

# The IPRN News

Iowa Pharmacy Recovery Network, Inc.  
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Volume 3 Issue 12 December 2007

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## *Holiday Resolutions*

*Remember to be grateful for the little things. Maintain an attitude of gratitude.*

*Spend more time with family and friends. Time is the greatest gift I can give the children in my life!*

*Share my recovery and give the gift of recovery to others!*

*Pray for Peace.*

## *How did we do?*

The end of the year is always a good time to reflect on the past year and take an inventory. With any good inventory both the assets and liabilities should be counted. So how did we do? Where can we improve and what did we do well?

The Iowa Pharmacy Recovery Network, Inc. (IPRN) is a monitoring and advocacy peer-review program for the purpose of assisting impaired pharmacy professionals, including pharmacists, student pharmacists and pharmacy technicians, whose dependency and/or disability is potentially threatening to professional performance and public safety. Are we reaching the professionals that need help? Are we continuing to connect professionals with their peers? How are we doing with monitoring and advocacy?

IPRN provides direction as a confidential resource for pharmacists, student pharmacists and pharmacy technicians who need assistance. Our mission is to help identify impairment and assist individuals in getting the help they need. Are the persons who need help finding us?

IPRN volunteers understand addiction and psychiatric disorders and can help provide a second chance to those who need it. Volunteers will help arrange for an evaluation, treatment and aftercare support. They also serve as advocates for the recovering individual in coping with professional and personal issues resulting from impairment and recovery. Are we keeping our volunteers involved?

IPRN provides educational programs and information to pharmacy professionals about addictions and psychiatric disorders. Drake PRN and U-IPRN both have active committees. How are we doing with education? Is there more that can and should be done?

If you would, please help us with our inventory. Please let us know, if you have questions, suggestions or comments. And a Happy New Year to all of you!

***We are committed to excellence!***

**17<sup>th</sup> Annual  
Heartland  
Pharmacy  
Recovery Network  
Conference**

**September 19-21, 2008**

**West Des Moines  
Marriott**

**1250 Jordan Creek Pkwy.  
West Des Moines, IA  
Phone: 1-515-267-1500  
Fax: 1-515-223-1687**

**Hosted by:**

**The Iowa  
Pharmacy  
Recovery Network  
and  
The Iowa  
Pharmacy  
Association**

**Contacts:**

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IPRN 1-877-890-4776**

**Or**

**Joan Stover  
jstover@iarx.org**

**The Iowa Pharmacy  
Association  
8515 Douglas Avenue,  
Suite 16  
Des Moines, Iowa 50322  
Phone: 1-515-270-0713  
Fax: 1-515-270-2979**

***Don't Risk Your Recovery***

***Nan D. (Prescription Drugs Can Sabotage Your Sobriety)***

***12 Points for People in Recovery who are considering OTC or Rx***

- 1. Chose 3 recovery partners to refuse and/or monitor & dispense Rx Drugs.**
- 2. Write your living will (Medical Directive) with explicit instructions on drug precautions and alternatives.**
- 3. Practice preventative medicine (such as vitamins, exercise, meditation.....)**
- 4. Understand the FIVE DISEASE PROTOCOLS:**
  - A. TRIVIAL CONDITIONS (minor discomforts)**  
"Don't treat passing symptoms with drugs."
  - B. TRAUMATIC ILLNESS and ACCIDENT**  
"Expect emergency Rx drugs & prepare for withdrawal."
  - C. TRUDGING (chronic) ILLNESS**  
"Consult your recovery partners when changing routine or medication."
  - D. TROUBLING (mental/emotional) CONDITION**  
"Take time to talk about life situations before accepting Rx drugs."  
"Never stop psychotropic drugs without professional supervision."
  - E. TRANSITIONAL (fatal) ILLNESS**  
"Remain flexible. Accept sufficient pain control for continuous comfort."
- 5. Learn the Side- effects of a drug (Ups, Downs or Weirds)**  
"Almost any OTC or Rx drug may trigger relapse."
- 6. Avoid Benzodiazepines (and drug relatives) absolutely; Take antihistamines only in emergencies.**
- 7. Take nothing "for Sleep."**
- 8. Never take a drug "PRN" (as needed), without consulting your recovery partners.**
- 9. Accept adequate pain medication during trauma or transition with input of your recovery partners.**
- 10. Prepare an "Illness Inventory" (Record information about your condition and gauge your discomfort level to aid in diagnosis and healthy decision-making).**
- 11. Get to know an addiction pharmacist and educate one doctor at a time.**
- 12. Offer to pay your doctor for "Diagnosis only" and your pharmacist for "Consult only" visits.**

