



PharmPAC Perspectives



Pharmacist Professional Advisory Committee

Summer/Fall 2017

In This Issue

- PAC Chair Message Page 1
- Career Development Page 2
- Community Impact Page 6
- Healthy Lifestyle Page 8
- PHS In Action Page 9
- Recruitment and Outreach Page 9
- Publications Page 9
- PharmPAC Updates Page 10

Section Editors:

CAPT Judy Rose
CDR Cleaveland Brown
CDR Holly Rice
CDR Amy Simon
LCDR Shannon Lowe
LCDR Bic Nguyen
LCDR DeAnne Udby
LT Samantha Gustafson
LT Gayle Tuckett
LT Kimberly Nettles

Final Editor:

CAPT Diem Kieu Ngo

Layout & Design:

CDR Juliet Jordan Joseph

Issue PAC Leads:

LCDR Amy Luo & LT Katherine Fromm

Find Us On Social Media:



THE ONLY CONSTANT IS ...

A large, glowing yellow sign that says "CHANGE" in a stylized font, set against a dark background.

Contributed by LCDR Rodney Waite II

The PharmPAC and its large, extremely valuable collection of volunteers have accomplished a lot this year, and should be proud of their hard work! The PharmPAC's Annual Report, due to come out sometime at the end of December/beginning of January, will have more specifics on our 2016-2017 Operational Year. Meanwhile, I would like to take a few minutes to relate how some of our accomplishments tie into the joint goal of stability and agility. Recently, the PharmPAC finalized a large Standard Operating Procedure (SOP) update. Exciting? Not necessarily to most, but it is critical for a group as large as the PharmPAC to have clear, concise, and accurate procedures. Why? It is the primary mechanism to collate and pass along best practices to new members, allowing the PharmPAC to continue to efficiently provide stability to the Category, CPO, and other stakeholders.

Continued on next page

We strove for it to reflect actual practice, delineating specifics to avoid previous pitfalls, while attempting to introduce "agile" language where appropriate. Our Survey, Metrics, and Annual Report process completed its first successful iteration.

This stable, cyclical process is designed as an annual "course correction" to formalize the agility necessary to maintain relevance. Thanks to the hundreds of responses from you, our Category, the PharmPAC will be able to devise a number of objectives for this coming operational year to continue to improve our activities. Again, thank you for taking the time to respond to the survey request! (If you did not get a chance this year, then rest well knowing that another iteration will occur next operational year).

Case in point, we received a number of comments concerning our Category's CV template. Based on the aired concerns, the Career Development sub-committee organized a large collection of senior officers, with prior Promotion Board experience from a number of Agencies, to reach a consensus on the new CV template issued this last Summer.

This shows how contemporaneous comments (via Survey) can wind their way into a document stable year-over-year (SOP). Of course, we often need to react faster than once a year. Monthly, we try to provide some of the most critical information not generally available elsewhere during the PharmPAC's General Meetings and, by extension, its minutes. This includes the information from the meeting itself, including the newer "PharmPAC Talks" series, the CPO's updates, as well as recurring information following the minutes.

To ensure that the CV template meets the needs of the Category, especially those up for promotion and those serving on the Promotion Board, the PharmPAC's

SOP has been updated to necessitate the inclusion of the applicable stakeholders in future CV update processes. This includes a calendar of upcoming events, our communication channels (listserv, social media, etc.), and our various workgroups, with rosters (good place to look if want to know how to volunteer). We hope that these meetings continue to meet and adapt to your needs. Shorter term, our listservs and social media teams provide information on an almost daily basis. You too can contribute by submitting social media ideas to PharmPAC-SocialMedia-Requests@list.nih.gov and/or using our hashtags (e.g. #USPHSParmacy) on your posts. Soon, my term as Chair will soon be expiring, with CDR Aimee Young then taking the helm. I look forward to serving two more years as a Voting Member. Thanks for a wonderful year!

