

THE IPRN NEWS

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Happy New Year!

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We celebrated our 25th year of assisting pharmacy professionals in Iowa.

The Iowa Pharmacy Recovery Network would like to wish you a great holiday season and a very "Happy New Year!"

IPRN also wishes to thank all of you who helped or participated in IPRN this past year. We appreciate our volunteers and our student pharmacists that keep the programs at our colleges going. We are so proud of all of you!

This past year had a number of milestones which we are very proud of. We celebrated our 25th year of assisting pharmacy professionals in Iowa. We are looking forward to our continued success and growth in the years to come.

Our newsletter celebrated a one year birthday this year. The IPRN News has become a beacon for information on recovery in the pharmacy profession and for keeping us all connected. We hope to continue to be an example of excellence.

IPRN has had a 24 hour hot-line for over a year and continues to take calls from persons needing help or information. We have updated our Volunteer Procedures Manual and our reporting forms. We have continued to step up our program.

IPRN sent 5 students and a faculty advisor to the School on Alcoholism and Drug Dependencies this past year. We hope to again support this excellent resource.

IPRN has stepped up its volunteer recruiting efforts and have brought a number of new advocates on board. We continue to connect people needing assistance with trained volunteers that can help.

In this issue we have updates from both of our colleges. We are so grateful for those who are bringing education on recovery for pharmacy professionals into our schools.

So we wish to say "Thank You" to all of you! And may each and every one of you have a very "Happy New Year"!

We are committed to excellence!

The Drake PRN Program

Drake has coordinated its efforts with IPRN through our unified student organization, the Drake Pharmacy Unified Group of Students (DRxUGS).

Drake's pharmacy program has taken the approach of advocacy and education in efforts with IPRN.

In July, we had three students, Kayla Hatt, Molly Henry, and Han Nguyen, participate in the mountain-top experience otherwise known as the University of Utah School on Alcoholism and Chemical Dependency. These students have shared some of their experiences and the impact of the program with the IPRN readers in recent newsletters.

In November, the attendees of the University of Utah summer program gave a presentation to the organization. An informational power point presentation was given followed by a mock intervention similar to one seen at the school this summer. Students were very receptive to the program and many indicated interested in attending this coming year.

Programming is provided to inform students of the prevalence and risk in an honest, frank, and meaningful format.

Spring semester programming includes plans to have a recovering pharmacist speak to the student body about his/her experiences.

In addition to the student activities, course offerings have also added to the education of our students. Our first year pre-pharmacy students participate in an educational small group program through their orientation class. In addition to general statistics about alcohol use across the country and at Drake, these students wear 'impaired goggles' and attempt to walk a straight line, as well as explore web sites with information about alcohol and drug use.

IPRN has maintained a 24-hour, toll-free hotline. Calls made to the hotline included individuals needing help and concerned others.

Along with required course work on alcohol education, professional program students have the opportunity to enroll in a Drugs & Society course that covers alcohol and drug use issues in our society.

Drake's pharmacy program has taken the approach of advocacy and education in efforts with IPRN. Programming is provided to inform students of the prevalence and risk in an honest, frank, and meaningful format.

***The toll free number is:
(877) 890-IPRN***

We have additional plans for the spring semester and look forward to more students becoming involved with IPRN at the state and local levels.

A hearty "Thank You" to Drake's Student Pharmacists!

**"...we tried to carry this message to alcoholics, and to practice these principles in all our affairs."
A.A.'s TWELVE STEPS AND TWELVE TRADITIONS, page 106.**

Charlie Broussard, pharmacist and friend of pharmacy professionals in recovery, has a website at www.usaprn.org to keep us all connected.

Thanks Charlie for all that you do!!!

We are looking for people who would have an interest in this issue, who would like to give back to our profession in a unique and exciting way, have opinions that they would like to share or just have an interest in serving our profession.

Our goal possibly will be to develop a human resource policy that can be used when dealing with impaired pharmacy professionals.