***Sharing ideas and information.***

**... "There is a principle which is a bar against all information, which is proof against all arguments and which can not fail to keep a man in everlasting ignorance-that principle is contempt prior to investigation."**  
**--HERBERT SPENCER**

**AA BIG BOOK  
Appendix II: "Spiritual Experience". Page 570**

**IPRN has maintained a 24-hour toll-free hotline.**

**Calls made to the hotline have included individuals needing help and concerned others.**

**The toll free number is:**

**(877) 890-IPRN**

**(877) 890-4776**

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

**We can help!**

## **OTC and Herbal Medications**

Taken from: SAFE MEDICATIONS FOR PERSONS RECOVERING FROM ADDICTIVE DISEASE: A GUIDE FOR THE PHARMACIST  
By Nick A. Kallis R.Ph., Clinical Instructor OSU

Although normally safe for the general population, OTC drugs can be potentially dangerous or fatal to Persons In Recovery (PIRs). Remember PIRs seem to be supersensitive to mood altering drugs especially in early recover. Addicts, just plain and simply, react differently to drugs than the normal population whether in active disease or in recovery. OTC antihistamines such as Benadryl, Chlortrimeton, Tavist, Actifed, etc., are **NOT** safe for PIRs. OTC antihistamines are mood altering and have been abused by addicts. If an antihistamine is indicated for a PIRs then a non-sedating antihistamine such as Claritin or Allegra should be used. Prescription antihistamines such as Zyrtec, Atarax, Pyribenzamine or Semprex should be avoided since they are all sedating and mood altering. OTC decongestants such as phenylpropanolamine (PPA) or pseudoephedrine should be avoided especially in those with a history of stimulant abuse since they are mood altering and structurally similar to amphetamines. Tolerance is quickly seen to pseudoephedrine's effects. Rx antihistamines with decongestants such as Claritin D and Allegra D should also be avoided. Atrovent nasal solution is an excellent option for rhinitis from allergies or a cold. Diet pills containing PPA or ephedrine are to be avoided. Ephedrine or any product containing Ma Huang and its derivatives is completely contraindicated, as it is a controlled substance with an abuse potential similar to amphetamine.

Dextromethorphan is a weak narcotic agonist. Cases of abuse and addiction have been noted in the literature and in Turkey it is used to detox opiate addicts. For these reasons expectorants, water or Tessalon Perles are recommended for cough. If a stronger cough suppressant is needed, then Dextromethorphan would be preferred to Codeine or Hydrocodone.

An obvious concern is the alcohol content in any oral preparation. Many OTC cough and cold or pain relief items have a high alcohol content that may trigger a craving or relapse. The alcohol content of any over the counter product including mouthwashes should be checked. Anti-diarrheals such as Imodium AD are safe to use but the liquid contains alcohol so tablets would be preferred. Rx anti-diarrheals such as Lomotil and Motofen contain narcotics that are dangerous to use.

For pain management all OTC painkillers are considered safe as long as the patient has no significant liver or kidney problems. Aleve, Motrin, Orudis, Aspirin and Tylenol are all safe and effective. Tylenol PM with its Benadryl component should be avoided. Indeed as a general rule, all Rx and OTC sleep aids should be avoided. The best choice of a sleep medication for a PIRs would be Trazodone (Desyrel). OTC products such as Unisom or Nytol should be avoided.

There are many herbal products available today. I would like to discuss several of the more popular products on the market. Ma

***FIVE DISEASE PROTOCOLS:***

***A. TRIVIAL CONDITIONS***

***“Don’t treat passing symptoms with drugs.”***

***B. TRAUMATIC ILLNESS and ACCIDENT***

***“Expect emergency Rx drugs and prepare for withdrawal.”***

***C. TRUDGING (chronic) ILLNESS***

***“Consult your recovery partners when changing routine or medication.”***

***D. TROUBLING CONDITION***

***“Take time to talk about life situations before accepting Rx drugs.”***

***“Never stop psychotropic drugs without professional supervision.”***

***E. TRANSITIONAL (fatal) ILLNESS***

***“Remain flexible. Accept sufficient pain control for continuous comfort.”***

Any mood-altering chemical may do more harm than good to Persons In Recovery. If you are unsure whether a substance is safe or not contact an addictionologist (a physician that is accredited with the American Society of Addiction Medicine) or a pharmacist with expertise in this area.

