

THE IPRN NEWS

IOWARECOVERY.ORG

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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.

IPRN March Report

The Iowa Pharmacy Recovery Network gives reports to the Iowa Board of Pharmacy on our program and an autonomous report on clients at each board meeting. This is the report for March.

"It has been an exciting time for IPRN. We have been celebrating our 25th Anniversary by continuing our promotion of IPRN. Our newsletter has been getting positive feedback. Both colleges of Pharmacy have very active programs and we are looking at sending a number of students to the University of Utah School on Alcoholism and Drug Dependencies this summer.

We are participating in a study by one of our Pharm.D. students to compare outcomes for pharmacy professionals in recovery involved in programs throughout the United States. We have been contacting all the PRN programs and getting positive participants willing to be involved in the study. We have been in contact with a number of states that have no program so hopefully through our study we may make an impact on these states. We hope to continue as an example for others in fighting the diseases that cause impairment.

For my report on clients...we are in a great growth period having 3 contracts signed this past month. We were able to get a couple of clients who were disenfranchised connected this month. I have had contact with all of the clients on contract this month. I had the joy of running into one of our clients unexpectedly. There are no accidents! I will be meeting another client today.

We are working on getting a new advocate to work with one of our clients. We are planning to have him start as a co-advocate with one of our trained advocates. We have 17 active clients and all are current on their contracts.

This month will be our quarterly reports. I am continuing to put information on our EMR making information readily accessible. I am excited by the positive feedback that has been received and look forward to continuing our work".

Thank you for all the positive feedback!

Drake University News

Education of alcohol issues begins during the first semester at Drake University.

Chronic alcohol usage is also covered, particularly its prevalence in the pharmacy profession, where oftentimes a 'paradox of familiarity' exists.

4 million - - If these "college beer cans" were stacked end-to-end upon each other, the stack would reach the moon and go 70,000 miles beyond.

Education of alcohol issues begins during the first semester at Drake University. During the first semester of the pre-pharmacy Deans Hour orientation course series, students meet in the Osco computer lab in groups of 25 to cover information regarding key statistics on alcohol usage and abuse, what to do in an event of acute alcohol poisoning, discussion of the College's Chemical Dependency Policy, and compare the effects of various blood alcohol levels. Students are asked the following questions related to national and Drake statistics

What percent of college students drop out of the university because of alcohol-related reasons? *28%*

What is the average annual beer consumption by American college students? *4 million - - If these "college beer cans" were stacked end-to-end upon each other, the stack would reach the moon and go 70,000 miles beyond.*

How many college students are binge drinkers (5+ drinks in one sitting)? *More than half!*

Questions are also asked of the students based on a 2004 alcohol usage study done at Drake. With the national statistics as well as the Drake information, many students are surprised at the prevalence of alcohol use and dollars expended.

Basic information is then covered (some of which is a review to information learned in high school) as to the physiological effects of alcohol, the impact of the blood alcohol level, and when drinking can turn deadly in the event of acute alcohol poisoning. The students are then taught what they need to do in an emergency when they come upon someone in the residence halls, or have a friend that may be suffering from alcohol poisoning, stressing the 'better safe than sorry' philosophy. Chronic alcohol usage is also covered, particularly its prevalence in the pharmacy profession, where oftentimes a 'paradox of familiarity' exists.

Drake's Alcohol Policy as well as the key points from the College's Chemical Dependency Policy are discussed. Points of the Chemical Dependency Policy that are emphasized include:

- **The policy exists to protect students and get help if it is needed.**
- **Students must self-report all violations involving alcohol to the Deans Office.**
- **If a pattern of behavior exists or a student has an incident that could signal a problem, s/he is referred for an evaluation by the Associate Dean.**
- **If treatment is needed, then the student may enter into the IPRN program.**

Once this information is covered with the students, they are

"Thank You, thank you, thank you!"

To all the faithful volunteers for our 25 years.

Plan on attending The "Utah School" June 18-23 in Salt Lake City, Utah!

