

November /
December 2012

Fall Issue

Gulf Coast Society of Health -System Pharmacists



Has your contact
information changed?
Please send all changes to
gcsHP.membership@gmail.com

Inside this issue:

President's Report	1
Calendar of Events	2
Membership Update Board Announcements	3
Student Section	4
National Hospital and Health System Week	7

Important links:

Follow us!
[Twitter](#) and [Facebook](#)



President's Report Rodney Cox, PharmD, MS

"It's The Most Wonderful Time of the Year!" - One of the true holiday classics recorded by Andy Williams in 1963 and composed by Edward Pola and George Wyle.

The song itself celebrates the coming together of family, friends and comrades for the holiday season to

exchange warm greetings and well wishes. It's the best way I can describe the most recent and upcoming months for GCSHP and Health System Pharmacy as a whole.

Over the past few months we've hosted several educational luncheons and dinner seminars bringing together new and "seasoned" members alike. In October we paused to acknowledge and highlight the contributions of pharmacists and technicians through National Hospital and Health-System Pharmacy Week. In this month's newsletter we spotlight some of those celebrations hosted by our membership. In November, we helped to promote growth and professional development by sponsoring one of the largest gatherings of pharmacy students and residency programs in Texas through our partnership with the University of Houston's Residency Showcase. In December, we gathered together with the help of ASHP for the largest meeting of health system pharmacists and technicians worldwide with this year's Midyear Clinical Meeting in Las Vegas. In January 2013, we will welcome fresh ideas and new leadership to GCSHP through elections.

With so much energy, movement, and so many opportunities for growth and fellowship available throughout our various practice settings during this time of the year, it's a great time to reflect, recharge and recommit to the profession. With that said, this newsletter is a celebration of you, our members, and all you do to support our hospitals and health systems and to push our profession forward.

From the entire GCSHP Board - thanks for your contributions, and thanks for allowing us the opportunity to represent you.

Have a safe, happy and "Most Wonderful" Holiday!

Rodney



Advertise with TSHP at www.tsHP.org

The TSHP job board is custom tailored for the Health System Pharmacists industry.

Visit TSHP online and post your Health System Pharmacists jobs today!

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Schedule of Events

- October 21-27, 2012
National Hospital & Health-Systems Pharmacy Week
- October 23, 2012
National Pharmacy Technician Day
- November 4, 2012
UH Residency Showcase
- November 11, 2012
Veteran's Day
- November 22, 2012
Thanksgiving Day
- December 2-6, 2012
ASHP Midyear Clinical Meeting
- December 25, 2012
Christmas Day
- December 31, 2012
New Year's Eve

