



HU APHA -ASP Newsletter

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Hampton University
Chapter of APHA-
ASP

Where are they now?-Dr. Dannielle R. Brown By Maya Patterson

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Dr. Dannielle R. Brown graduated from Hampton University School of Pharmacy in May 2015. Although she grew up a “navy brat” and lived all over the United States, she considers Hampton Roads her hometown. When asked why she chose pharmacy, she said she was attracted to the diversity and the “ever-present opportunity for growth and continued learning” that the field of pharmacy offered. She knew in high school she wanted to pursue pharmacy as a career and applied to Hampton University’s pre-pharmacy program. After a visit, she fell in love with Hampton and its welcoming atmosphere. While at Hampton, she recounts the most memorable and meaningful moment for her as joining the Gamma Iota Chapter of Delta Sigma Theta Sorority, Inc. in the fall of 2012, during her P2 Year. Dr. Brown’s life was truly changed for the better; being a part of such an organization has given her many opportunities for service and networking in the community.

Dr. Brown is currently

completing a PGY-1 Pharmacy Practice Residency at The Medical University of South Carolina (MUSC). She knew from her experiences on rotation and throughout pharmacy school that she wanted to take a more clinical path. She searched for a residency program that would offer her a well-rounded experience to “build on the foundation” that pharmacy school provided; a larger residency class, and being able to work with the top professionals in the field of medicine. She found that MUSC fulfilled all her requirements. The institution consists of two full adult hospitals, a children’s hospital, and a psychiatric hospital which exposed her to a vast variety of specialties. The program currently consists of about 30 residencies and growing. Her co-residents are more like family and offer great support. Since starting, Dr. Brown has learned so much; her preceptors are some of the best in the field and are nationally known in their specialty. She will be starting a PGY-2 Inter-



nal Medicine specialty residency year in July at MUSC. She has truly enjoyed her time thus far.

Residency, although a wonderful experience, does come with a few cons. Dr. Brown feels that two downsides for many considering a residency include the pay and the time commitment. One must consider family or other financial obligations when taking a residency. She goes on to say that residents really have to put time into their residency year. There are days
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that she works greater than 12 hours with rotations, meetings, projects, and readings for the day. It is also common to spend those 12 hours and sometimes longer at the hospital and then go home to continue working. Through it all she still feels that those two cons do not outshine the benefits of residency training and has grown tremendously as a practitioner since graduation.

She advises current pharmacy students to be open-minded, lay a good

foundation, and make themselves marketable. She encourages students to think about their career path before jumping to either community or hospital setting. She said that as a student she wishes she would have known how fast the years would pass. While she is glad that she spent so much time preparing for the future, she wishes that she had spent more time in the present while at Hampton. Dr. Brown accomplishments are truly noteworthy and her 5 year goals consist of receiving the Board Certified

Pharmacotherapy Specialist (BCPS) certification, continuing to gain teaching experience, and practicing as an Internal Medicine Clinical Specialist. We at Hampton look forward to the great things ahead for Dr. Brown and are extremely proud of all her accomplishments.

For anyone interested in pursuing a residency position or with questions for a graduate of the program, feel free to contact her by email at

DannielleR.Brown@yahoo.com.

OTC Literacy: What is in your Cabinet? by Chaya Hairston

An over-the-counter (OTC) medication is a drug that can be bought without a prescription or doctor's order. These medications can treat a wide range of illnesses, from the common cold and flu to headaches, allergies and so much more. The general public commonly views OTC drugs to be less effective, yet safer than prescription drugs. This is due to the fact that the benefits of these drugs outweigh their risks. It is not surprising that three out of every four persons will choose to self-medicate.

When choosing to self-medicate, it is important to understand the difference between the symptoms one expe-

riences and the symptoms the medication treats. Taking a medication that treats more symptoms than one experiences should be avoided. The efficacy of the OTC medication is notably enhanced when one follows this simple tenet.

For the best results with OTC drugs, there are some rules that should be followed to ensure proper use. First, make sure the medication treats the appropriate symptoms. Second, OTC products should also be age appropriate. Next, the directions should be read each time before administering the medication to ensure the correct dose is given and the appropriate

timeline is followed. Lastly, the patient should check for possible side effects and interactions. A pharmacist should be consulted for any questions or concerns. Price and expiration date are also important factors to consider. If all of these things are done, over-the-counter medications can be more effective in managing symptoms and diseases.



Bedside Discharge Prescription Programs by Novia Watson

The implementation of bedside discharge prescription programs in the hospital setting is taking spark and more institutions are seeing the benefits. Bedside discharge prescription programs are where outpatient pharmacy services are brought to the patient's bedside. The patient has the option to get the prescriptions that they have been discharged on, or have been taking, filled directly in the hospital. Prescriptions are retrieved, processed, and delivered to the patient's room following discharge orders. During delivery of the medication, the patient is counseled and educated on their prescriptions prior to leaving the

hospital.

Research is showing that dispensing medications before hospital discharge may reduce readmissions. Boston University Medical Center initiated a program called "Meds in Hand" that investigates whether their medication discharge program for pediatric patients with asthma would improve outcomes and cut health-system costs. From their results, those discharged with medications in hand had lower odds of all-cause presentation to the emergency department within 30 days of discharge as compared with patients discharged with usual care.

Furthermore, I personally have been able to see the benefits of a bedside discharge medication programs. During my institutional rotation, I was responsible for offering the bedside discharge medication program as well as counseling and delivering the medications the patients were receiving. More often than not, I received great reviews saying that the service was very helpful and would save a lot of time.

