

THE IPRN NEWS

IOWARECOVERY.ORG

VOLUME 2 ISSUE 4
APRIL 2006

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Heartland Pharmacy Recovery Network

The Heartland Pharmacy Recovery Network is composed of the pharmacy recovery networks in the mid-western central United States. These recovery networks provide support systems and peer review to pharmacy professionals recovering from impairment due to substance abuse problems, mental illness or physical difficulty. Heartland was set up in the late 1980s by pharmacists involved in their state programs who wanted to have an annual meeting.

Heartland holds an annual conference in a different state every year. Iowa has hosted the conference a few times and it has been a great experience. This year's meeting will be held in Downers Grove, Illinois. Heartland brings together people who are interested in their state programs, volunteers and pharmacy professionals. It provides a forum to discuss ideas and information. It provides an opportunity for networking with other state programs and other pharmacy professionals. It provides continuing education credits. On the outskirts, there will be an International Pharmacist Anonymous meeting which everyone is invited to attend.

The three-day weekend meeting is coordinated by the hosting state's recovery network and is open to all pharmacists, pharmacy professionals and interested persons. Since its first annual meeting in Overland, Kansas in 1992, the Heartland Pharmacy Recovery Network has become focused on fellowship, support and education for pharmacy professionals. This year is the 15th annual meeting.

15th Annual Heartland PRN Conference

October 6, 7, & 8, 2006

Doubletree Guest Suites Hotel

Doubletree Conference Center

2111 Butterfield Road

Downers Grove, Illinois

Sponsored By the Illinois Pharmacy Foundation and Rush Behavioral Health Center Contact person: Wally Cross 312-563-3602 Email: Wallace_J_Cross@Rush.edu

Plan on attending the Heartland Conference this fall!

You will find meetings of International Pharmacists Anonymous on the outskirts of most pharmacy conferences.

International Doctors in Alcoholics Anonymous welcomes pharmacists as members. Join today!

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.

International Pharmacists Anonymous

International Pharmacists Anonymous is a Fellowship of pharmacists in recovery who share their experience, strength and hope with each other that they may solve their common problems and help others in their recovery from addictive disease. IPA is not a substitute for other basic 12 Step mutual self-help groups; each IPA member needs a solid base in one or more of them. IPA is a supplement and a way to share the special problems of recovery in our profession. We share with newly recovering pharmacists who feel isolated, unique, unworthy and hopeless that there is hope. The only requirement for membership is a desire to find and maintain recovery. There are no dues or fees for IPA membership; we are self-supporting through our own contributions. IPA is not allied with any sect, denomination, political group, organization or institution, does not wish to engage in any controversy and neither endorses nor opposes any causes. Our primary purpose is to help members maintain recovery and help other pharmacists and pharmacy students to achieve recovery. International Pharmacists Anonymous is available online at <http://mywebpages.comcast.net/ipa/ipapage.htm>.

International Doctors in Alcoholics Anonymous

IDAA is a group of approximately 4700 recovering health care professionals of doctorate level who help one another achieve and maintain sobriety from addictions.

IDAA strongly supports mainstream AA as the basis for everyone's recovery program and that needs to be first and foremost. We are not terminally unique! However, specific issues do arise for Healthcare professionals and impaired doctors that are hard to deal with in regular AA meetings. Many of these issues are explored in the safe environment of the IDAA annual meetings and in the online list groups on this website. There are no dues or fees for membership, just the desire to stay sober and off mood-altering drugs.

The IDAA website found at <http://www.IDAA.org> provides information and resources for prospective and current members along with their family and friends -- information on the organization and links to other resources for recovery. The IDAA Help Line is a network of volunteer contacts available to doctors seeking another doctor to talk with about their alcohol and/or drugs problems. These doctor contacts also will help IDAA members find meetings when visiting in the local area. The IDAA invites pharmacists to join as members. This is an evolving effort, please come back frequently and stay involved with your recovering community.

There is a solution...

DSM Criteria For Alcoholism Changes

The criteria for abuse in DSM-IV were expanded to include drinking despite recurrent social, interpersonal, and legal problems as a result of alcohol use.

