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Spring 2019, Issue 10

Message from the President

Greetings OCCP Members,

I am honored to serve as your president for 2019. This year we are looking forward to trialing new ways to increase membership across the state and to engage existing members. Due to the results of our 2018 membership survey, we have decided to trial moving the Spring Meeting to a central location in Columbus, Ohio. We are very excited about the extensive CE lineup we have planned for this meeting on June 7th at the Fawcett Center, and we look forward to your continued feedback on ways to better meet the membership needs with our annual programming. Our Steering and Planning Committees are also excited to announce that a Cleveland-based venue for the Fall 2019 meeting has been secured that should provide a more favorable commute for many of our regular attendees.

If you have not already done so, please remember to renew

your membership dues for 2019 and consider volunteering for one of our many committees. Our organization's success is fully dependent on the engagement and involvement of its dedicated membership. We thank you for your continued commitment to OCCP and advancing clinical pharmacy practice in the state of Ohio. I look forward to continuing to gather and incorporate your ideas of how to further grow our organization!



Kelsey Rife

OCCP Leadership

Kelsey Rife, PharmD, BCACP

President

Sarah Petite, PharmD, BCPS

President-Flect

Steering Committee Chair

Heather Torbic, PharmD, BCPS, BCCCP

Immediate Past President

Jessica Hoover, PharmD, BCPPS

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Membership Committee Co-Chair

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SCCP chapter liaison

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Planning Committee Chair

Elizabeth Neuner, PharmD, BCPS, BCIDP

Nominations Committee Chair

Geralyn Water, PharmD, BCPS

Advocacy Committee Co-Chair

Katelyn Simmons, PharmD, BCACP

Advocacy Committee Co-Chair

Julia Kuroski, PharmD, BCCCP

Communications Committee Co-Chair

Sandra Axtell, PharmD, BCPS

Newsletter Editor

Communications Committee Co-Chair

SAVE the DATE

6.7.19

The Fawcett Center at Ohio State University

2400 Olentangy River Rd

Columbus, Ohio 43210

TentativeMeeting Agenda

8:00-8:30 Registration & Breakfast

8:30-9:00 Business Meeting

9:00-10:00 Welcome and Keynote Address

10:00-11:00 Law CE Presentation

11:00-12:00 Lunch and New Drug Updates

12:15-1:15 Resident Poster Session

1:30-2:30 CE Presentations

2:30-3:30 Medication Safety CE Presentation

3:30-4:00 Resident Award Presentations

Abstract Submission Deadline: May 17, 2019

Online Registration: http://www.occpweb.org/



Submit a CEPresentationProposal: CE Proposal Form

The Ohio College of Clinical Pharmacy

Spring Meeting 2019

Introducing the President-Elect

Hello OCCP members,

I am very excited to serve as President-Elect for OCCP and look forward to the upcoming years together. I am currently an Assistant Professor of Pharmacy Practice at The University of Toledo and an Internal Medicine Clinical Specialist at ProMedica Toledo Hospital. I am a graduate from Ohio Northern University and completed my PGY-1 and PGY-2 Pharmacotherapy Residency at Cleveland Clinic. My involvement with OCCP began as a PGY-1 resident through the Communications Committee. I have served as the Communications Committee co-chair for the past three years and more recently, as Planning Committee Co-Chair for the spring 2018 meeting. I have enjoyed working with and meeting many OCCP members throughout the past several years and am looking forward to serving this organization in a new role. OCCP is an organization with many opportunities for professional development, including research presentations for residents and continuing education presentations. My goals as President-Elect and President are to continue to strengthen this organization and share the mission of OCCP with other pharmacy practitioners throughout the state of Ohio. Thank you again for this opportunity and I hope to see you at a future OCCP meeting.