Student Pharmacist Help

If you are a Student Pharmacist in need of help, or currently participate in or wish to become involved in the planning, implementation, or strengthening of campus-level programs to help Student Pharmacists whose competence to perform their responsibilities has become impaired due to chemical dependency or other causes, visit your state's Pharmacist Recovery Network web page. The web page can be found at www.usaprn.org by clicking on State PRN Information. "Friends of those in Recovery" from your school (Faculty & Counselors) might be listed there. If not, those that are listed will know of a contact person at your school. If there is no one listed e-mail me at: BroussardC@aol.com and I will get you in touch with someone who can help.

THERE IS HELP - YOU ARE NOT ALONE !!!!!!!

Impaired Pharmacy Professional Policy Task Force

The Iowa Pharmacy Recovery Network is in the process of putting together an impaired pharmacy professional policy task force. We are in the planning stages but hope to begin early next year. When dealing with impairment we have noticed a great discrepancy between pharmacies and health care entities on how they deal with impairment of pharmacy professionals. There seems to be no continuity even within the same organizations. We have noticed that each case has particulars that seem to just be random when dealing with impairment. We want to look at where there are policies in place, what these policies are and what policies work. Are there other policies that would work? Our goal possibly will be to develop a human resource policy that can be used when dealing with impaired pharmacy professionals. The objectives and scope of our duties will be determined by the task force. We are looking for people who would have an interest in this issue, who would like to give back to our profession in a unique and exciting way, have opinions that they would like to share or just have an interest in serving our profession. We hope to have representation from IPRN, IPA, the Board, both colleges, a national pharmacy chain, a small pharmacy chain, an independent pharmacy, a Health-System pharmacy, Human Resources Personnel, lawyers from The State of Iowa Attorney General Office or from pharmacies in the state and pharmacists, student pharmacists and technicians in recovery.

If you would like to participate or just have input for us, please contact Bruce Alexander at Bruce.Alexander@va.gov or Emily Dykstra at emily@proheights.com or IPRN at 1-877-890-4776.

You can make a difference!

It really helped college of pharmacy students put a face to addiction and allowed them to relate to addiction on a personal level.

IPRN

Providing direction as a confidential resource

Providing support through caring volunteers

Providing education about impairment

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

We can help!

U-IPRN

UIPRN has really grown over the past year. Our membership has grown to about 35 students, and we have increased our efforts to become more visible within the college and educate students about substance abuse.

Our Soup and Substance series was very successful last year, so we have continued that series this year.

In August, UIPRN vice-president Heather Heit gave a presentation to students about her University of Utah experience. Several new members have since shown interest in traveling to Utah next June.

In September, Officer Brad Allison from the University Department of Public Safety brought fatal vision goggles to the college. These goggles simulate impairment and are available for students to try, along with a field sobriety test.

In October, in conjunction with American Pharmacists' Month, a recovering pharmacist came to tell their story of addiction. It really helped college of pharmacy students put a face to addiction and allowed them to relate to addiction on a personal level. This has actually been a tradition for several years, pre-dating the Soup and Substance Series.

In November, UIPRN brought Chris Akers to the college. Chris is an Iowa City police officer who has also done some work for the DEA. His presentation educates students about methamphetamine and the impacts of the new pseudoephedrine law. This was the second year for this presentation, and it has been very popular—complete with pictures of methamphetamine labs.

We are looking forward to next semester and hope to continue the growth of our organization. Happy Holidays!

A hearty "Thank You" to the U-PRN Student Pharmacists!

The Iowa Pharmacy Association

The Iowa Pharmacy Association has been very supportive of IPRN throughout the years. They have helped with education, sharing resources, coordinating and hosting our meetings and allowing us a booth at the annual EXPO. IPRN has also been able to have a number of articles in "The Journal of the Iowa Pharmacy Association" which has increased awareness of recovery in the pharmacy profession. In the next issue of "The Journal" we will have an article on the celebration of our 25th Anniversary along with some of the history that was shared at our banquet. We are excited to continue to share what IPRN is doing in Iowa. We are proud of our pharmacy association and how they have been such an integral part of our organization. Thanks so much!

Work is made easy with many hands!

Pharmacy Technicians in Recovery

It is our position that pharmacy technicians should be given the same opportunities that other pharmacy professionals are given.