CAREER DEVELOPMENT

Your CV: Updates and Revisions

*Contributed by LCDR Honeylit Cueco and
LCDR Michelle Locke
Reviewed/Edited by
CDR Cleveland Brown*

Greetings from the Career Development Team! The revised Curriculum Vitae (CV) Guidance Document and Continuing Education (CE) Documentation is now available. The CV Coversheet and CE documentation revisions were developed by a select group of past Promotion Board members, senior officers and workgroup members led by RADM Schweitzer to provide an accurate and consistent message for all pharmacy officers.

Continued on next page



Remember, this document is a guide and we understand that not all items included in the updated CV Coversheet will be able to be incorporated by all officers. You may access these documents on our [Pharmacist Professional Advisory Committee website](#) or on our [PharmPAC MAX Page](#).

The CV Coversheet update allows the officer to tell their story. Your Officer Statement serves as the prologue to your story – it is your self-reflection on how you, the officer, are performing and what impactful accomplishments you have made.

The CV, documents contained in the Electronic Official Personnel File (eOPF) and the Commissioned Officer Effectiveness Report (COER) serve as your story plot – the details. The CV Coversheet is an important component to the story plot as it reflects highlights and accomplishments throughout your career, while your CV body is its reference and contains the details.

Your eOPF fits into your story as another reference source for the information contained in your CV Coversheet, CV body and Promotion Information Report (PIR). In addition, the COER serves as a numerical reference to your performance with stress given to the rating scores and reviewer comments.

Finally, the Reviewing Official Statement (ROS) is your story's editorial – the critique. This is leadership's view and confirmation of you, the officer, and your performance and accomplishments listed throughout both your prologue (OS) and plot (supporting documentation). It is important that the ROS mirrors what is noted in the COER, highlights similar accomplishments that are found in the OS and provides overall validation of submitted promotion documents.

Major changes include:

- Each section within the Coversheet was reviewed for inclusion content, examples and additional clarifications on the intended purpose of that section from a Promotion Board standpoint. We also added the proportion of the total Coversheet each section should take up, based on how the scores for the Promotion Precepts are weighted (refer to the [Pharmacy Benchmarks](#)). For example, the Performance Precept represents 40% of the promotion score and thus the Performance Section should take up roughly 40% of the CV Coversheet.
- Another addition to each section within the new CV Coversheet includes a proposed question that the officer should be able to answer within the content contained in that section.
- The updated CV Coversheet now contains language reflected in the Pharmacy Benchmarks, hyperlinks to additional documents and formatting guidance that may be helpful in drafting your CV.

We hope these documents will help you showcase yourself in the best light possible. Please email LCDR Honeylit Cueco (hkcueco@anthc.org) if you have questions/comments.

Please use the formatting provided by simply overwriting the various sections with your personal content. Remember to follow the submission guidelines, to include the 500-word limit. Since there are already words in this document, you should keep the total word count to less than 650 total words.



Become a Mentor or a Mentee

Contributed by LCDR Andrew Gentles

The Commissioned Corps Pharmacy Mentoring Network (CCPMN) has designed an infographic to highlight the benefits of becoming a mentor or a mentee. Please click on [Mentor or Mentee Benefits](#) to learn more about the program.

Northern Tier Pharmacy Continuing Education Program – Improving Outcomes through Prevention Strategies

*Contributed by LCDR DeAnne L. Udby and
LCDR Matt McClung*

*Reviewed/Edited by LT Samantha Gustafson,
CDR Amy Simon, and CDR Holly Rice*



RADM Schweitzer meeting with the South Dakota Board of Pharmacy and pharmacy leaders in the area.

The Bemidji, Billings, and Great Plains Areas of the Indian Health Service hosted the fourth annual Northern Tier Pharmacy Continuing Education (CE) program for pharmacy staff in April 2017. The Great Plains Area houses 19 service units located in ND, SD, and NE while the Bemidji Area houses 36 service units located in MN, MI, and WI. The Billings Area was represented by two service units this year. Pharmacists and technicians in attendance represented a mix of federal, tribal, and urban facilities, and there was also representation from the FDA and pharmacy students from Minnesota.

