

THE IPRN NEWS

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2007!

Inside this issue:

1. 2007!
2. The Utah School
3. EtG Testing
4. Impaired Pharmacy Professional Policy Task Force
5. PRNHELP
6. A disease of both Body and Mind

We need to be the change we wish to see in the world.
Gandhi

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I found this quote from Gandhi as I was looking for material for this month's newsletter. I am not a person who would normally go around and quote Gandhi but this quote struck me. A lot of times I am complaining about how the world is and what needs to be done about it (I generally believe I have the answers!) but what am I really doing to affect change. Am I doing my part?

I have supported the recovery of pharmacy professionals for a long time. I am so grateful that I have been able to be a part of the IPRN program and have been able to use their platform to affect change within our profession. It is one place that I can be the change that I wish to see in the world.

This year I hope that IPRN can continue to be an example of what PRN programs can be. We need all of you to be involved to make that happen. I am so excited for some of the things we have planned for this year.

We are putting together an impaired pharmacy professional policy task force a task force to look at the policies on impairment found in Iowa. We will be looking for people to serve on this task force who wish to be the change they wish to see in the world! We hope to look at the policies in place and let the task force determine how to proceed.

We will also continue the things we have been doing already. We will continue our monthly newsletter. The IPRN News archive is linked at Charlie's site www.usaprn.org. We continue to be active on the prnhelp group at yahoo.com. We continue to have a 24-hour hotline for IPRN and hope to continue to keep our members connected.

So welcome 2007! We look forward to being the change!

We are committed to excellence!

The Utah School

All Pharmacy Section attendees are encouraged to stay at Sage Point for convenience (where nightly meetings are held) and camaraderie (group support & networking).

University of Utah Campus Recreation provides a variety of on-campus activities which are available to participants.

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

It is time to start planning for the 2007 session of the Utah School. Each year IPRN assists student pharmacists and other interested persons in attending the school which is held in Salt Lake City. If there are pharmacists or pharmacy technicians interested in attending and may be in need of assistance, please let me know. Also, please check out the assistance offered in the information below.

The Pharmacy section is sponsored by the American Pharmacists Association (APhA) and the APhA Academy of Student Pharmacists (APhA-ASP). The Utah School can be found at <http://uuhsc.utah.edu/uas/> or linked from usaprn.org.

ADMITTANCE APPLICATION — Applications will be accepted by mail only and must be received at the School office by June 1, 2007. Due to the overwhelming response from student pharmacists that wish to attend the program, and the limited space available in the lecture venue, APhA Staff and the Advisory Council have asked the Utah School to equitably divide the registration spaces for student pharmacists registrations received by April 1, 2007. The distribution has been set so that every school or college of pharmacy has an opportunity to have a representative. After April 1, 2007, the remaining spaces will be equally distributed to other students per school or college of pharmacy and registration will be closed when all spaces are filled.

FEES — Registration/conference fee, \$375; Registration by the day at \$90 per day; Credit fee, \$50 (if University of Utah credit is desired). Pharmacy CE credit fee, \$25.

PHARMACY SECTION TUITION ASSISTANCE — The APhA Addiction Practitioner Interest Group (APhA PInG) has created a scholarship program for student pharmacists that need financial assistance with registration. For more information, visit the APhA-ASP Website www.aphanet.org/students and click on “Meetings”.

UTAH SCHOOL PARTIAL TUITION ASSISTANCE — Partial tuition assistance is available for those needing financial assistance. A limited number of full tuition assistance opportunities are available for the Substance Abuse Overview and Current Issues Section for individuals who have never attended the School before. A limited number of working assistance opportunities (\$315 off tuition) are available to attend specific sections. Applications for tuition assistance must be received by April 15, 2006. To apply, send a letter stating why assistance is needed, completed Admission Application form and \$60.00 deposit. Deposit will be returned if assistance is denied. Mail to: Tuition Assistance Committee, P. O. Box 2604, Salt Lake City, UT 84110.

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!!!

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!

CREDIT — Graduate/undergraduate credit (2 semester hours in Health Education) is offered by proper registration and payment of a \$50.00 credit fee. The deadline for adding or canceling credit is 5:00 p.m. on Thursday, June 22, 2007.

ACCOMMODATIONS — All Pharmacy Section attendees are encouraged to stay at Sage Point for convenience (where nightly meetings are held) and camaraderie (group support & networking). Nightly meetings include IPA, AA, NA and Al-Anon. Rooms are available on campus in Residential Housing at Sage Point for \$27 per person, per night, subject to availability and must be arranged for in advance by June 1. Rooms will be confirmed on a first-come, first-served basis upon receipt of a completed Admission Application and at least a \$60.00 deposit on fees. Double room: one room with two twin beds, share bathroom with three other people; single room; twin bed, share bathroom with one other person. A limited number of rooms are also available in the University Guest House and the Marriott University Park Hotel.

CANCELLATIONS AND REFUNDS — All cancellations and requests for refunds must be made *in writing* and received in our office by June 1, 2006 for a full refund. A \$60.00 administrative charge will be deducted from cancellations received after June 1. Refunds will be mailed after July 31, 2007.

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, 2007

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 April 1, 2007.

