

# THE IPRN NEWS

IOWARECOVERY.ORG

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Iowa Pharmacy Recovery Network, Inc.  
31702 Granite Avenue, Hinton, Iowa 51024  
1-877-890-4776 or emily@proheights.com

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Mark your calendars and save October 19<sup>th</sup> for IPRN's celebration!

## The Iowa Pharmacy Recovery Network 25th Anniversary Meeting & Dinner

Everyone is invited to help IPRN celebrate 25 years of assisting pharmacy professionals in Iowa. IPRN's Annual Meeting will be held at the Iowa Pharmacy Association Headquarters in Des Moines on October 19, 2006 from 1-5 pm. Advocate training will begin at 1:00 pm. IPRN's 25th Anniversary Celebration will follow at the Hilton Garden Inn in Urbandale with a social at 5:30 pm and dinner with awards and recognition program at 6:00 pm. You are invited to attend either or both the meeting and dinner. A suggested donation of \$20.00 is requested for dinner. Some assistance is available.

Iowa Pharmacy Association Headquarters  
8515 Douglas Avenue, Suite 16  
Des Moines, Iowa 50322

### Directions from I-35/I-80:

Exit 129, NW 86th Street Turn South on NW 86th Street  
At stop light just before 86th Street/Douglas Avenue  
intersection turn LEFT onto frontage road (East). Second  
RIGHT into Omega Office Complex  
First LEFT to Suite 16 (North side of building)

### Directions from I-235:

Exit 2, 22nd Street, West Des Moines  
Turn North onto 22nd Street (22nd Street turns into 86th  
Street) Go through light at 86th Street/Douglas Avenue  
intersection. Turn RIGHT at next light onto frontage road  
(East) Second RIGHT into Omega Office Complex  
First LEFT to Suite 16 (North side of building)

Hilton Garden Inn Des Moines/Urbandale  
8600 Northpark Drive  
Johnston, Iowa, United States 50322

Directions from I-80: Take NW 86th Street Exit 129 Towards  
Camp Dodge. Turn Left Onto NW 86th Street. The Hotel Is Just  
North Of I-80 On The West Side Of 86th Street

*We are committed to excellence.*

## **CSMHG**

***“It was especially encouraging to know that other groups beside pharmacists are diligently assisting recovery within their professions.”***

***Iowa’s program has been and continues to be a model for other states and other professions.***

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

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

**I was invited to attend a conference of the Council of Special Mutual Help Groups sponsored by Hazelden in Center City, Minnesota. I was invited to represent International Pharmacists Anonymous but was also able to represent IPRN and let them know what we are doing in Iowa. I am proud to report that Iowa’s program has been and continues to be a model for other states and other professions.**

**Some of the groups that were represented included International Pharmacists Anonymous (IPA), International Doctors in Alcoholics Anonymous (IDAA), Psychologists Helping Psychologists (PAP), Jewish Alcoholics, Chemically Dependent Persons and Significant Others (JACS), International Nurses Anonymous (INA), Nurses in Recovery (NIR), Social Workers Helping Social Workers, Veterinarians in Recovery and Pastors in Recovery.**

**The main purpose of the meeting was networking between the list-keepers of each entity. We shared about recovery in our professions, updated the list of contacts for each profession, decided on a website for CSMHG and updated the information for our yahoo group. It was an amazing group of people.**

**Hazelden housed us in a hotel in St. Croix Falls, Wisconsin about 10 miles from the treatment center. The meetings were held at Hazelden and the group was invited to tour the new Women's Center which is a great new state of the art addition to Hazelden. We were invited to attend the ceremonies and speakers for the new center.**

**The group shared information and was informed about Charlie's website, [www.usaprn.org](http://www.usaprn.org), where you can find information about the PRN programs in other states. Also, IDAA wanted us to let everyone know that pharmacists are welcomed and invited to join IDAA online at [www.idaa.org](http://www.idaa.org).**

**We were able to tour the beautiful area and see the falls. The leaves are turning red and orange in northern Minnesota letting us all know that winter is on its way. On Friday evening, we went to a wonderful restaurant and later had an awesome AA meeting. The group was invited to one of the member’s cottage on the lake for a barbecue on Saturday night. I made new friends from all over the USA and it was a great experience. It was especially encouraging to know that other groups beside pharmacists are diligently assisting recovery within their professions.**