The Northern Tier Pharmacy CE program provided a forum for colleagues to learn and collaborate. The event offered nine continuing education unit sessions. Attendees were honored to hear the keynote address given by RADM Pamela Schweitzer, who spoke on strategies for the “Northern Tier Stars” to improve population health and patient access to care.

The Primary Pharmacy Consultant, CAPT Kevin Brooks, was also in attendance to provide leadership updates. Other topics included best practice recommendations and the pharmacy role in public health, while highlighting opportunities for quality clinical programs.



Participants of the 2017 Northern Tier Event in Fargo, ND

RADM Schweitzer’s participation in the event began days before the conference to promote the achievements of the Commissioned Corps and to enhance the pharmacy profession. RADM Schweitzer met with the South Dakota Board of Pharmacy along with other key leaders of Pharmacy, both locally and regionally. This meeting included the two largest health systems in the Dakotas, which facilitated positive dialog among all parties and showcased what PHS officers in the Dakotas

Continued on next page



and Minnesota have accomplished at their respective practice sites.

After the Board of Pharmacy meeting, RADM Schweitzer traveled to South Dakota State University to meet and greet pharmacy students and faculty, take part in a faculty luncheon and round table discussion, tour the new College of Pharmacy building, and provide an inspirational lecture to the PharmD students.

Finally, as part of her early visit to the Northern Tier, RADM Schweitzer visited the Sisseton, SD IHS healthcare facility to tour the facility, meet the staff, and recognize the pharmacy for their local achievements.

Each year, the Northern Tier Pharmacy CE Program has advanced. Since establishment in 2014, the program has increased attendance by 34%, and poster presentation participation has expanded by 71%. A leadership meeting on Friday, an awards ceremony, a physical fitness challenge, mentorship program, and uniform exchange have been added in the subsequent years. In preparation for the new National Clinical Pharmacy Specialist (NCPS) certification, a Tobacco Cessation certification course was held on Sunday.

Future plans include expanding the invitation beyond the Northern Tier, a two-day leadership training for junior officers, and increasing CEUs by extending the program to one and a half days.

The fourth annual Northern Tier Program offered another successful event of leadership, learning, and networking. The event continues to expand each year due to the dedication of pharmacists and technicians across the area. The commitment to excellence was evident and the event was well received by all in attendance.

Board to Death? What Board Certification Means to Me (Part 1)

*Contributed by CDR Susan Alu, PharmD, BCPS, BC-ADM, CPH, NCPS
Reviewed/Edited by LCDR Bic Nguyen*

At times, fearing the appearance of pretention and self-importance in my signature block, I will joke to friends about an unwritten benchmark: "The letters following your name shall be equal to or greater in number than the letters in your name."

The benchmarks say no such thing, of course, but Precept 2 is all about a commitment to continuing education and training. The benchmarks are recommendations, not dictates, and it is up to us, with the assistance of our mentors, to discern the pathways best for both ourselves and our mission.

Achieving board certification is much more than passing a difficult exam. The Candidate's Guide for Board of Pharmacy Specialties points out that certification validates not only advance knowledge, but also *experience*, and the experiential requirements are made clear. To become a Board Certified Pharmacotherapy Specialist (BCPS), I had to complete three years of practice experience with at least 50% of my time in specific pharmacotherapy activities before I was eligible.

When I am asked how I studied, I say that I worked. It was my good fortune to be stationed at Gallup Indian Medical Center early in my career, and every chart (yes, paper chart!) that I opened was an opportunity to find the *best answer* for each patient.