November 2012

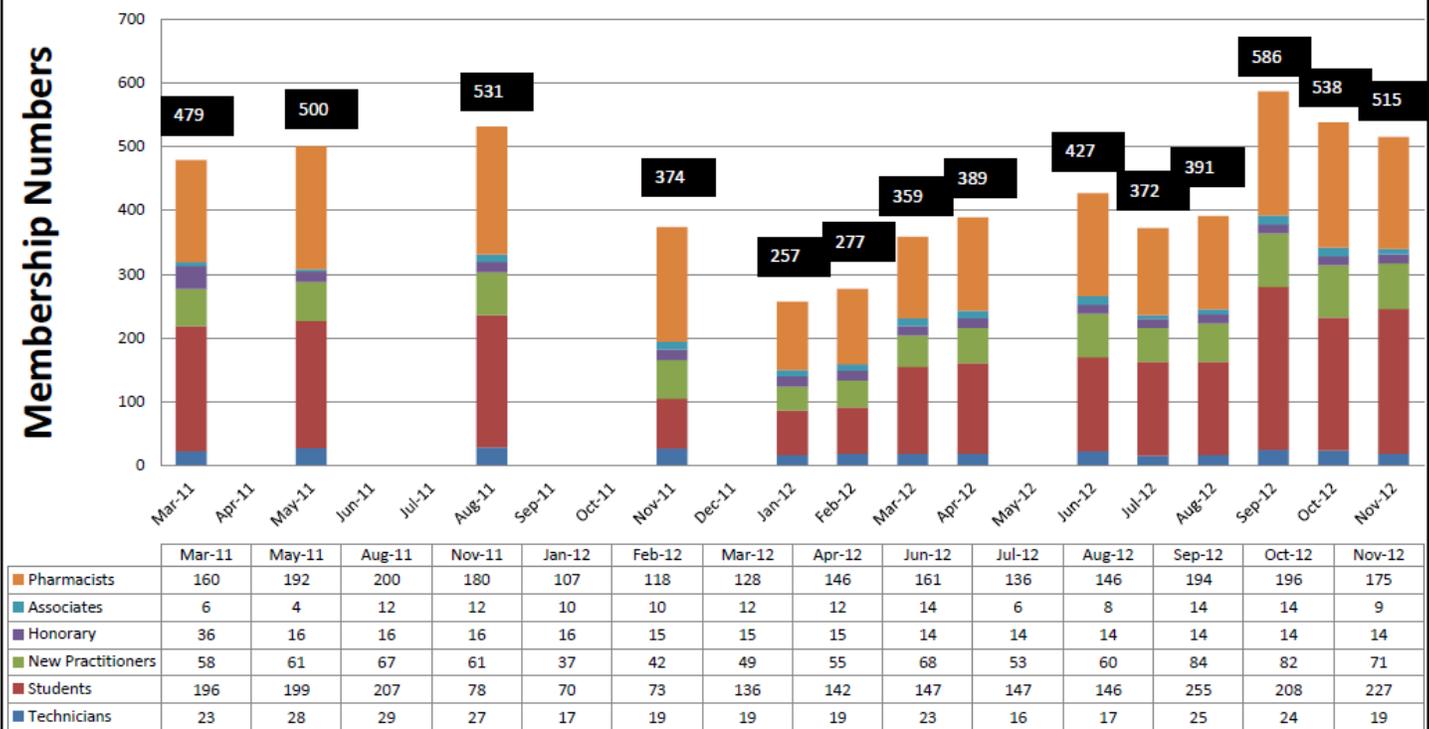
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>						

Membership Update

Linda Haines, PharmD, MS – GCSHP Membership Secretary

Please help contribute to our growth by spreading the word about GCSHP to your friends and colleagues. Non-members can easily become members via the TSHP/GCSHP application process found on TSHP's website (<http://www.tshp.org>). Any additional questions regarding membership can be sent to GCSHP.membership@gmail.com.

GCSHP Membership Trends 2011-2012



GCSHP Board Announcements

2012 GCSHP Officer Elections

The GCSHP Leadership Board is issuing a call for nominations for 2013 GCSHP Officer Elections.

The positions of **President-Elect (2013-2015)**, **Director (2013-2015)** and **Membership Secretary (2013-2015)** will be selected by GCSHP membership via ballot after the nominations deadline. The Committee is requesting for individuals to nominate themselves or colleagues for any one of the offices. Please note that nominees must be members of TSHP/GCSHP.

Descriptions of each position can be found in the GCSHP Bylaws at the below link:

http://www.gcshptx.org/uploads/2/8/9/7/2897278/gcshp_constitution_and_bylaws.pdf

If interested, please e-mail gcshp.membership@gmail.com and include supporting comments for each nomination.

The deadline for nominations is **January 31st, 2013**.



Continued on page 6

**S
T
U
D
E
N
T
S
E
C
T
I
O
N****Texas Southern University SSHP
Osita Okafor, President**

We hope everyone is having a great semester.

In October, TSU SSHP had its first signature event, a Curriculum Vitae (CV) Writing Workshop with Dr. Todd Canada, during which he explained the importance of a CV and how to create one. Additionally, our Clinical Skills Competition turned out to be a great success this year with 15 teams registered to compete!