Sarah Petite

Introducing the Secretary/Treasurer-Elect

Hello OCCP members,

I am grateful for the opportunity to serve as the OCCP secretary and treasurer for the next two years! I am a graduate of the Harrison School of Pharmacy at Auburn University in Auburn, Alabama. I completed my PGY1 training at Bronson Methodist Hospital in Kalamazoo, Michigan and my PGY2 pediatric training at Children's Memorial Hermann Hospital in Houston, Texas. I currently practice as a pediatric solid organ transplant pharmacist at Cleveland Clinic Children's. In 2018 I was awarded the BCPS award which allowed me to obtain my board certification in pediatrics (BCPPS). This scholarship greatly helped me to enhance my role as a pediatric transplant pharmacist, boost my

role as an educator and provided professional satisfaction and credibility. OCCP has already helped me so much and I am excited to share this wonderful organization with others in Ohio. I look forward to my role as secretary and treasurer and continuing my involvement with this organization. Thank you again for this opportunity and I look forward to working with you!

Jessica Hoover

In Memoriam Bradley W. Shinn

We were deeply saddened to have received news that OCCP's Membership Chair, Brad Shinn, unexpectedly passed away on February 16th 2019. His presence and energy will be sorely missed by OCCP. Our thoughts and prayers go out to his family and the Findlay community at this time of loss. At the time of his death he was the Professor of Pharmacy Practice at the University of Findlay. He worked closely with his students at Wood County Hospital that were involved in the pharmacy and physician assistant programs.

Memorials may be given to either the C.J. Mott Childrens Hospital, 1540 E. Hospital Dr., Ann Arbor, Michigan 48109 or the University of Findlay Pharmacy School, 1000 North Main Street, Findlay, Ohio 45840.



Planning Committee Update

OCCP Fall meeting at NEOMED was a great success. Congratulations to the following Award winners:

Resident Posters

PGY1 winners:

1st place – Ashley Klarich

2nd Place – Ana Simonyan





Thank you everyone who helped with planning and making the day a great success.

We are in the process of planning the Spring Meeting to be held at the Fawcett Center at Ohio State University on Friday, June 7. We are encouraging residents to attend to present a poster detailing their research projects. Law and Medication Safety CE presentations will be given during the meeting as well.

PGY2 winners:

1st place tie- Nicholas Quinn and Bob Pang





Liz Fredrickson

Advocacy Committee Update

The advocacy committee recently transitioned leadership from Philip King to co-chairs Geralyn Waters and Katelyn (Katie) Simmons. We want to thank Philip, as well as Kelsey Rife, for their support and guidance as we transition into this new role! We are looking forward to connecting with committee members, and creating workgroups to effectively stay informed and actively involved in key issues related to pharmacy legislation and advocacy. Some "hot topics" to be covered include the status of the Ohio Medical Marijuana Control Program, pharmacist provider status in Ohio, and pharmacist opportunities in mitigating the opioid epidemic.

Some of our goals for the year include continuing to keep members well informed of legislative bills affecting medication use, pharmacy practice, and health care, as well as continuing to develop and maintain a legislative platform that supports the OCCP mission statement.

Thank you in advance to our committee members for your interest and involvement, and for your patience during this transition. We are looking forward to working with each of you. To those of you interested in joining our committee, please do not hesitate to reach out!

Katie Simmons <u>Katelyn.Simmons@va.gov</u> Geralyn Waters Geralyn.Waters@UCHealth.com





Communications Committee Update

The communications committee has been working on several exciting initiatives. The biannual OCCP newsletter is edited by this committee. Thank you to all individuals who have previously written or reviewed newsletter submissions. Thank you to Anna Bondar, Jessica Traeger, Kelsey Rife, and Sarah Petite for reviewing the Spring newsletter article submissions. If you are interested in writing an article or helping to review articles for future OCCP newsletters, please contact Sandra Axtell (saxtell@ccf.org).

Second, the communications committee maintains the OCCP website (occpweb.org). As a part of the website, all OCCP members have exclusive access to focused listservs throughout the state of Ohio. Information on these listservs and how to join is available on the website.

Our newest initiative is in collaboration with the membership committee. Resident and preceptor spotlights have been started, featuring one resident and one preceptor a quarter on the OCCP Facebook/Instagram page and newsletter. If you would like to nominate a resident or preceptor for this feature, submission information is available on the OCCP Facebook page or website.

Be sure to follow us on social media to stay up to date with all OCCP activities!