Both the U of I and Drake have active PRN committees. We are planning to have a number of students attend the Utah School.

split in half, with one group going into the hallway to 'walk the line' wearing the fatal vision goggles. Watching each other try to high five and walk a straight line can be entertaining and an interesting challenge for those attempting to do it. Students are reminded that these goggles only replicate the vision changes, not the mental changes that occur under the influence of alcohol. The other group explores the quizzes, interactive sites, and information posted at <http://www.factsontap.org>. After all of the students in the first group have experienced the Fatal Vision goggles, the students change locations so that everyone has a chance to wear the goggles and visit the pharmacy web sites. Following the group activities, students reflect on their experiences during the session and at Drake since they began. In addition, they sign the chemical dependency policy agreement, which is kept on file in the Deans Office.

Submitted by: Renae Chesnut, Associate Dean for Academic and Student Affairs

Program adapted from a presentation that Sandy Dirks, Assistant Professor, created for Drake students.

University of Utah School on Alcoholism and Other Drug Dependencies

SPONSORED BY

The American Pharmacists Association (APhA) and the APhA Academy of Student Pharmacists (APhA-ASP).

PLANNED FOR: Persons who are planning or who are currently active in state-level pharmacist recovery programs; for state and national pharmacy association executives; for state board of pharmacy officials; for pharmacists in managerial positions; for college faculty and administrators; for student pharmacists; for leaders in firms and organizations that employ pharmacist; for pharmacy technicians; for pharmacist-related employee assistance program personnel; and for individuals who are concerned about alcoholism and other drug dependencies among their colleagues.

OBJECTIVES: To serve as an introductory or refresher course and a networking opportunity and to provide information, motivation and guidance for pharmacists or student pharmacists who currently participate in or wish to become involved in the planning, implementation, or strengthening of state-level and campus-level programs to help pharmacists or student pharmacists 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.

Start planning on attending the Utah School today!

University of Iowa Pharmacy Recovery Network

***"You may be only one person in the world, but you may also be the world to one person."
Unknown***

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.

UI-PRN is the College of Pharmacy's branch of the Iowa Pharmacy Recovery Network (IPRN). IPRN is designed to help pharmacy professionals who have some form of impairment to identify their problem, enter a treatment program, and provide monitoring during the recovery process.

Some members of UI-PRN have attended the "Utah School" to gain additional background on the disease of addiction and the treatment and recovery process. This program has enabled students to listen to the stories of other pharmacy and health professionals who have battled the disease of addiction and to learn how to effectively help someone in need.

"Attending the University of Utah's program on alcoholism and drug dependency has allowed me to understand addiction, and realize that there are many options available to intervene and treat the disease of addiction."

"My 'Utah Experience' was a very eye-opening experience. I really didn't know what to expect going into it, but I was completely impressed with the program and can't say enough great things about it. I think I felt every emotion that is humanly possible. Everyone I met there was incredibly nice and willing to go out of their way to help a stranger in need of a friend. All of the speakers were fantastic...so many great messages to give to educate about this terrible disease of addiction and to share their personal story of triumph over addiction. I would love to go back to the school again at some point and hopefully many future students are able to get the same 'experience' that I think everyone I went with had! It is an amazing place ...I can see why it is referred to as 'the Utah experience'! It was wonderful getting to know those who have experienced addiction and those who are there to help. I'll never forget some of the people and experiences I had there."

"Utah was an eye opening experience that really educated me about substance abuse and introduced me to real people with the disease. I think the Utah experience will help us to be more aware of the realities of substance abuse in our profession and able to advocate for those it affects- it could even be one of us someday. I feel better prepared to recognize and handle a situation with a family member, friend, or coworker."

"Utah school really opened my eyes to a world that I had only heard about. I have a whole new understanding and appreciation for those who have overcome their personal struggles."

Get the most from the "Utah Experience".

Managers & Preventing Drug Abuse

By Danielle Dresden, Feature Writer

Published: 1/6/2002 Pharmacy Week Vol. XI - Issue 1

It's a pharmacy manager's challenge to keep people headed in the right direction, while meeting all their other responsibilities.

In sobriety circles, some say the addict is one who answered their spiritual calling by going to the wrong address.

It's a pharmacy manager's challenge to keep people headed in the right direction, while meeting all their other responsibilities.