We had our last signature event of the year, the TSU SSHP Residency Seminar with Kappa Psi Pharmaceutical Fraternity Inc. targeting our P1 and P2 students. We had several clinical pharmacists, including faculty members and alumni discuss their residency background, what they did to set themselves apart in obtaining a residency, and where they currently practice. We also had a presentation on residency programs and their benefits as a future practitioner. We wish all the pharmacy students in Texas the best and safe travels attending this year's Midyear Clinical Meeting in Las Vegas.

**University of Houston SSHP
Amy Lehnert, President**

Greetings from UH-SSHP!

As this semester draws to a close, our chapter is finishing up our last few meetings, and gearing up for Midyear and the Christmas holidays. Over the last 8 weeks, our chapter hasn't lost steam as we've hosted and participated in several great events, and planning is already underway for more to come in the spring semester!

Late in September, we were fortunate enough to have a record-breaking number of applicants for our Antibiotic Awareness and Medication Safety Co-Chairs – twenty-eight total! We were quite proud to welcome Nancy Mai and Katy Dycus (Antibiotic Awareness Co-Chairs) as well as Greg Alquiza and Alyssa DeMassey (Medication Safety Co-Chairs) to our officer team.

In October, we participated in our first-ever American Kidney Action Day, with SSHP members performing blood pressure readings and glucose screenings for over 250 people as part of an event sponsored by the American Kidney Fund. Additionally, in the spirit of elections this fall, we've begun incorporating advocacy and legislative updates into our main campus meetings this semester; we've emphasized current legislation and voting resources, and participated in a college-wide letter writing campaign attempting to unite the various voices of pharmacy, as well as focus our efforts efficiently as our representatives and senators return to session this spring.

Also in October, we honored the winning teams for our Clinical Skills Competition, held in September. Out of 58 total teams, ranging from P1s – P4s, our Convention Chairs announced Melanie Laine and Amy Lehnert as the P3/P4 category winners; and Tara Molina and Erin Chartier as the P1/P2 category winners! Teams earning Honorable Mention include: Twisha Patel and Ashton Stinnette; Jessica Preston and Rachael Bedard; and Leah Rickert and Jennifer Kelm in the P3/P4 category, as well as Zachary Kirk and Greg Alquiza in the P1/P2 category. Melanie and I are honored to represent our school at the upcoming Clinical Skills Competition at Midyear!

Starting on October 21st, our chapter celebrated National Hospital and Health-System Pharmacy Week by hosting a Brown Bag Medication Review at the AHEPA Retirement Community in Houston, where students counseled residents on their current medications, emphasized the importance of medication adherence, and identified potential medication issues with the residents. We extend our sincerest thanks to our two preceptors, Dr. Jessica Cottreau and Dr. Matthew Wanat, for dedicating their time that afternoon in working with students and overseeing counseling/verifying interventions. Later that week, on behalf of our school and our chapter, we presented the TSHP Educator Excellence Award to Dr. Anne Tucker for her support of and dedication to the profession, and her passion for helping students.

From November 12-16th, our chapter also promoted the Center for Disease Control (CDC) "Get Smart About Antibiotics Week" – a one week observance of antibiotic resistance and appropriate use. Throughout the week, members used social media to post daily updates and spread awareness digitally. We reached out to the UH undergraduate community by distributing brochures regarding the inappropriate use of antibiotics for the common cold or flu, and finished up the week with a presentation to 2nd graders at a local elementary school where we interactively taught proper hand-washing techniques through the use of fluorescent liquid and a black light – the children loved it!

Finally, we would like to extend our sincerest gratitude to the Gulf Coast Society of Health-System Pharmacists (GCSHP) for their yearly financial and professional support to pharmacy students in the Houston-Galveston Area. Once again this year, our UH SSHP Advisor, Dr. Paige Pitman, successfully organized the TMC Residency Showcase held on November 2nd – this event was fully sponsored by GCSHP, and with more than 30 residency programs and over 275 students from 8 different colleges of pharmacy in present, it had record attendance!

On behalf of UH-SSHP, we wish all students and practitioners a safe and successful end to this year, and a joyful holiday season.

Has your contact

information changed?