Facebook: Ohio College of Clinical Pharmacy

Instagram: OH College Clinical Pharmacy (@_OCCP)

Julia Kuroski and Sandra Axtell





Student Chapter Update

Northeast Ohio Medical University

NORTHEAST OHIO SCCP

ACLS CERTIFICATION

Due to membership interest in emergency medicine and critical care, we are proud to announce we will now offer ACLS training and certification to interested NEOMED pharmacy students.



Our first set of courses will be held in March and will train 30 students.

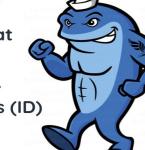
UPCOMING EVENTS

3/4: Guest Speaker Marcia White (Pediatrics)

3/18: Topic Discussion: Rapid Sequence Intubation

4/6: Volunteer day at MedWish Cleveland

4/22: Guest Speaker Rebecca Margevicius (ID)



Student Chapter Update University of Findlay

Right now we are planning a residency showcase for April. The other thing we are doing at this time is finally getting our chapter some SCCP shirts for our club members, since we don't have any club gear.

Another event last semester included the Pharmal which is a formal event that SCCP sponsors.

We had a holiday ornament sale where we made homemade ornaments to sell to the College of Pharmacy.













Student Chapter Update University of Cincinnati

The ACCP student chapter at the University of Cincinnati College of Pharmacy will be having trauma/surgical pharmacist, Carri Philpott, hosting her "Stop the Bleed" course to teach students how they can stop a major or minor bleed when not in the hospital setting. We will also begin to have journal clubs for students at the college. The journal club will be split into sections for different students and a PGY1 will be our preceptor. We will also be hosting our Residency Roundtable event where students have dinner with pharmacy residents around the area to get all their residency questions answered.









Student Chapter Update Cedarville University

This year Cedarville University's SCCP chapter has been busy with many professional and academic events this past year. We hosted our second annual "Maximizing Your Rotations" event which was attended by many third year students preparing to go on APPEs in the spring as well as area preceptors. Dr. Jackie Boyle came and spoke with those in attendance about ways to work through difficult situations and improve communication. Students and preceptors worked through cases together in order to better understand the other's perspective and to learn ways to resolve differences. It was a great time of networking

Circinnati

and learning for everyone who attended!

Our pediatric PRN had the opportunity to tour Cincinnati Children's Hospital this fall. Students were able to tour multiple areas of the hospital and learn about pediatric



pharmacy as well as visit the sterile compounding area and the oncology floor. Many students learned about the differences in practicing pharmacy in a pediatric setting. The pediatric PRN also hosted a field trip for local elementary school students to learn about the practice of pharmacy. The students had the opportunity



to hear about what pharmacists do in different healthcare settings and learn the basics about medications. Student pharmacists assisted the

grade-schoolers with basic compounding and putting on sterile compounding PPE. All of the kids had a ton of fun and learned more about pharmacy!



We also hosted an event this year giving students practice on how to interpret the statistics section in a journal article. Students worked in groups to understand how to interpret the statistics as as well as determine if the statistics were appropriate. This helped give our students confidence as they prepare journal clubs for classes and on APPEs.

Later this spring, our chapter is planning to work with the DeCoach Rehabilitation Center in order to provide smoking cessation resources for the



patients who are attending the fair. Students will counsel patients on different smoking cessation aids and help patients understand the benefits of quitting smoking.



Student Chapter Update University of Toledo

The University of Toledo College of Pharmacy and Pharmaceutical Sciences (UTCPPS) SCCP chapter had a fun and dynamic fall semester. In August, SCCP joined other UTCPPS pharmacy organizations in welcoming the incoming class of student pharmacists to the professional division of pharmacy school. Our 2018-2019 executive board [pictured right(L-R): Dr. Julie A. Murphy (Chapter Advisor), Ethan Rausch (Secretary), Cassandra Welsh (Programming Coordinator), Katy Dulgar (President), Brittany



Curran (President-Elect), Kyla Dunning (Historian), and Rachel DiNino (Treasurer)] hosted a booth at the P1 Orientation Cook-Out to introduce the

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new class to our SCCP chapter, explain the purpose of our organization, and distribute candy bars (with a few containing Golden Tickets for our next event, Trivia Night).