Huang, and all its other names, contains the stimulant ephedrine and is not safe for PIRs. St Johns Wort is safe as it has properties that resemble other SSRI antidepressants. Kava Kava is not safe, it has sedative properties which are additive to alcohol and benzodiazepines and the literature has noted abuse and habituation. Valerian root is a drug I would not recommend as safe from the nature of its CNS actions and literature reference to withdrawal symptoms appearing after chronic use. Echinacea is safe as an immune booster. Gingko Biloba and Melatonin are also safe.

Ultimately the safest approach to any self-limiting problem such as a cough, cold or flu is "tincture of time". Conservative measures such as vaporizers, aspirin, Tylenol, heating pads, saline sprays, chicken soup, bed rest and saline gargles are effective treatments. DO NO HARM is the first rule of medicine. Any mood-altering chemical may do more harm than good to PIRs. If you are unsure whether a substance is safe or not contact an addictionologist (a physician that is accredited with the American Society of Addiction Medicine) or a pharmacist with expertise in this area.

***How Does IPRN Work?***

**The Iowa Pharmacy Recovery Network serves as a confidential resource to assist impaired pharmacists, pharmacy students and pharmacy technicians obtain an evaluation, treatment, aftercare, support, and as a mechanism for reentry into the profession of pharmacy. Contact with IPRN is made through the impaired person; a concerned family member, friend or co-worker; a college of pharmacy; or the board of pharmacy. In the event IPRN receives information about an impaired professional from the actual professional, a concerned person, or a college of pharmacy, the case is handled completely confidentially. IPRN works to verify the concerns and then takes steps to assist the professional in receiving an evaluation and the subsequent treatment and aftercare support needed to remain a viable member of the profession of pharmacy. IPRN will work with an impaired professional’s family and co-workers for a period of at least five years to assure successful recovery and reentry into the profession. In the event a pharmacy professional has already been disciplined by the Iowa Board of Pharmacy Examiners, the Iowa Pharmacy Recovery Network may get involved in the professional’s aftercare process through a stipulation of their probation or suspension status.**

**How Do I Get Involved?**

**The Iowa Pharmacy Recovery Network is always in need of caring volunteers. Please contact Emily Dykstra, IPRN staff, or Bruce Alexander, IPRN Chair if you are interested in serving as a volunteer or in finding out more information. The profession needs you to make a difference!**

Recovery Humor

Quitting smoking

A friend asks his friend for a cigarette.

His friend says, "I think you made a New Year resolution to quit smoking".

The man says, "I am in the process of quitting". Right now, I am in the middle of phase one.

What's phase one?

I've quit buying.

**Remember those who  
have gone before...  
Remember who we  
are...  
Remember where we  
are going...**

Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man.

Benjamin Franklin

I think in terms of the day's resolutions, not the year's.

Henry Moore

## *Faces & Voices of Recovery*

[www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)

### *Mission*

*Faces & Voices of Recovery is committed to organizing and mobilizing the millions of Americans in long-term recovery from alcohol and other drug addiction, our families, friends, and allies to speak with one voice. Our organization is dedicated to changing public perceptions of recovery, promoting effective public policy in Washington and in all 50 states, and demonstrating that recovery is working for millions of Americans. It is our collective strength that will ensure our success, and it is our mission to bring the power and proof of recovery to everyone in America.*

### *Goals*

*Faces & Voices of Recovery is a national organization of individuals and organizations joining together to support local, state, regional and national recovery advocacy by increasing access to research, policy, organizing and technical support; facilitating relationships among local and regional groups; improving access to policymakers and the media; and providing a national rallying point for recovery advocates.*