Please send all changes to

gcsHP.membership@gmail.com

Novel Weight Loss Medication in the Treatment of Obesity

Vy Pham, Pharm.D. Candidate
Texas Southern University
College of Pharmacy & Health Sciences

Obesity is a serious chronic medical condition that affects 35.7% of the total United States adult population¹. It is associated with various comorbidities, such as cardiovascular disease, certain types of cancer, and other causes that increases mortality and morbidity. According to the Centers for Disease Control and Prevention (CDC), obesity-attributable medical cost in 2008 was \$147 billion¹. The first-line approach in the treatment of obesity is through lifestyle modification. However, when lifestyle modification alone is not sufficient in treating obesity, adjunctive therapy may be considered.

On July 17, 2012, the FDA approved Qsymia® (phentermine and topiramate CR) as a weight-management agent used in combination with exercise and a low-calorie diet. This medication is for use in obese adults (BMI \geq 30) or overweight adults (BMI of $>$ 27) who have at least one weight-related condition such as type II diabetes, dyslipidemia, or hypertension. Qsymia® contains phentermine, a sympathomimetic amine anorectic, and topiramate, an antiepileptic agent. The exact mechanism of phentermine is unknown; however, the proposed pharmacologic activity is possibly mediated by the release of norepinephrine in the hypothalamus, thus resulting in a decrease in appetite and food consumption². Topiramate suppresses appetite and enhances satiety by augmenting the activity of gamma-aminobutyrate acid activity, modulating the voltage-dependent sodium ion channels, antagonizing AMPA/kainite excitatory glutamate receptors, and/or inhibiting carbonic anhydrase².

The EQUIP and CONQUER trials both evaluated the safety and efficacy of Qsymia® as it relates to weight loss and metabolic improvements during a 56-week period. The EQUIP trial used a randomized controlled study design that involved men and women with class II and III obesity (BMI \geq 35 kg/m²), in which they assigned these patients to

one of the three groups: placebo plus reduced-energy diet, PHEN/TPM CR 3.75/23 mg plus reduced-energy diet, or PHEN/TPM CR 15/92 mg plus reduced-energy diet. The CONQUER trial used a randomized controlled study design to assign 2487 patients to either placebo, PHEN/TPM CR 7.5/46 mg, or PHEN/TPM CR 15/92 mg. The primary efficacy outcomes measured in both trials were baseline body weight reduction and the number of patients that achieved at least 5% of weight loss. In EQUIP trial, placebo patients achieved a 1.6% reduction in baseline body weight and 17.3% of these patients achieved at least a 5% weight loss; 3.75/23 group achieved 5.1% and 44.9% respectively; and the 15/92 group achieved 10.9% and 66.7% respectively. In CONQUER trial, changes in body weight for placebo, 7.5/46 group, and 15/92 group were -1.4 kg, -8.1 kg, and -10.2 kg respectively. 21% of placebo patients, 62% of 7.5/46 patients, and 70% of 15/92 patients achieved at least a 5% weight loss. Metabolic improvements were seen in the 15/92 group for both EQUIP and CONQUER trials. The most common adverse effects are dry mouth, constipation, paresthesia, dysgeusia, insomnia, and dizziness^{3,4}. However, no evidence of serious adverse events was induced by this medication^{3,4}.

The SEQUEL trial evaluated the long-term safety and efficacy of Qsymia®. They used a randomized controlled, double-blind, 52-week extension study design to compare placebo to PHEN/TPM CR 7.5/46 and 15/92. This study concluded that PHEN/TPM CR along with lifestyle modification is an effective treatment for obesity⁵.

All three trials considered the same primary safety and efficacy outcomes and had consistent results. There are weight-management agents out in the market; however, additional medical treatment options are a priority in order to avoid surgery.

References:

1. Obesity and Overweight. Centers for Disease Control and Prevention Web Site. 2012. Available at: <http://www.cdc.gov/obesity/data/adult.html>. Updated August 2012. Accessed 23, 2012.
2. Lexi-Comp Online™, Hudson, Ohio: Lexi-

(GCSHP Board Announcements —continued from page 3)

New Board Members Appointed

The GCSHP Board is pleased to announce the following appointments to the GCSHP Board. We welcome them to the team!