Continued on next page



My focus was not only on whether or not a therapy was safe and appropriate, but was it also the very best option based on the available evidence. Basically, in channeling my energy to provide the caliber of care one expects from a Board Certified pharmacist, I was also working “to raise the physical, mental, social and spiritual health of American Indians and Alaska Natives (AI/AN) to the highest level.” Pursuit of board certification represented an alignment of mission on multiple levels- personal, institutional, agency and Corps!

The screaming, jumping, and general disbelief and exuberance upon opening my results letter were only a beginning. Very shortly after becoming BCPS, I transferred to the Federal Correctional Complex in Butner, NC with the intention of establishing a pharmacy-based diabetes management clinic. Entering a new institution in a new agency, those four letters provided an immediate impression of credibility and capability which smoothed the way for approval of a collaborative practice agreement. Once again, everybody wins!

Maintenance of my BCPS also represents an alignment of mission. Having specialized in the treatment of the incarcerated adult male population for several years now, the intensive, application-based continuing education required for maintenance of BCPS ensures that I am up-to-date on the treatment of all populations- including women and children whom I may care for during deployment.

Only specific CE is approved for maintenance of BPS certifications, and it is amongst the most challenging and high quality I have ever encountered. Over the course of the 7-year certification cycle, I am required to complete 120 hours of this rigorous CE, demonstrating

that *maintenance* of a BPS certification is a genuine commitment to intensive ongoing growth.

So that’s it, right? National certification- check! Moving on to enrollment in a master’s degree program? For some, possibly, but not for me... (stay tuned).

COMMUNITY IMPACT

Pharmacy Officers Volunteer for Heritage Family Day at the Air and Space Museum

*Contributed by CDR Lisa Tung and
CDR Duong (Diane) Nhu
Reviewed/Edited by LT Gayle Tuckett*



Group Photograph of Officers at the Air and Space Museum

From Left to Right: CAPT John Quinn, CDR Daniel Goldstein, LCDR Karen Chaves, LCDR Rebecca Wong, CDR Diane Nhu, CDR Su-Lin Sun, CAPT Jeffrey Tworzanski, LCDR Sandra M. Mathoslah, LCDR Daniel Lee

On 18 March 2017, seventeen PHS pharmacy officers gathered at the Smithsonian’s National Air and Space Museum Steven F. Udvar-Hazy Center in Chantilly, Virginia for the Women in Aviation and Space Family Day Program. This large facility is a companion to the Air and Space Museum on the National Mall.

Continued on next page



The large space allows for the display of thousands of aviation and space artifacts; these include a Lockheed SR-71 Blackbird, a Concorde Passenger jet, and the Space Shuttle Discovery to name just a few items in the collection. This event encourages families to bring their children, especially daughters, to learn more about aviation and the significant contributions women have made despite the many challenges faced throughout history.



*PHS officers interact with museum visitors at the exhibition booth
From Left to Right: CAPT John Quinn, LCDR Mona Patel, CDR Diane Nhu, LCDR Monique Lester, CDR Su-Lin Sun, and CDR Lisa Tung*

As part of the PharmPAC Public Health Work Group, USPHS representatives were amongst one of the 26 booths that featured exhibitions on female aviation, constellation crafts, natural sciences careers, air traffic controllers, and STEM (science, technology, engineering, and mathematics) hands-on activities. Other activities throughout the day included presentations on contributions by women in the fields of aviation and space exploration and featured female pioneers like Amelia Earhart, Sally K. Ride, and Margaret Hamilton. Along with museum visitors, local Girl Scout troops of various age groups participated in the day and took advantage of the talks and materials provided.

The PHS booth focused on healthy eating habits, was staffed by current female officers serving in the PHS, and offered the chance for young children, teens, and adults to learn about PHS opportunities and career choices for the future. Visitors to the booth, especially young children, were invited to complete a simple electronic quiz on the types of healthy food options available on two laptops, while educational materials with recipes, eating smart with MyPlate, keeping fit with physical activities, and PHS career fact sheets were provided for guests to take away. Participants were given a “lei” for completing the quiz, and approximately 1,200 flower necklaces were handed out to young children.