Trivia Night is the UTCPPS SCCP chapter's biggest philanthropic event of the year. The event invites students and faculty members of all backgrounds to come together to raise money for the Community Care Clinic (CCC). The CCC is a multidisciplinary, student-run, free health clinic for the uninsured and underinsured of Northwest Ohio. At the conclusion of the event, we were able to donate over \$1,000 directly to the CCC.





Following Trivia Night, the SCCP chapter co-hosted a Residency Panel with the Student Society of Health-System Pharmacists. A panel of PGY1 and PGY2 residents from various programs in the area answered questions and provided advice to student pharmacists interested in pursuing residencies. Following the residents, a panel of residency program directors gave tips on interviewing, what they look for in applicants, and how students can make a good impres-

sion both on a CV and in person.

General meetings over the past semester have encompassed a wide-variety of material designed to engage and benefit chapter members. Julie A. Murphy, Pharm.D, FASHP, FCCP, BCPS led a session on CV writing that included proper formatting and content. One of the UTCPPS newest faculty members, Derek Gyori, Pharm.D, spoke about his area of practice in hematology and oncology. Our most recent meeting included an advocacy presentation to help best prepare our student pharmacists for the Ohio Pharmacists Association Legislative Day. Jaclyn Boyle,

Pharm.D,,
MS, BCPS of
University
Hospitals and
NEOMED,
explained the



importance of advocating on the behalf of the profession and how students can take a more active role in driving change. Each unique meeting allowed our student pharmacists to delve deeper into the many avenues of clinical pharmacy

The SCCP chapter of UTCPPS is excited to announce that our team for the Clinical Research Challenge has moved on to Round 2 of the competition. The team, Elizabeth Bennett (Captain), Brittany Curran, Courtney Mackzum, and Kyla Dunning (alternate) are working diligently on their Letter of Intent. We wish them the very best of luck in the coming round!

The remainder of the spring semester is set to be a busy one. Our chapter is in the midst of the Hygiene Kit Drive to collect basic hygiene items to send on a summer mission trip to Guatemala. We are eager to bring back the "Are You Smarter Than a P1?" competition later in the spring. This friendly competition between the P1, P2 and P3 classes tests their knowledge on material taught during their first professional year to see which class will come out on top. During Poison Prevention Week, we will be talking with pre-kindergarten students about being aware of poisons in their homes. The 6th Annual Research Symposium coming in April will give students the opportunity to see what research their peers have been working on for the past year and allow student researchers to practice their presentation skills.

Our chapter is very eager to see what this coming semester will bring as we aim to support the personal and professional growth of all of our members!

OCCP Preceptor Spotlight

Dr. Joe Wedig, PharmD, BCACP, is the Patient Care Manager at Mitchell Avenue Kroger Pharmacy in Cincinnati, OH. He earned his Doctor of Pharmacy degree from the University of Cincinnati in 2010, completed a PGY1 Residency at the University of Cincinnati and Kroger Pharmacy. In 2013, He became board-certified in ambulatory care pharmacy. Some comments from Dr. Wedig's nominator are that "he excels at his job because he cares about his patients, residents and staff." Moreover, he is "kind, courteous, and always positive no matter the outcome."

One project Dr. Wedig has been closely involved with is through

a partnership with Cincinnati Children's Hospital Medical Center's primary care clinic. The project, which is focused on medication adherence, demonstrated a high impact of pharmacists' counseling to patients and caregivers at the point of it being first prescribed. Dr. Wedig was excited that the partnering physician group "recognized the value of pharmacists in impacting patients' lives."

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Preceptor Spotlight continued from page 7

Dr. Wedig chose to pursue residency and clinical pharmacy as a result of his mentors throughout pharmacy education and pharmacy practice. It was through this and his passion for direct patient care that he learned how clinical pharmacy could dramatically improve people's lives. His experiences thus far, including in residency, have taught him how to adapt in difficult circum-

stances to maintain optimal performance as a pharmacist, but even more importantly, as a human being.