Member at Large—Christopher V. Bui, PharmD

Christopher V. Bui, PharmD is originally from Seattle, Washington, received his Doctorate of Pharmacy Degree from the University of the Incarnate Word – Feik School of Pharmacy in San Antonio, Texas. During his time in pharmacy school, he served in leadership roles in the Student Society of Health-System Pharmacist (SSHP), the American Pharmacists Association (APhA), the Student National Pharmaceutical Association (SNPhA), and Phi Delta Chi – Professional Pharmacy Fraternity. Christopher is currently completing the PGY1 Pharmacy Practice Residency at Memorial Hermann – Texas Medical Center.



Interim Director—Richard M. Cadle, PharmD, BCPS, FASHP

Richard M. Cadle, PharmD, BCPS, FASHP is the Pharmacy Practice (PGY1) and Infectious Disease (PGY2) Residency Director and the Clinical Pharmacy Manager at the Houston VA. He received his PharmD from the University of the Pacific College of Pharmacy in Stockton, California and then went on to complete a pharmacy practice residency at the VA Medical Center in Phoenix, Arizona. He serves on the HIV team and the Infection Control Committee. Dr. Cadle is also involved in many investigator initiated research protocols, and serves on the manuscript review board for the Annals of Pharmacotherapy and the American Journal of Health-System Pharmacy. He is an Assistant Professor of Medicine at Baylor College of Medicine. He is also a clinical assistant/associate professor at University of Texas, University of Houston, and Texas A&M Colleges of Pharmacy. He is an active member of Gulf Coast Society of Health-Systems Pharmacists and past president.



Technician Section Chair —Penny Smith, CPhT

Penny Smith, CPhT has over 20 years experience in health-system pharmacy. She has worked as a Lead Technician in the Pharmacy IT Department at Memorial Hermann. She currently serves as Pharmacy Supervisor for Revenue & Automation at Memorial Hermann. In this role she is responsible for maintenance of the pharmacy formulary and has oversight of the pharmacy charge master development, charge capture and revenue metrics within the system strategies and budgets. Penny manages the centralized packaging center and is responsible for the installation of all automated medication dispensing machines. She also implements best practice for these devices.

(Pham —continued from page 5)

Comp, Inc. Accessed on August 23, 2012.

3. Allison DB, Gadde KM, Garvey WT, et al. Controlled-Release Phentermine/Topiramate in Severely Obese Adults: A Randomized Controlled Trial (EQUIP). *Obesity* 2011; 20:330-342.
4. Gadde KM, Allison DB, Ryan DH, et al. Effects of low-dose, controlled-release, phentermine plus topiramate combination on weight and associated comorbidities in overweight and obese adults (CONQUER): a randomized, placebo-controlled, phase 3 trial. *Lancet* 2011; 377:1341-1352.

Garvey WT, Ryan DH, Look M, et al. Two-year sustained weight loss and metabolic benefits with controlled-release phentermine/topiramate in obese and overweight adults (SEQUEL): a randomized, placebo-controlled, phase 3 extension study. *Am J Clin Nutr* 2012; 95:297-308.

Keep up with the latest GCSHP news!

Twitter: <http://twitter.com/gcshp>

Facebook: <https://www.facebook.com/?sk=welcome#!/pages/Gulf-Coast-Society-of-Health-System-Pharmacists/120640954707538>



**Moving Pharmacy Forward:
A Capital Idea!**

**TSHP 2013 Annual Seminar
April 26 - 28, 2013
Austin, Texas
Learn more at www.tshp.org**

Celebrating our Profession

National Hospital and Health-System Week
October 21-27, 2012

Memorial Hermann – Joyce Tipton, RPh, MBA, FASHP

The Memorial Hermann Memorial City Department of Pharmacy celebration included a collaborative painting project! The department worked together on one large collaborative painting, composed of four individual canvases. On Friday, the four canvases were put together to reveal the final masterpiece. Great fun, great team-building, and art for display!