**If you know of anyone in one of these other groups who would like to be connected to others in their group, please let me know. That is what helping others is all about!**

***Thank you for this opportunity!***

## ***Understanding Substance Abuse and Dependence by the Pharmacy Profession***

***For over 20 years, APhA has actively supported the pharmacy section of the Utah School on Alcoholism and Other Drug Dependencies in Salt Lake City.***

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

***IPRN***

***Providing direction as a confidential resource***

***Providing support through caring volunteers***

***Providing education about impairment***

Once an individual's AOD (alcohol and other drugs) problem surfaces, treatment decisions are generally tailored to his or her needs. While discussing the diverse treatment options available in a meaningful way is beyond the scope of this article, certain basic goals of treatment include matching the patient to the correct level of care, such as deciding whether an individual is better suited for inpatient versus outpatient treatment. Beyond placement, the fundamental facets of treatment include individual and group therapy, pharmacotherapy when appropriate, urine drug screens, and 12-step facilitation. Twelve-step programs include Alcoholics Anonymous, Narcotics Anonymous, Caduceus (for health care professionals), International Pharmacists Anonymous (a psychosocial support group specifically for pharmacists), and International Doctors in Alcoholics Anonymous (a support group that now includes pharmacists in its membership, regardless of pharmacy degree).

There is inadequate research assessing risk factors for relapse or treatment success of recovering pharmacists. In a retrospective cohort study of 292 health care professionals, including pharmacists enrolled in Washington state's Physicians Health Program, only about 25% of the study population had one or more relapses. The risk of relapse was significantly higher in health care professionals who used a major opioid, had a coexisting psychiatric illness, or reported a family history of an AOD disorder. Coexisting risk factors and previous relapse also increased the likelihood of relapse.

In 1988, a survey examined pharmacist assistance programs in all 50 states and the District of Columbia.<sup>29</sup> The survey reported that only 20% of impaired pharmacists in these treatment programs voluntarily disclosed their chemical use problem. Most importantly, just over 88% successfully completed treatment and returned to practice. These studies suggest that the goal of returning a recovering pharmacist to practice with the proper aftercare and monitoring program is realistic and almost always successful.

Since 1982, APhA has worked to adopt and institute a policy of treatment, prevention, and rehabilitation of pharmacists who use AOD. For over 20 years, APhA has actively supported the pharmacy section of the Utah School on Alcoholism and Other Drug Dependencies in Salt Lake City. The purpose of this annual weeklong program is to bring together pharmacists and pharmacy students with various state PRN coordinators, state administrators, industry representatives, and interested individuals from around the country to listen to updates on various aspects of AOD intervention and treatment.

***Members of IPRN are volunteers who wish to help others through their entire recovery process.***

***UI-PRN organizes activities such as alcohol-free stress relieving events after exams and arranges for guest speakers to tell their recovery stories.***

***UI-PRN is also available for students to come to with concerns about themselves or others.***

## ***UIPRN***

**University of Iowa Pharmacy Recovery Network - 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. Members of IPRN are volunteers who wish to help others through their entire recovery process. During the school year, UI-PRN meets on a monthly basis. UI-PRN organizes activities such as alcohol-free stress relieving events after exams and arranges for guest speakers to tell their recovery stories. UI-PRN is also available for students to come to with concerns about themselves or others.**

### **Role of UI-PRN**

**The University of Iowa Pharmacy Recovery Network (UI-PRN) shall be an ad-hoc committee of the College of Pharmacy and shall assist the College of Pharmacy in its obligation under the campus drug-free policies. Activities include promoting awareness of campus policies, educating students on the health aspects of abuse and addiction and making suggestions to the administration of the College of Pharmacy regarding implementation and revision of these and similar policies.**

**The committee may consist of pharmacy students, faculty, and preceptors who have an interest to volunteer their service to UI-PRN. The members of UI-PRN shall be member(s) of IPRN and also be trained in addictions (such as attending the University of Utah School on Alcoholism and Other Drug Dependencies). This training will take place within one year of the start of membership.**

