

THE IPRN NEWS

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The IPRN News is available online!

We will provide a forum to keep you updated on IPRN in Iowa.

Happy New Year!

I hope your holidays were filled with joy and happiness. My wish for you is that this year ahead fulfills your dreams and hopes, brings you closer to friends and family and gives purpose to your life. My wish is also that this year brings the IPRN program new purpose, new goals and continues to bring our colleagues, friends and family into recovery. It is an exciting time for IPRN. As we celebrate 25 years of assisting pharmacy professionals in Iowa, I hope to look back and thank all of those volunteers that have brought us this far. Thanks so much!

Thank you to all the volunteers!

IPRN Anniversary

IPRN has its roots in the PAPI program (Pharmacists Aiding Pharmacists in Iowa). The PAPI program began in 1981. In 1997 the name was changed to IPRN (Iowa Pharmacy Recovery Network) to better represent all of the pharmacists, student pharmacists and pharmacy technicians that IPRN serves.

In this issue I have included excerpts from the 2005 Inaugural Address given by Eugene Lutz, R.Ph., FAPhA in Orlando titled "A Purpose Driven Profession" (from APhAnet.org). I hope in this year we can re-dedicate ourselves to our "calling" of assisting Pharmacy professionals in Iowa. We will continue our educational programs on the diseases that cause impairment, refine our professionalism, continue "taking responsibility for our actions" and collaborating with others. We will continue to redefine our "mission".

We have had many "heroes" who have led by example and taught us the importance of commitment though the years. IPRN is grateful for all of those who have given so much to its cause. If you know anyone who would like to share their experience with PAPI or IPRN, please let us know.

We are committed to excellence.

A Purpose Driven Profession

Improving Medication Use. Advancing Patient Care.

Excerpts from APhA Orlando 2005 Inaugural Address
Eugene M. Lutz, R.Ph., FAPhA 2005-06 APhA President

***“I am only one,
but still I am one.
I cannot do
everything, but
still I can do
something, And
because I cannot
do everything I
will not refuse to
do the something
that I can do.”***

***Edward Everett
Hale***

***A professional
hero is a positive
role model.***

***“Give to us clear
vision that we may
know where to
stand and what to
stand for –
because, unless we
stand for
something, we
shall fall for
anything.”***
Peter Marshall

Our profession must agree upon, and take responsibility for, what its purpose is and individual pharmacists must see their profession as a “calling”, not just a good paying job. Pharmacy needs to become a *purpose driven profession.*

Preparation - Educating Ourselves We *must* find better ways to imbue students and their teachers with a sense of *purpose*. APhA’s Executive Vice President Dr. John Gans told the University of Illinois at Chicago College of Pharmacy’s 2003 graduates “Don’t let over confidence about your ability compromise your care for patients. Always remember there is more to know, and you will learn much of it from your patients themselves.”

Professionalism The dictionary defines a professional as “one who engages in a learned vocation” and profession as “a vocation that requires learning rather than work with the hands”. I define professionalism as “taking responsibility for your actions”! The motto of Winston Churchill was “the price of greatness is responsibility.” Bob Osterhaus, in his Remington Medal address said, “If it’s not good for the patient, it’s not good for the profession.” We must be committed to “doing the right thing”.

Leadership You provide leadership when you set a good example. Dennis Worthen, in his address to the APhA-ASP General Session in Seattle last year, talked about professional heroes: “A professional hero is a positive role model. Heroes stick to principles. Heroes are someone with a vision of what the profession needs to be and the courage and conviction to make it be: the vision to see new possibilities and the conviction to make it work even in the face of opposition or indifference. Heroes accept the consequences of being a leader, a leader who can take on the hard task of breaking with the past in order to build the future.”

Collaboration - Cooperating with Others Pharmacists in Iowa have been performing “medication management” in the Iowa Medicaid “Pharmaceutical Case Management” program that pays pharmacists and physicians for collaborating in the care of their respective patients. Medicare Part D provides not only for payment of medications, but also payment for “Medication Therapy Management Services (MTMS)”. We are collaborating with payers to change our role and help our patients.

