015.



JOIN OUR MEETINGS



PharmPAC Meetings are held the first Thursday of the month at 2pm EST.
Upcoming meetings will be on:

November 5th, 2015
December 3rd, 2015
January 7th, 2016

Join us for PharmPAC's monthly meetings via teleconference or in person
By Conference Call:

Phone: 855-828-1770 or 301-796-7777
Meeting ID: 746 898 734

Webex: [Here](#)

In Person: FDA White Oak Campus
Bldg 22, room 1419

Join the PHS-Pharmacists Listserv to receive updates and information and stay connected to the PharmPAC:

[Click to Join Now!](#)

Don't Forget our Hashtags!:

#USPHS

#USPHSpharmacy

#USPHSathletics

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<https://community.max.gov/x/AoFKMQ>

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