University of Texas Medical Branch (UTMB) – Jazmine Okuboyejo, PharmD

UTMB pharmacists celebrated National Hospital and Health-Systems Pharmacy Week by participating in ASHP's Just Ask! Campaign. Pharmacy residents Jazmine and Rosa man the information table. The pharmacy staff at UTMB take a moment to celebrate the occasion.



Harris Health System – Mike George, PharmD, BCPS

At Harris Health System, our pharmacists and their interns provided health fairs to patients and visitors. Flyers were available for topics on how to dispose of medications safely and how to avoid accidental poisoning with medications. During the health fairs, pharmacists administered over 300 vaccinations throughout the week. To celebrate our staff, drawings were held, with pharmacists, residents and technicians throughout the system winning various prizes.



The Methodist Hospital – Patrick Birney, PharmD

The Methodist Hospital celebrated Pharmacy Week in style, holding a T-shirt design competition in the weeks leading up to Pharmacy Week. During the week, Pharmacy Team members enjoyed meals together and reached out to patients, visitors, and other healthcare providers, hosting an informational table in the hospital's main lobby. Pharmacists and residents spoke with patients and family members about a number of topics, including proper use of antibiotics and disposal of unused medications. Physicians and nurses learned about the variety of services available from the Pharmacy Department.

University of Houston – Amy Lehnert, PharmD Student

At the University of Houston College of Pharmacy, we celebrated National Hospital & Health-System Pharmacy Week with a Brown Bag Medication Review at AHEPA Retirement Community in Houston, Texas. We also awarded our annual Educator Excellence Award, on behalf of the TSHP Student Section Executive Committee, to Dr. Anne Tucker.



We hope you had a fantastic time during
National Hospital and Health System Week!

We recognize and are thankful for the contributions that you all, as our pharmacists and pharmacy technicians, make to enhance patient care in our hospitals and our community.



We want to hear from you!

The GCSHP Newsletter is published quarterly. If you have an article submission, contribution, or if you'd like to contribute to the Day in the Life Section, please submit your information to Ogechi Eshleman at Ogechi.Eshleman@harrishealth.org

Happy New Year!

Office/Position	Name	Contact Information	Reason to Contact
President	Rodney Cox	Rodney.Cox@Memorialhermann.org	
President-Elect	Brian Fase	Brian.Fase@va.gov	
Immediate-Past President	Monica Green	Monica.Green@harrishealth.org	
Directors	Ali-Reza Shah-Mohammadi Todd Canada Richard Cadle	A.Reza.Shah@gmail.com tcanada@mdanderson.org Cadle.richardmark@va.gov	Annual Seminar Annual Seminar
Recording Secretary	Malar Narayanan	Malarvizhi.Narayanan@memorialhermann.org	
Treasurer	Jennifer Nguyen	jennifer.nguyen@va.gov	Payment inquiries
Membership Secretary	Linda Haines	gcsHP.membership@gmail.com	Membership status Address change
Communication Council	Ogechi Eshleman	Ogechi.Eshleman@harrishealth.org	Newsletter article submission
Education Council	Caren Hughes Katy Hanzelka Toale	CarenHughes@creighton.edu Khanzelka@mdanderson.org	Continuing education events or credit
New Practitioner Liaison	Christopher Loucks	cloucks@tmhs.org	New practitioner questions
Professional and Legal Affairs	Open	Open	
Technician Section	Penny Smith	Penny.Smith@memorialhermann.org	Technician membership
Student Section—TSU	Osita Okafor	ositaokafor892@yahoo.com	Student membership
Student Section—UH	Amy Lehnert	alvanalstyne@uh.edu	Student membership
Members-at-Large	Douglas Rasmussen Christopher Bui	drasmussen@completerx.com Christopher.Bui@memorialhermann.org	Annual Seminar
Industry Representative	Albert Lai	Al.Lai@us.astellas.com	

Make the Connection!

ASHP Connect is an extensive online community for ASHP members to share their ideas as well as network with peers from across the country all in the comfort of their home or on the go.



Connect today at <http://connect.ashp.org/Home/>