Mission Author Peter Marshall once wrote, “Give to us clear vision that we may know where to stand and what to stand for – because, unless we stand for something, we shall fall for anything.” Do we have the ‘vision’ to accomplish this goal? Are *you* willing to take on this *Mission* and become *Purpose Driven* for your profession?

THIS THEN IS MY CHALLENGE TO YOU – Be a professional hero! I’ll leave you with a quote that Max Eggleston used in his 1969 Outgoing APhA President’s Address. He quoted Edward Everett Hale who wrote, “*I am only one, but still I am one. I cannot do everything, but still I can do something, And because I cannot do everything I will not refuse to do the something that I can do.*” Each of us can do *something!* I urge you to do what you can to help create and maintain a *purpose driven profession...*

University of Utah School Programs

www.uuhsc.utah.edu/uas

Pharmacy Section Mentoring Program

Pharmacists that have previously attended the Utah School and are willing to serve as Mentors for new attendees, please e-mail Charlie Broussard (BroussardC@aol.com) by June 1, 2006

Pharmacy Section Student Ambassadors

Student Pharmacists that have previously attended the Utah School and would like to be considered to serve as Student Ambassadors for new attendees, please email Marcie Bough (MBough@APhAnet.org) by May 1, 2006.

APhA University of Utah School Scholarship Fund

The APhA Foundation has established a Scholarship Fund for the University of Utah School on Alcoholism and Other Drug Dependencies through their Academy of Pharmacy Practice and Management, Addiction Practitioner Interest Group in memory of Ronald L. Williams, a 30 year APhA staff member. Ron Williams also devoted his untiring attention to improve the health and careers of pharmacists who suffered from alcohol and chemical dependencies.

Scholarship(s) (full and/or partial) will be offered annually to student pharmacists who want to attend the Utah School.

If you would like to make a donation to the scholarship fund, the contributions are fully tax deductible.

Contributions should be made to the APhA Foundation accompanied by a note designating the contribution to the Ronald L. Williams Memorial Fund for the University of Utah School on Alcoholism and other Drug Dependencies.

**Contributions should be mailed to the:
(please note "Williams Fund" on the check)**

**APhA Foundation
2215 Constitution Avenue NW
Washington, DC 20037**

Contributions can also be made online or by phone by contacting Annual Fund and Planned Giving Associate, Jennifer Rumbaugh at 202-429-7565.

For more information go to:

http://www.aphafoundation.org/Get_Involved/RWilliamsFund.htm

Give back to the Utah school and share your experience.

Plan on attending the University of Utah School on Alcoholism and Other Drug Dependencies this summer!

A hearty "Thank You!" to all the faithful volunteers with PAPI and IPRN for our 25 years.

The Pyramid of Addiction

Dave Marley, Pharm.D. Former Executive Director North Carolina P.R.N.

The disease of addiction can be described as a pyramid of risk factors which include heredity, environment, and the use of psychoactive drugs. The specific combination of all three in a given individual can lead to addiction, if a person reaches their individual threshold of all three risk factors.

Of the three risk factors involved, heredity is something we have no control over. However, just having the “compulsivity gene,” does not mean that one will always become an addict. You also need a level of environmental stress, and the use of psychoactive drugs.

Environmental stress varies from person to person. Being exposed to environmental stress such as child abuse, incest, or domestic violence, especially at a young age, can change brain chemistry, and make a person more likely to use drugs. Certain professions such as pharmacy and others are considered high stress jobs, thereby increasing a given individual’s chances of reaching their addiction threshold.

Heredity and stress are meaningless unless the individual actually uses drugs. Therefore, looking at addiction as a pyramid of risk factors, you can have a number of scenarios in which addiction can occur.

For example, a person could have extremely low genetic susceptibility, high stress, a minimal drug use (even from a valid prescription), and become addicted if they have crossed their addiction threshold.

Conversely, an individual with high genetic risk, low stress, and minimal drug use can also become addicted. Finally, someone with little genetic risk, low stress, but uses large amounts of drugs can also become an addict.