IPRN was able to assist him with advocacy and monitoring.

The Iowa Pharmacy Recovery Network is always in need of caring volunteers throughout the State of Iowa. The profession needs you to make a difference!

The Iowa Pharmacy Recovery Network has included pharmacy technicians in its program for many years. Iowa's recovery network is found in Iowa Code "657 IAC Chapter IMPAIRED PHARMACY PROFESSIONAL AND TECHNICIAN RECOVERY PROGRAM." Our technicians are registered with the state board and subject to the same disciplinary measures that other pharmacy professionals are subject to. As technician duties have increase, their training and education has also increased. They have many of the same liabilities as pharmacists. They also contribute 10% of their licensing fees to the program.

Many time pharmacy technicians are just relieved of their duties and are left without a position due to their impairments. Sometimes they choose to let go of their professions rather than continue. In many states there is not a recovery program for technicians. Even here, they are not made aware that there is a program for recovery that includes technicians in the pharmacy profession. It is our position that pharmacy technicians should be given the same opportunities that other pharmacy professionals are given.

When speaking with other states that do not include pharmacy technicians in their recovery programs, there are many excuses. They cite the possible over-whelming of the program due to the number of pharmacy technicians. Many believe pharmacy technicians would not participate and would rather give up their positions. They state that technicians have not invested as much in their professions as pharmacists have. We do not believe that any of these reasons bears merit.

Recently a pharmacy technician came to IPRN. He had been in recovery for over a year and had just come to hear about our program. He needed advocacy with his employer and assistance with his board issues. He did not know there was anywhere to turn.

This young man was arrested on a night out in which he had blacked out and was driving. These were serious charges which he had to face. He had been a 20 year employee with the chain he was working for so you could not say he wasn't vested in his profession. He had many years of training and education. He had a wife and family to support. He did not want to give up his position.

IPRN was able to assist him with advocacy and monitoring. He approached the board and was reinstated with an order to participate in our monitoring program. He has since been reinstated to his position. And there is one more resource for recovery within the pharmacy profession.

Advocate for pharmacy technicians!

The Utah School on Alcoholism and Other Drug Dependencies June 24 – 29, 2007

To help pharmacy professionals whose competence to perform their responsibilities has become impaired due to chemical dependency or other causes by assisting them in finding treatment, ongoing recovery and reentry into the practice of pharmacy or their pharmacy education

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.

Also, if you wish to be removed from the email list, please let me know. Thanks!

Mark your calendars for next year's session of the Utah School. The school is an excellent resource for education on impairment and recovery in the pharmacy profession. Note that the University has found it necessary to change the week of the School for 2007. Normally it would be held the third week of June. The 2007 School will be held the fourth week instead. The change is the result of Hurricane Katrina. Rotary Club International was schedule to meet in New Orleans the third week in June 2007 and in Salt Lake City June 2009. Because of Katrina, Salt Lake City will host Rotary in 2007 and New Orleans in 2009.

A summary of the school's objectives:

- A. To serve as an introductory or refresher course on chemical dependency and explain its acceptance in the medical profession as a disease**
- B. Explain pharmacology and pathophysiology of addiction**
- C. To provide a networking opportunity and information, motivation and guidance for pharmacy professionals who currently participate in or wish to become involved in the planning, implementation, or strengthening of state-level and campus-level programs**
- D. Summarize the legal and ethical implications of addiction**
- E. State strategies and techniques to assist recovering abusers re-enter the pharmacy profession and recommend ways to monitor them and help them avoid relapse**
- F. Develop an understanding of the use and abuse of alcohol and other drugs on college campuses and the importance of assisting impaired students**
- G. Design intervention strategies and techniques to help others break through the denial of chemical dependency through lecture and role-play sessions**
- H. Demonstrate treatment and counseling techniques while experiencing a live group therapy session with actual patients**
- I. Describe and participate in 12-step programs and other programs available to assist those who want to be free from chemical dependency**
- J. Analyze the importance of spirituality in recovery**
- K. Name the unique problems of pain management in recovering addicts**
- L. Justify the importance of self-care in order to succeed in a helping profession**

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