The event allowed for an explanation of common questions including the history and mission of the Commissioned Corps and how to join. The reaction from many of the visitors was genuine interest, and interactions between the PHS volunteers and various groups passing through remained constant throughout the day.

Besides the excited children, many adults also approached the booth to ask questions about the USPHS or just to share personal experiences from other uniformed service branches. This special event afforded us the opportunity to both increase USPHS visibility and educated the public about the USPHS Commissioned Corps. The community impact was widespread as an estimated 10,000 attendees visited the exhibition over the morning and afternoon sessions. All presenters, including USPHS, were provided a private lunch break where we had the chance to meet and network with individuals from other participating organizations informally.

Continued on next page



This was the tenth year USPHS officers participated in the event, and it will continue to be an annual occurrence for the group to exhibit and highlight the benefits of healthy eating and future careers.

HEALTHY LIFESTYLE

White Earth Commissioned Corps Officers Sponsor Steps Competition that Benefits Local Charity

Contributed by LCDR Dena K. Smith

Reviewed/Edited by CAPT Judy Rose, LCDR DeAnne Udby, and LT Kimberly Nettles

The White Earth Service Unit has a newly formed Commissioned Officers group which meets every other month to improve camaraderie, share knowledge of policy change, increase public visibility through participation in community events, and to promote a healthy physically active lifestyle. In order to accomplish these goals, LCDR Dena Smith and LCDR DeAnne Udby coordinated a four-week steps (physical activity) competition for the White Earth Service Unit staff.

The group used this competition as an opportunity to give back to the local community in conjunction with promoting visibility of Commissioned Corps Officers. In place of a registration fee, participants in the steps competition voluntarily made free will donations to the White Earth Kids Caring Store.

The White Earth Kids Caring Store is a White Earth Reservation community store where families earn points by getting immunizations, well checks, and prenatal visits, and can exchange points for items from

the Kids Caring Store such as diapers, wipes, laundry soap, etc.

The four-week steps competition included a display in the main clinic lobby and weekly e-mail updates for participants. The display included information on physical activity benefits, ways to incorporate physical activity into daily life, physical activity recommendations for all ages, steps walking map for the service unit, information on the American Heart Association's Move More in April/National Walking Day initiative and Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities, and a step count goal which was updated weekly. Handouts geared towards elders, adults, and children/adolescents were available with the display.

Twenty-four participants signed up for the steps competition and 20 participants completed the competition. Each participant who completed the competition was provided a certificate of completion to boost staff appreciation and camaraderie.



From Left to Right: LCDR Phil Gorz, CDR Jack Mohr, LCDR Jessica Anderson, LCDR DeAnne Udby, Jenna Burt

Continued on next page



The group logged 4,083,674 steps and ~\$125 in donations was raised. The donations were used to purchase supplies for “birthday boxes” which included everything needed to celebrate a birthday; coordinating tablecloth, napkins, plates, Happy Birthday banner, cake mix, frosting, candles, balloons, and a game or gift. The WESU CC Officers group was excited to donate 15 birthday boxes to the White Earth Kids Caring Store.

PHS IN ACTION



ASPR is Assistant Secretary for Preparedness and Response Agency. Top Picture - LCDR Long T. Pham (Former National Clinical Pharmacy Consultant in ASPR) and Bottom Picture - LCDR Christopher Le (Laboratory Director in ASPR) gave lectures to over 450 National Disaster Medical System (NDMS) and USPHS Deployment Team members who were supporting the 2017 Presidential Inauguration and other major deployments.

RECRUITMENT AND OUTREACH

Top Student Award Recipients

New this year for the USPHS Excellence in Public Health Pharmacy Award was the announcement of the top student award recipients, which ASHP shared in their Faculty Advisor Newsletter. The information will also be posted on the [PharmPAC Website](#) on a yearly basis.