DSM-III included alcohol abuse and dependence in the category "substance use disorders" rather than as subsets of personality disorders.

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

Researchers and clinicians in the United States rely on the DSM diagnostic criteria. The evolution of diagnostic criteria for behavioral disorders involving alcohol reached a turning point in 1980 with the publication of the Diagnostic and Statistical Manual of Mental Disorders, Third Edition. In DSM-III, for the first time, the term "alcoholism" was dropped in favor of two distinct categories labeled "alcohol abuse" and "alcohol dependence". In a further break from the past, DSM-III included alcohol abuse and dependence in the category "substance use disorders" rather than as subsets of personality disorders.

The DSM was revised again in 1987. In DSM-III-R, the category of dependence was expanded to include some criteria that in DSM-III were considered symptoms of abuse. For example, the DSM-III-R described dependence as including both physiological symptoms, such as tolerance and withdrawal, and behavioral symptoms, such as impaired control over drinking. In DSM-III-R, abuse became a residual category for diagnosing those who never met the criteria for dependence, but who drank despite alcohol-related physical, social, psychological, or occupational problems, or who drank in dangerous situations, such as in conjunction with driving. This conceptualization allowed the clinician to classify meaningful aspects of a patient's behavior even when that behavior was not clearly associated with dependence.

The DSM was revised again in 1994 and was published as the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV). The section on substance-related disorders was revised in a coordinated effort involving a group of researchers and clinicians as well as a multitude of advisers representing the fields of psychiatry, psychology, and the addictions. The latest edition of the DSM represents the culmination of their years of reviewing the literature; analyzing data sets; conducting field trials of two potential versions of DSM-IV; communicating the results of these processes; and reaching consensus on the criteria to be included in the new edition.

DSM-IV, like its predecessors, includes non-overlapping criteria for dependence and abuse. However, in a departure from earlier editions, DSM-IV provides for the sub-typing of dependence based on the presence or absence of tolerance and withdrawal. The criteria for abuse in DSM-IV were expanded to include drinking despite recurrent social, interpersonal, and legal problems as a result of alcohol use. In addition, DSM-IV highlights the fact that symptoms of certain disorders, such as anxiety or depression, may be related to an individual's use of alcohol or other drugs.

Addiction Treatment Forum

Information, Research, and News for the Addiction Treatment Field Since 1992.

The Addiction Treatment Forum is a website that was recommended by one of our colleagues and is a great resource on addiction treatment.

IPRN

- *Providing direction as a confidential resource*
- *Providing support through caring volunteers*
- *Providing education about impairment*

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

Addiction Treatment Forum has reported on substance abuse and addiction therapies, research, news, and events of interest to both healthcare professionals and patients since 1992. Although many treatment options and healthcare topics of concern are regularly discussed, an important focus is on methadone maintenance for opioid-addiction treatment.

This website features extensive resources, such as: current and past issues of *AT Forum* newsletters, special research reports, FAQs, regularly updated news, notices of upcoming events, and much more. Visit the various sections under the tabs above or use the search feature to find what you need.

See the buttons on the left for new additions to this site and to sign our guest book, provide feedback, or register for e-mail notifications of when this site is updated. Also, please respond to our current reader survey: your responses can be anonymous and results will be reported in an upcoming edition of *AT Forum*.

AT Forum readers interested in pain and its treatment should visit our affiliate website, *Pain Treatment Topix*, at Pain-Topix.com. This is a non-commercial, open-access resource for healthcare professionals. It provides evidence-based clinical news, information, research, and education on the causes and treatment of pain, including acute, chronic, and terminal (end-of-life) pain conditions. A special section examines the interface of pain and addiction.

Stewart B. Leavitt, MA, PhD, Editor

Addiction Treatment Forum and ATForum.com are funded by an educational grant from Tyco/Healthcare/Mallinckrodt, a manufacturer of methadone and naltrexone. Neither the publisher nor editor of *AT Forum*, or their support staff and subcontractors, are employees of the sponsor. All contents are researched, written, and produced under the direction of Clinco Communications, Inc. — an independent medical communications agency — and do not necessarily reflect the opinions, viewpoints, or representations of Tyco Healthcare or Mallinckrodt Inc.