**Objectives of the College of Pharmacy policy related to substance abuse by students.**

- 1. Observe state executive orders and state and federal laws.**
- 2. Promote a campus free of illegal drug use.**
- 3. Stress moderation, safety and individual accountability by those who choose to drink alcohol.**
- 4. Provide an atmosphere free of coercion for those who choose not to drink alcohol.**
- 5. Maintain a community where the effects of substance abuse are minimal and where problem behavior is reduced.**
- 6. Provide information and education on the health risks associated with drug and alcohol use and/or abuse.**
- 7. Provide information and referral for confidential guidance and counseling for those with special needs related to substance abuse.**
- 8. Protect patient safety and the integrity of educational practice settings.**

***Thank you to all of the student committee members!***

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

*We can help!*

*PRN Committee - must maintain contact with the Iowa PRN officer - must prepare one mock intervention per year*

*The College of Pharmacy advocates treatment and rehabilitation for affected students in a manner that first protects the public, while allowing a reasonable opportunity for recovery and, in appropriate situations, continuation in the academic program.*

## ***Drake Students Reflect on Utah Experience***

Over the summer, three students from the Drake University College of Pharmacy attended the University of Utah School on Alcoholism and Other Drug Dependencies. In coordination with another student organization, these three students will be presenting an overview of the program for the college. The presentation will tentatively take place in mid-October. The goal of the presentation is to inform other students about the opportunity, share our experience, and educate on the importance of the program. A mock intervention will also be included. Students are also in the process of arranging a program with a recovery pharmacist.

## ***Drake PRN Chemical Dependency Policy***

(Excerpts) The College of Pharmacy recognizes that chemically dependent students may bring harm to themselves or the public they serve. The College also recognizes that chemical dependency can impair a student's academic progress. The College of Pharmacy advocates treatment and rehabilitation for affected students in a manner that first protects the public, while allowing a reasonable opportunity for recovery and, in appropriate situations, continuation in the academic program.

Students shall report all arrests, tickets and charges involving alcohol or illegal drugs to the student affairs officer no later than three (3) calendar days after the arrest, ticket or charge. This includes, but is not limited to, all arrests, tickets or charges for driving or operating a motor vehicle while intoxicated or impaired.

Students who recognize a problem related to their use of alcohol or other chemical substances may voluntarily seek assistance through the College of Pharmacy and Health Sciences student affairs officer and referrals by the Drake University Counseling Center. The student may also undergo a professional assessment provided through the Iowa Pharmacy Recovery Network (IPRN), a monitoring and advocacy program for the pharmacy profession in Iowa.

If a professional assessment (whether voluntary or mandatory) shows that a student is chemically dependent, the student must initiate and maintain a treatment, rehabilitation, and/or aftercare program satisfactory to the student affairs officer. All treatment, rehabilitation and aftercare plans will be coordinated through IPRN, which monitors the student's progress. The student affairs officer will communicate with IPRN with regard to the student's ability to continue in the academic program, and in the event the student leaves the University, when the student will be allowed to return.

*Drake PRN is an example of excellence.*

## ***INFORMATION***

### ***Caduceus AA Group Iowa Lutheran Hospital – Des Moines***

**4<sup>th</sup> floor Conference Room  
700 E. University  
Monday 6:30 p.m. Weekly**

**AA format. CLOSED. Discussion. Professionals with Doctorate. Also visiting doctors, physician assistants and pharmacists welcome.**

### ***October 6, 7, & 8, 2006- 15th Annual Heartland PRN Conference***

**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](mailto:Wallace_J_Cross@Rush.edu)**

***You are invited to help IPRN celebrate 25 years of assisting pharmacy professionals in Iowa.***

**IPRN's Annual Meeting will be held at the Iowa Pharmacy Association Headquarters in Des Moines on October 19, 2006 from 1-5 pm. IPRN's 25th Anniversary Celebration will follow at the Hilton Garden Inn Urbandale with a social at 5:30 pm and dinner with awards and recognition program at 6:00 pm.**

**You are invited to attend either or both the meeting and dinner. Advocate training will begin at 1:00 pm. Please RSVP to IPRN.**

***Contact IPRN at:***

***Iowa Pharmacy Recovery Network  
31702 Granite Avenue  
Hinton, IA 51024  
1-877-890-4776  
[emily@proheights.com](mailto:emily@proheights.com)***

***Since November 2005, IPRN has distributed, through email, a monthly newsletter. The newsletter has had a positive effect on client participation and on making information available.***

***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!***