These risk factors are important, especially for health care professionals. While heredity is a constant in the equation of addiction, environmental stress is not, and according to almost every health care trade journal in publication, job stress is on the rise. Combine high stress with ready access to drugs, and you have the perfect incubator for addiction.

Dr. Doug Talbott, MD has been quoted as saying “addiction is as much an occupational hazard to health care workers, as black lung is to coal miners.” When you consider the environmental stress and access to drugs, one can truly appreciate Dr. Talbott’s statement.

The implications are for the development of more “non-traditional” addicts. People who, because of unmanageable stress levels, start self medicating later in life. We are however, not without solutions to this problem. The professions have responded with Impaired Practitioner Peer Review Organizations. The various state and national professional associations are also taking a good hard look at quality of workplace issues.

As an individual, you can assess your family history and consider your current stress level. If you are feeling overwhelmed, contact a counselor before you feel the need to start treating your situation with the use of drugs. Pharmacists instead of being immune to addiction, are actually at much higher risk for developing this deadly disease.

Please feel free to call IPRN if you need assistance, need information or need help with an intervention.

We can help!

You can find this article and more information on addiction at www.usaprn.org.

Mercy Medical Center - Iowa City Impaired Professional Program

Assessment • Referral • Follow-up

Our mission is to provide assessment, referral, and follow-up to professionals and their families with substance abuse, mental health, and/or physical disorders causing impairment in their lives.

Dr. Rick Hauser presented information on the new Impaired Professional Program at Mercy Medical Center in Iowa City.

Many barriers to recovery exist for professionals who are struggling with their own alcohol or substance abuse. These barriers begin with the internal world of addiction and often extend to the family, profession, and community.

The Impaired Professional Program at Mercy Iowa City recognizes these difficulties and provides a structured approach to assessment, referral, and follow-up for individuals struggling with substance abuse, mental health, dual diagnosis, and/or physical disorders causing impairment in their lives.

The impaired individual may be any professional whose work requires board licensure—physicians, nurses, lawyers, accountants, pharmacists, and others. We also work with those in the safety and transportation professions, teachers, corporate executives and those in high-stress, high-profile, or sensitive positions. The private, confidential nature of our program helps the patient focus first on recovery—and then plan for the future.

Many barriers to recovery exist for professionals who are struggling with their own alcohol or substance abuse.

Our comprehensive hospital-based approach consists of:

- Identification of the problem and the impairment, including complete medical, psychiatric, and psychological assessments in an inpatient setting
- Referral if needed for further treatment
- Ongoing follow-up in an outpatient setting
- Recognizing the importance of family members, we involve them and provide support to them as well.

The critical step of follow-up includes weekly individual and group therapy and overall direction of care. Follow-up also includes communication with referral agencies, employers, and the appropriate licensing boards—which appreciate the efficiency of working with a single point of contact. We also monitor psychotropic medications and provide continuing treatment of dual disorders. We strongly support the 12-step program and have a local Caduceus group ready to provide support for our program participants.

IPRN does not endorse one organization or company over any other.

Mercy's Impaired Professional Program is set in 4 North, a 19-bed mental health unit at the hospital. It is an open unit with a warm and relaxed atmosphere.

For more information, please call Mercy On Call at 319-358-2767 or toll free at 800-358-2767.

The Big Book of Alcoholics Anonymous can be found online at www.recoveryzone.org

Other Links: Alcoholics Anonymous www.aa.org

Narcotics Anonymous www.na.org

If you know anyone who would like to receive this newsletter just email and we will add them to the mailing list. Otherwise, feel free to pass the news along.

Working with Others

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends -- this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

From Chapter 7, Big Book of Alcoholics Anonymous

Volunteers are always welcome.

IPRN Goals

- **Provide recovery assistance**
- **Identify and approach the impaired pharmacist, pharmacy technician, or pharmacy student with their problem;**
- **Recommend facilities for evaluation and referral;**
- **Persuade the pharmacy professional to enter appropriate treatment; and**
- **Monitor the pharmacy professional's rehabilitation and reentry into the profession.**

IPRN

Providing direction as a confidential resource

Providing support through caring volunteers

Providing education about impairment

Contact IPRN at:

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