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Utah School on Alcoholism and Drug Dependencies

We hope that the group from Iowa will come home with renewed strength and hope to share with others about recovery within our profession.

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

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

This year IPRN is sending 7 people to the Utah School. The Iowa Board of Pharmacy Examiners is sending 3 people and I am also going. Iowa has always had great representation at the school. Our group for 2006 consists of 2 student pharmacists and one faculty member from the University of Iowa, 4 student pharmacists from Drake University and 4 pharmacists from Iowa. Iowa has always been at the forefront in programs for recovering professionals. This year marks 25 years of assisting pharmacists in Iowa starting in 1981 as the PAPI program (Pharmacists assisting Pharmacists in Iowa). Throughout the years many pharmacists were assisted with peer assistance and peer review. We were one of the first states to fund a program following legislation in 1997 increasing licensure fees and receiving our first funding in 1998. At this time the name of the program was changed to better represent the broad spectrum of pharmacy professionals we serve, to the Iowa Pharmacy Recovery Network. IPRN works with pharmacists, student pharmacists and pharmacy technicians in Iowa. IPRN has sent representatives yearly to the Utah School. The Utah School on Alcoholism and Drug Dependencies is an internationally renowned program that is held yearly at the University of Utah in Salt Lake City. The program features the latest research and ideas in the treatment and prevention of alcoholism and drug dependencies. It provides net-working opportunities for professionals involved in recovery resources in their home states. There are sections for American Indian; Criminal and Juvenile Justice; Dental; Drugs: Treatment and Rehabilitation; Education, Prevention and Youth Counseling; Employee Assistance and Human Resources; Nursing; Pharmacy; Physicians; Professional Treatment; Relapse Prevention Counseling; Substance Abuse Overview and Current Issues; Vocational Rehabilitation and Women's Treatment. The University of Utah sits on the foothills of the Wasatch Mountains overlooking the city. There is tram service to and from downtown where you can tour the Mormon Temple and Temple Square, take in a show, shop or go to a restaurant. The Salt Lake Bees baseball team is in town and there are opportunities to golf on a world class course. On Monday night there is an optional group hike up the mountain or a group walk to the Red Butte Gardens. On each of these trips there is a great view of the Salt Lake valley and lake. On Tuesday night there is the annual school picnic which is included in the registration fee. Each night there is an open 12 step meeting which attendees are invited to attend. We hope that the group from Iowa will come home with renewed strength and hope to share with others about recovery within our profession. We hope they will be able to share why all those who attend this school come back and tell about the "Utah Experience".

Share in your recovery!

IPRN does not endorse any company or services and includes information only as a resource.

Mark your calendar for the 15th Annual Heartland PRN Conference October 6, 7 & 8.

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

Video Resource

**FAN LIGHT PRODUCTIONS
(800) 937-4113 or (617) 469-4999
email: orders@fanlight.com**

**Helping the Impaired Pharmacist
A Program for Colleagues
By James Brodie**

**18 minutes © 2003
Purchase \$149
Order No. QA-387
ISBN 1-57295-387-X**

Pharmacists have ready access to a wide range of narcotic drugs and other controlled substances. Despite their professional training and knowledge of the risks associated with these drugs, research indicates that pharmacists may be at particular risk for substance abuse. Some studies have suggested that as many as 10 to 18 percent may be chemically dependent, and even higher percentages of practicing and student pharmacists report using controlled substances without prescriptions. Substance abuse by pharmacists can destroy lives, families, and professional careers. Their errors can cause irreparable harm to their patients, and their colleagues and employers could be held jointly liable. Despite this grim picture, with early detection, intervention, and effective treatment, more than three quarters of impaired pharmacists recover. This provocative training program is designed to help pharmacists and employers to recognize substance abuse problems among their colleagues, and to take prompt and effective action.

A Study Guide supplementing the video is available online. It was written by Brian Goldman, MD, FACEP, MCFP(EM), with consultant Kenneth A. Dickinson, MS, RPh, CEAP.

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