In Dr. Wedig's spare time, he enjoys woodworking and home improvement projects.

That's one handy pharmacist.

OCCP Resident Spotlight

Dr. L. Hunter Reese, PharmD, is a current PGY-1 pharmacy practice resident at MetroHealth Medical Center in Cleveland, OH. Dr. Reese earned his Doctor of Pharmacy Degree at Ohio Northern University in 2018. He is currently working on a research project involving the use of procalcitonin for upper respiratory tract infections, as well as a second project involving cefepime neurotoxicity.

Dr. Reese decided to pursue a career in clinical pharmacy because of his love for interdisciplinary collaboration. He states he enjoys working with other health professionals, incorporating everyone's expertise, to ensure the best possible outcomes for his patients. He choose to pursue residency training to increase his exposure to clinical pharmacy practice and refine his skills with the guidance of exceptional pharmacist role models. Dr. Reese was nominated for OCCP's Resident spotlight for several reasons, including his growth as a practioner during his residency and his ability to juggle multiple projects. After completing his residency, Dr. Reese will be staying on with MetroHealth as an Emergency Medicine Pharmacy Specialist.



Clinical Pearl

Spironolactone's Role in Resistant Hypertension

Bianca Mayzel, PharmD, PGY1 Pharmacy Resident, Cleveland Clinic Hillcrest Hospital Sandra Axtell, PharmD, BCPS, Cleveland Clinic Hillcrest Hospital

Introduction

Resistant hypertension (RH) is a serious issue within the adult population. It is estimated that nearly 13% of adults have RH. 1,2,3 The definition of RH is uncontrolled blood pressure (BP) despite the use of three antihypertensive medications, one of which is a diuretic, or when four or more medications are needed to control BP. According to the ACC/AHA panel, antihypertensive medications with complementary mechanisms should be used. Common first-line agents include inhibitors of the renin-angiotensinaldosterone (RAAS) pathway, calcium-channel blockers (CCB) and thiazide-type diuretics. If additional agents are needed the options are limited, specifically when assessing their toxicity profiles. Several investigators have tested spironolactone, 5 a potassium-sparing diuretic, against other medications, such as beta-blockers and clonidine, for the treatment of RH and saw potent BP reduction.

Clinical Evidence

The investigators of the PATHWAY-2 trial⁶ compared spironolac-

tone to placebo, bisoprolol, and doxazosin in a randomized, double-blind, crossover trial in 314 patients. The primary outcome involved the assessment of spironolactone as add-on treatment in RH. Inclusion criteria consisted of seated systolic blood pressures (SBP) of \geq 140 mmHg for at least three months on maximally tolerated doses of a RAAS agent, CCB and diuretic. All patients enrolled rotated through four cycles of medications for 12 weeks; spironolactone 25-50 mg, doxazosin 4-8 mg, bisoprolol 5-10 mg and placebo. No washout was present between cycles. Randomized patients had an average age of 61 year old and baseline SBP was 148 mmHg. Spironolactone decreased SBP by 12.8 (-13.8, -11.8) mmHg, bisoprolol by 8.3 (-9.3, -7.3) mmHg, doxazosin by 8.7 (-9.7, -7.7) mmHg and placebo by 4.1 (-5.1, -3.1) mmHg. All four agents had similar rates of serious adverse events. Six patients (2%) exposed to spironolactone had a serum potassium > 6 mmol/L, none of which required emergent medical action. Another trial comparing spironolactone to other fourth-line options is the ReHOT study. ⁷ The investigators sought

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to determine the effect of spironolactone versus clonidine when added to triple BP therapy (diuretic, RAAS agent and CCB). The primary outcome was the percentage of patient achieving effective BP control (SBP < 140 mmHg) after 12 weeks of treatment. A total of 1597 randomized patients had an average age of 56 years old and baseline SBP of 181 mmHg. The spironolactone grouped achieved the primary outcome in 20.5 % of the population and the clonidine group in 20.8 %, p = 1. The spironolactone 4. group did not report any hyperkalemia.