### *Advocate*

*Faces & Voices of Recovery is bringing together and mobilizing tens of thousands of individuals and organizations from across the country to advocate for policies and attitudes that will make recovery a reality for even more Americans. The goal of our advocacy work is to promote long-term recovery and help even more of our friends and neighbors overcome addiction by building a strong, organized recovery community. The recovery community is organizing around key priorities – to gain needed resources and to end discrimination against people in or seeking long-term recovery. We are supporting local, state and regional recovery community organizations and raising their profile at the national level.*

### *What Can You Do?*

*There are many ways that you can take action and be a face and a voice for recovery. The level of action that you take will depend on the stage of your recovery and your personal circumstances. If you don't want to be public about your recovery, you can work as an advocate behind the scenes, providing financial and other support to our growing national movement. The important thing is, there's something that you can do to support recovery today!*

***The Iowa Pharmacy Recovery Network is always in need of caring volunteers.***

***Please contact IPRN if you are interested in serving as a volunteer or in finding out more information.***

***The profession needs you to make a difference!***

***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!***

## **Contact**

***IPRN  
31702 Granite  
Ave. Hinton, IA  
51024  
or  
1-877-890-4776***

## **Mark Your Calendars for 2008**

April 2008 - **NORTHWEST PRN ANNUAL CE** - For more Info contact Ed at: [ecruisers@ccwebster.net](mailto:ecruisers@ccwebster.net)  
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April 2008 - **10th Annual Conference on Chemical Dependency in the Profession of Pharmacy**  
Sponsored by: PRO Inc. ( Ohio's PRN) in Columbus (Dublin), OH Crowne Plaza Hotel (Formerly Clarion Dublin Hotel)  
600 Metro Place North, Dublin, Ohio 43017 - 614-764-2200  
For more info contact Raleigh "Butch" Smith, R.Ph. at: [rsmit65@columbus.rr.com](mailto:rsmit65@columbus.rr.com)  
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June 15 - 20, 2008: **57th Annual Session: University of Utah School on Alcoholism & Other Drug Dependencies**  
University of Utah website: <http://uuhsc.med.utah.edu/uas/>  
Contact Sue Langston at the University of Utah: [slangston@utah.gov](mailto:slangston@utah.gov) or Keith Marciniak, R.Ph., APhA-ASP  
Liaison: [Kmarciniak@AphAnet.org](mailto:Kmarciniak@AphAnet.org)  
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September 19-21, 2008: **17th Annual Heartland PRN Conference**  
West Des Moines Marriott, 1250 Jordan Creek Pkwy.  
West Des Moines, IA  
Phone: 1-515-267-1500. Fax: 1-515-223-1687  
Hosted by: The Iowa Pharmacy Recovery Network & The Iowa Pharmacy Association  
Contacts: Emily Dykstra, [emily@proheights.com](mailto:emily@proheights.com) 1-877-890-4776  
Or Joan Stover, [jstover@iarx.org](mailto:jstover@iarx.org) ,  
The Iowa Pharmacy Association [www.iarx.org](http://www.iarx.org)  
8515 Douglas Avenue, Suite 16, Des Moines, Iowa 50322  
Phone: 1-515-270-0713 Fax: 1-515-270-2979  
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October 3 - 5, 2008 - **Southwest Pharmacist Recovery Network 21st Annual Meeting**  
The Historic Menger Hotel, 204 Alamo Plaza,  
San Antonio, Texas 78205  
Co-Sponsors -- SWPRN, Inc., and Texas Professional Recovery Network (TPRN)  
P.O. Box 18731, Oklahoma City, Oklahoma 73154  
405 557-5775, [kspitz@opha.com](mailto:kspitz@opha.com) (Kim Spitz) or  
[rtoorich4u@aol.com](mailto:rtoorich4u@aol.com) (Kevin Rich)  
**Use the WWPRN Site: [www.SWPRN.org](http://www.SWPRN.org) access information, agenda, and a registration form as it becomes available.**  
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November 2008: **Southeast Pharmacy Recovery Network Conference**,  
Simpsonwood Conference Center, Atlanta, Georgia  
Contact: Regena Banks at the Georgia Pharmacy Foundation - 404-419-8121 ( Direct #)  
E-Mail Address: [rbanks@gpha.org](mailto:rbanks@gpha.org) Fax: 404-237-8435  
[www.gpha.org](http://www.gpha.org) to access the conference paperwork.  
***Sharing ideas and information.***

**Have a wonderful holiday season – from IPRN!**