OTHER ACTIVITIES — University of Utah Campus Recreation provides a variety of on-campus activities which are available to participants. Swimming, tennis, racquetball, squash, track and weight lifting facilities are available. To use the recreational facilities during the School, an activity card must be purchased for \$20.00 (subject to change) by showing School name badge at the Einar Nielsen Fieldhouse (located north of and adjacent to Rice-Eccles Football Stadium or 214E, HPR. Call (801) 581-8898, 581-3797 or 581-3760 for information. The on-campus golf course is available to participants by paying green fees. Clubs are available for rent. Call (801) 581-6511 for information.

ADA — In compliance with the American Disabilities Act, individuals needing reasonable special accommodations (including auxiliary communicative aids and services) should notify the School office at (801) 538-4343, by June 1.

Make your plans to attend today!

Ethyl Glucuronide (EtG) Alcohol Testing

It may be that people need to be advised on the use of these products similar to advising people who take medications that cause reactions with alcohol that they need to avoid products with alcohol.

It may be that the tests need fine tuning and the cutoff levels determined.

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!

A class action suit has been filed against a number of testing laboratories, including First Labs which is the testing lab that IPRN uses, for promoting EtG (ethyl glucuronide) testing as proof that someone has ingested alcohol. The issue has been that the use of alcohol containing tests can cause positive tests at the cutoff levels set at the labs. First Labs cutoff for EtG is 250. This issue was discussed last year at The University of Utah School on Alcoholism and Other Drug Dependencies Pre-School Annual Workshop for State Pharmacy Recovery Program Administrators & State Boards of Pharmacy Members and Employees. Many of our state programs were represented. Purell hand sanitizer was one of the products suspected of causing positive EtG tests.

The issue was reviewed in a couple of Wall Street Journal articles by Kevin Helliker, "A Test for Alcohol—And Its Flaws" August 12, 2006 and "Federal Agency Warns That Alcohol Test Isn't 100% Reliable" Kevin Helliker, October 5, 2006.

SAMHSA (The Substance Abuse and Mental Health Services Administration) said in a news summary issued on October 11, 2006 that the EtG test is too sensitive and prone to delivering false-positive tests, and should not be used. UPI reported Oct. 5 that SAMHSA said that the EtG test should not be used to test people legally barred from drinking because it can deliver positive results even when test-takers only used an alcohol-based hand sanitizer or eat foods or medicines that include small amounts of alcohol.

"Legal or disciplinary action based solely on a positive EtG ... is inappropriate and scientifically unsupportable at this time," SAMHSA said, recommending follow-up testing if the EtG comes back positive.

SAMHSA issued the warning after investigating claims of false-positive test results. It advises that many ethanol-containing products (e.g., hand sanitizers such as Purell, detergents, foods and additives) can produce positive results at or above cutoff levels established by the industry.

I will be interested on studies showing the cutoff points and what levels these products may cause. It may be that the tests need fine tuning and the cutoff levels determined or it may be that people need to be advised on the use of these products similar to advising people who take medications that cause reactions with alcohol that they need to avoid products with alcohol.

I personally agree with others that any alcohol should not be used in any form by alcoholics or addicts. I believe EtG testing is an effective tool to determine compliance with a contract. The person who is being monitored should be responsible for ingesting alcohol in any form. Let me know you thoughts.

Be a part of the solution!

Impaired Pharmacy Professional Policy Task Force

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!

Once again, I want to advocate for the impaired pharmacy professional policy task force. This is in the planning stages but we hope to make some progress soon. The task force itself will determine the direction it will take. As I said before, 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!

PRNHELP

Many times I get my ideas for articles for this newsletter from the information posted at our prnhelp group at Yahoo.com. The issue of EtG testing and the pending lawsuit were brought up online this month. The description of the group states that "This group is for individuals involved with the operations of PRN (Pharmacist Recovery Network) groups across the country. For help with individual cases, generating new ideas, exchanging things that do or do not work and helping to improve current or future state programs." There are approximately 52 current members in the group from a number of different states. If you would like more information on the group please let me know.

Sharing ideas and information.

It did not satisfy us to be told that we could not control our drinking just because we were maladjusted to life, that we were in full flight from reality, or were outright mental defectives.

...we have recovered from a hopeless condition of mind and body.

**Contact
IPRN
at
1-877-890-4776**

A Disease of both Body and Mind

The Big Book of Alcoholics Anonymous describes alcoholism as a disease of both the body and the mind. Here are a few quotes from the Big Book:

We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. (Foreword, first printing, Big Book)

The Doctor's Opinion...he confirms what we who have suffered alcoholic torture must believe--that the body of the alcoholic is quite as abnormal as his mind. It did not satisfy us to be told that we could not control our drinking just because we were maladjusted to life, that we were in full flight from reality, or were outright mental defectives. These things were true to some extent, in fact, to a considerable extent with some of us. But we are sure that our bodies were sickened as well. In our belief, any picture of the alcoholic which leaves out this physical factor is incomplete.

The Doctor's Opinion continued...We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve.

Page 20: Doubtless you are curious to discover how and why, in the face of expert opinion to the contrary, we have recovered from a hopeless condition of mind and body.

Page 30: Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows.

Page 92: Continue to speak of alcoholism as an illness, a fatal malady. Talk about the conditions of body and mind which accompany it.

Page 157: The man in the bed was told of the acute poisoning from which he suffered, how it deteriorates the body of an alcoholic and warps his mind.

And from The Spiritual Experience in the Big Book:

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation."—Herbert Spencer