Prevention, as usual, is cheaper than remediation. Managers who'd like to prevent substance abuse could take action against workplace stress first.

Dave Marley, Pharm. D. and Executive Director of the North Carolina Pharmacist Recovery Network, said environmental stress is a major component of drug addiction. Combined with genetic predisposition and access to drugs, environmental stress is part of the "Triangle of Addiction," which varies with individuals and reveals our vulnerability to addiction.

Companies can reduce environmental stress by being more sensitive and allowing work breaks, Marley said. Factors in the pharmacy environment that increase the risk of addiction include working more than 40 hours a week and high volume stores.

Marley also identified factors which protect pharmacists from addiction; including helpful coping mechanisms, the ability to talk about stressful situations, a well-balanced life and a spiritual focus. You're a manager, not a therapist, but small stress-busters can have a major impact. Susan, a pharmacist in recovery from drug addiction, said "One of my wishes has come true. That is a 1/2 hour lunch break is mandatory in this state."

Make sure your employees know about opportunities for help.

You're also not a detective, but observing employees can give you early warning about problems. One expert said the pharmacist who is always volunteering to open and/or close the pharmacy could be using the time alone to divert drugs.

Make sure your employees know about opportunities for help. "A Pharmacist Recovery Network (PRN) of some type is available in 48 states in the U.S.," Marley said.

Unfortunately, sometimes people who really need these services aren't thinking clearly enough to use them. "At the height of my days of abuse I didn't know of any program to help me within my company and I didn't want to stick around," Susan said. "I'm sure they do have some program in place, but I was too frightened."

Here's where you can make a difference as a manager. Keep recovery information in front of your staff. Make it clear that while addictive behavior will not be tolerated in the workplace, addiction itself is a disease and treatment for impaired pharmacists is available.

The IPRN News is available online! If you know someone who would like to receive the News please let us know!

Marley said PRNs work on the basis of confidential referrals. The PRN contacts suspected abusers and tells them they have 48 hours to come in for assessment of a potential problem. Evaluation, diagnosis and treatment recommendations follow.

It may feel uncomfortable for you and your staff to "snitch" on a colleague. However, Susan said her technician's phone call to a confidential hotline probably saved her life.

And it could help someone find their way towards the right address.

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.
-Thomas Edison-

RecoveryIowa.org seeks to organize a grassroots effort to reduce the stigma attached to those in recovery from substance abuse addiction.

<http://www.recoveryiowa.org/>

For more information on IPRN go the Iowa Pharmacy Association website at <http://iarx.org> and click on resources.

Meetings Info

The Licensee Support Group meetings in Omaha are held at 9am on Sundays and 7pm on Tuesdays in the Heritage Room at Methodist Hospital in Omaha (84th and Dodge St area). Go in the South tower, take the elevators to 2, then follow signs to the cafeteria. Heritage room is a private dining room near the cafeteria; directional signs are posted. The only requirement is to be a health professional (or one formerly credentialed as same) or a health professional student in recovery (otherwise, it is a closed meeting).

Central Iowa Caduceus Recovery Group meetings in Des Moines are held at 6 p.m. on Mondays at the Iowa Lutheran Hospital 4th floor conference room. It is a group of medical, health care and other professionals that have had or are having trouble with addiction and may be having trouble with their respective licensing boards. It is a mutual support group that shares and discusses such issues as licensing, board issues, difficulties in practice, malpractice, insurance reimbursement, patient care issues, etc. that may be problematic to share in AA meeting open to the general public.

April 30, 2006: 7th Annual Conference on Chemical Dependency in the Profession of Pharmacy
Clarion Dublin Hotel
600 Metro Place North
Dublin, Ohio 43017
Contact: Raleigh "Butch" Smith. R.Ph. 614 764 2200
rsmit65@columbus.rr.com

October 6,7, & 8, 2006- 15th Annual Heartland PRN Conference
Doubletree Guest Suites Hotel
2111 Butterfield Road
Downers Grove, Illinois
Sponsored by the Illinois Pharmacy Foundation and Rush Behavioral Health Center
Contact: Wally Cross 312 563 3602
[Wallace J Cross@Rush.edu](mailto:Wallace_J_Cross@Rush.edu)

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