PUBLICATIONS

Bott AM, Schaber A. Quantify the effectiveness of CSTDs via wipe sampling. *Pharmacy Purchasing and Products*. 2017;14(2):S1-2.

Bott A M, Fahrenbruch R, Gilmore S, Kintzel P, Markham R. Dose rounding of biologic and cytotoxic anticancer agents: A position statement of the Hematology/Oncology Pharmacy Association. 2017. National Comprehensive Cancer Network. <<https://www.nccn.org/professionals/OrderTemplates/PDF/HOPA.pdf>>.

Duvivier H, Gustafson S, Greutman M, et al. Indian Health Service pharmacists engaged in opioid safety initiatives and expanding access to naloxone. *Journal of the American Pharmacist Association*, 2017; 57(2):S135-S140.

Kirchoff M C, Pierson J F. Considerations for use of investigational drugs in public health emergencies. *Therapeutic Innovation & Regulatory Science*, 2016; 51(2):146-152.

Aberman J. True leader know it's better to be part of the parade than walk at the head of it. *The Washington Post*. Aug. 2017. <https://www.washingtonpost.com/news/capital-business/wp/2017/08/28/true-leaders-know-its-better-to-be-part-of-the-parade-than-walk-at-the-head-of-it/?utm_term=.f8615c77a13b>



PHARMPAC UPDATES

Process for Requesting PharmPAC Social Media Postings

Contributed by CAPT Diem-Kieu Ngo

Did you know posting content and photos to the PharmPAC social media sites is as easy as sending an email? It's true! USPHS officers can now request PharmPAC social media postings on Facebook, Instagram, and Twitter by sending an email to: PHARMPAC-SOCIALMEDIA-REQUESTS@LIST.NIH.GOV.

What should you include?

- 1) Information about you (rank, first and last name, email, and telephone number)
- 2) What you want to post (we love photos!)
- 3) Where you want it posted (Facebook, Instagram, Twitter, or a combination)
- 4) When you want it posted (if you don't care, just ignore this)

...And don't forget to keep using our USPHS hashtags!
#USPHS, #USPHSPharmacy, #PHSAthletics

Questions?

Use the same address to reach the PharmPAC Social Media Workgroup Co-Leads: CAPT Diem-Kieu Ngo and LCDR Lindsay Wagner at: PHARMPAC-SOCIALMEDIA-REQUESTS@LIST.NIH.GOV.

Corrections

In the Spring 2017 issue of the *PharmPAC Perspectives*, CDR Kelly Ngan's rank was incorrectly listed as LCDR throughout the newsletter. We sincerely apologize for the error.

J
O
I
N
O
U
R
M
E
E
T
I
N
G
S

PharmPAC meetings are held on the first Thursday of the month at 1:00pm EST. Please join us via teleconference, in person or on WebEx.

By Conference Call:

Phone: 301-796-7777
 or 855-828-1770

Meeting ID: 744 614 379

Meeting Password: 123456

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

WebEx link:

<https://fda.webex.com/fda/j.php?MTID=m6abb0bee5a5ba28250d8161648f18b0a> (subject to change)

This newsletter has been provided by the PharmPAC Communications Subcommittee. For more information on how to contribute to future editions, please contact the Co-Leads:

- LCDR Amy Luo**
Amy.Luo@ihs.gov
- LCDR Steven Rodgers**
Steven.RodgersMark.Iseri@ihs.gov
- CAPT Diem-Kieu Ngo**
Diem.Ngo@fda.hhs.gov
- Dr. MaryJo Zunic**
MaryJo.Zunic@ihs.gov

For PharmPAC information and updates, **join the PHS Listserv** by clicking [here](#) and hitting the "subscribe" button on the far right corner of the webpage.

Any opinions or thoughts presented in the PharmPAC Perspectives are solely those of the author and do not represent the U.S. Public Health Service (USPHS), United States Department of Health and Human Services (HHS), or any other