Conclusion

The treatment of RH presents many concerns, specifically in choosing an agent that will effectively reduce BP to goal and have minimal side effects. In the PATHWAY-2 trial, spironolactone effectively and safely reduced SBP to < 140 mmHg. The ReHOT investigators found no difference in efficacy between clonidine and spironolactone as a fourth-line agent. The major side effect of spironolactone is hyperkalemia, therefore monitoring serum potassium and creatinine is required upon initiation, titration or when a RAAS agent is added. In conclusion, spironolactone is an appropriate add-on therapy for RH, when a RAAS agent, CCB and diuretic are already being utilized at maximum tolerated doses.

References

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New Drug Update

Venetoclax (Venclexta®)

Rachel Hoffman, PharmD, PGY-1 Pharmacy Resident, The MetroHealth System

Jan Kover, RPh, BCOP, The MetroHealth System

Venetoclax (Venclexta®), is an oral targeted antineoplastic agent that selectively inhibits B-cell leukemia/ lymphoma-2 (BCL-2) by binding directly to the BCL-2 protein on tumors, displacing proapoptotic proteins and restoring apoptosis. BCL-2 is commonly overexpressed in hematologic malignancies and mediates tumor cell survival and resistance to chemotherapeutics. ¹

The Food and Drug Administration (FDA) recently expanded the approval of venetoclax for use in combination with a hypomethylating agent (azacytidine or decitabine) or low-dose cytarabine (LDAC) for the treatment of newly- diagnosed acute myeloid leukemia (AML). This approval applies to adults \geq 75 years old or patients with comorbidities that preclude the use of intensive AML chemotherapy. ¹

AML is a disease of older adults (median 67 years), with onethird of patients \geq 75 years. Older age has been associated with higher treatment-related mortality, lower complete remission (CR) rates, higher risk of relapse, and shorter overall survival (OS). Concerns about poor efficacy and high toxicity make elderly patients poor candidates for intensive chemotherapy. 2 Generally, these patients receive lower-intensity monotherapy regimens. However, these low-intensity monotherapy regimens yield low-response rates (10-50%), are not curative, and have a median OS of < 1 year. 3,4

The National Comprehensive Cancer Network (NCCN) endorses venetoclax for AML patients \geq 60 years that are treatment naïve, not candidates for intensive chemotherapy, with unfavorable risks or for post remission therapy after lower intensity therapy fails. ⁵

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Clinical Evidence

Initial studies using venetoclax monotherapy for AML showed that all patients relapse, with a median time to progression of 2.5 months. Progression is felt to be caused by the development of resistance mechanisms. ⁶ Recent trials have demonstrated that resistance can be overcome when venetoclax is used in combination with another agent.

Accelerated FDA approval was granted based on two open-label non-randomized trials (M14-358 and M14-387). Confirmatory phase 3 trials, VIALE-A and VIALE-C are ongoing evaluating overall survival (OS) when venetoclax is used in combination with azacytidine or LDAC in AML patients.

The M14-358 study enrolled newly diagnosed AML patients (\geq 65 years) that received venetoclax in combination regimens. In combination with azacytidine, the rate of complete remission (CR) was 37% (n=25/67) with a median time in remission of 5.5 months (range: 0.4-30 months). In combination with decitabine, the rate of CR was 54% (n= 7/13) with a median time in remission of 4.7 months (range: 1.0-18 months). The median OS in both cohorts was 17.5 months. ⁷ In the study M14-387, patients received venetoclax in combination with LDAC. The CR rate was 21% (n=13/61), with a median time in remission of 6 months (range: 0.03-25 months). ¹

Dose modifications are required when using venetoclax with CYP3A4 and P-gp inhibitors including prophylactic antimicrobials. A ramp-up dosing schedule and anti-uricemics are used to lower the risk of tumor lysis syndrome. Other side effects found

in greater than 30% of patients studied included gastrointestinal, hematologic, cardiovascular effects, pain and infection. ^{1, 5}

Conclusion

The use of venetoclax in combination regimens for AML may provide a more effective and less toxic treatment for many elderly patients.

References

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