In all, I believe the future of pharmacy holds great promises in improving patient's quality of life with a program like this set in place.

Operation Immunization by Temitope Oyeleke and Jordan Key

Under the leadership of Temitope Oyeleke and Gurpreet Mann, Operation Immunization had two missions this year. The first was increasing the overall awareness of immunizations and the second was increasing the



number of immunizations administered, with special emphasis on flu shots. This year, we have managed to reach out to the Hampton University's campus community by hosting an on-site flu clinic in collaboration with one of our faculty members. We have also reached out to the Hampton Roads community with patient education events at the YMCA, Farm Fresh pharmacy and a local church. Globally, we teamed up with the United Nations and organized a "Shot at Life" fundraiser where we raised over \$100 to provide life-saving vaccinations to children all around the world. Overall, we have had a very successful year

and we appreciate the help of all those that have volunteered and supported our events.



Novel FDA Approved Drugs by Isha Jariwala

The following are a few of the recently approved drugs by the U.S. Food and Drug Administration (FDA):

IDELVION

Coagulation Factor IX (recombinant), Albumin Fusion Protein

The first coagulation factor-albumin fusion protein product to be approved, which is indicated for children and adults with Hemophilia B (factor IX deficiency or Christmas disease) as an on-demand medication to control and prevent bleeding episodes, for periop-

erative management of bleeding, and for routine prophylaxis to reduce the occurrence of bleeding

Approved: March 2016

BRIVIACT (brivaracetam)

An analog of levetiracetam indicated as an adjunct for the treatment of partial-onset seizures in patients who are ≥ 16 years of age and have epilepsy

Approved: February 2016

ODEFSEY (emtricitabine, rilpivirine, and tenofovir alafenamide)

Combination product containing three drugs: emtricitabine (FTC) and tenofovir (TAF), which are nucleoside reverse transcriptase inhibitors, and rilpivirine, which is a non-nucleoside reverse transcriptase inhibitor. This three-drug combination product is indicated as initial therapy for HIV-1 infection in patients ≥ 12 years of age with no history of antiretroviral treatment; or as a stable regimen replacing antiretroviral regimen of patients, who are virologically suppressed for at least six months

Approved: March 2016

New Drug Treatment Option for Hemophilia B By Charmi Patel

The U.S. Food and Drug Administration (FDA) approved albutrepenonacog alfa (Idelvion, CSL Behring), on March 04, 2016, for the treatment of Hemophilia B.¹ Idelvion is the first and only Coagulation Factor IX – Albumin Fusion Protein combination product to be approved by the FDA to date and is a modification of previously approved Factor IX Fusion Protein product eftrenonacog alfa (Alprolix, Biogen Idec). Idelvion is an intravenous product approved for use in both children and adults.¹

Hemophilia B is a genetic bleeding

disorder in which the blood-clotting Factor IX is either defective or entirely missing, leading to frequent bleeding episodes. Idelvion temporarily replaces this Factor IX, thereby causing less bleeding.² Apart from its use as an on-demand bleeding control agent, Idelvion's mechanism of action also allows it to control perioperative bleeding in Hemophilia B patients. Idelvion can also reduce the frequency of bleeding episodes when given prophylactically.³ The albumin fusion protein helps Idelvion stay longer in blood, thus reducing the frequency of intravenous drug administration.²

Idelvion has been determined to be safe and effective by the FDA for prophylaxis and treatment of Hemophilia B. Based on the results of the two multicenter studies conducted, headaches were observed to be the most common adverse reaction to Idelvion.² Idelvion is contraindicated in patients with a life-threatening hypersensitivity reaction to Idelvion or to any of its components, including hamster proteins. Although there are no major safety concerns associated with Idelvion, it should be noted that the use of products containing Factor IX can cause thromboembolism.³

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Naplex Trivia Questions

1. Which of following best reflect the mechanism of action of memantine (Namenda) used in the treatment of Alzheimer's disease?
 - a. Inhibitor of acetylcholinesterase enzyme
 - b. Agonist to the D2 receptor in the central nervous system
 - c. Antagonizes the NMDA receptor
 - d. Inhibitor of monoamine oxidase enzyme
2. Which of the following antibiotics are known to have bactericidal activity due to its ability to inhibit cell wall synthesis?
 - a. Piperacillin/tazobactam (Zosyn)
 - b. Ciprofloxacin (Cipro)
 - c. Minocycline (Dynacin, Minocin, Solodyn)
 - d. Azithromycin (Zithromax)

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President's Farwell

Greetings HU APhA-ASP,

It has truly been an honor to serve as the Chapter President of the American Pharmacists Association - Academy of Student Pharmacists (APhA-ASP). My goal for the chapter was to be the premier pharmacy organization on campus, whilst collaborating with other organizations to flourish in our Hampton Roads community and encourage student pharmacist involvement. I am proud to say that we have surpassed all of my expectations! My executive board hosted enriching events and activities throughout the year, which led to a tremendous increase in our membership. I attribute the success of the chapter to my team and all of our members. Although my presidency is coming to an end, I am elated to see where my successor, Christina Jones will take HU APhA-ASP next year! As you move forward in life, I implore you to always remember to "Plan it! Pursue it! Prove it!" so your dreams can become a reality.

Best wishes,

Wanda Azu Owoh

Chapter President 2015 - 2016

