

NJSHP

NEW JERSEY SOCIETY OF
HEALTH-SYSTEM
PHARMACISTS

December Newsletter



Photo by Karolina Grabowska from Pexels

ORGANIZATIONAL AFFAIRS UPDATE

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This past year has presented many challenges in healthsystem pharmacy as the pandemic continues to envelop much of the country.

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As the end of the year approaches, we have now dealt with the pandemic for almost 12 months. What has happened? What have we learned?

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As Director of the Public Policy Council, it is with great pleasure to communicate with the NJSHP membership through our NJSHP newsletter.

Mission Statement

The mission of The New Jersey Society of Health-System Pharmacists is to advance health-system pharmacy practice and healthcare through education, professional development, and advocacy.

**Former NJSHP President
Indu Lew
on NBC Dateline**

**Former NJSHP President
Nancy Palamara
on NBC Nightly News**

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President's Perch | Resilience

By: Daniel T. Abazia, PharmD, BCPS, CPPS

If you're like me, you've been consumed with the COVID vaccine over the past few weeks. What are we receiving? When is it coming? Do I have ultra-low freezer capacity to store it? Who do we administer the vaccine to first? As I stated in my last article, uncertainty is something we must live, adapt, and thrive with in this post-COVID era. Until those vials arrive in our departments, uncertainty and anticipation will remain (along with A LOT of planning). But, what happens when the vaccine actually arrives? Is the game over, battle won, or (select favorite cliché)? How do we, our departments, and health-systems pivot after 11 months of exhilaration, stress, loss, exhaustion, and burnout?

It's said that a rising tide lifts all boats, but all boats are not the same. The same can be said for all of us in health-system pharmacy. For many of us, what started out as important, meaningful and challenging work has recently become unfulfilling and meaningless. Our energy turns to exhaustion, compassion to cynicism, and self-efficacy to ineffectiveness. Stress is a normal part of healthcare and pharmacy practice. We define stress as over engagement; our emotions are over-reactive and our demeanor is one of anxiety or hyperactivity. But, for many of us, stress has morphed into burnout. Burnout is disengagement; our emotions blunted and our demeanor one of detachment, helplessness, and hopelessness. Burnout leads to diminished organizational commitment, turnover and absenteeism, errors, physical illness, and lost productivity.

What's the prescription for burnout? Building resilience, or our capacity to recover quickly from difficulties, ie. toughness. Resilience is developed through autonomy, camaraderie, opportunities for excellence, and being part of something meaningful. Organizations, including NJSHP, can create a culture of caring, connection, empowerment, excellence, and meaning that supports resilience. The pandemic was one large cut among a collective "death by a thousand paper cuts," where the pharmacy profession's been saddled by an increasing number of demands, disease burden, and complexity of the healthcare system and pharmaceutical supply chain, along with a subsequent reduction in resources. While we may be at a tipping point, I believe a leaders (including NJSHP) focus on engagement can help in reenergizing our profession into a renewed sense of dedication to our craft and commitment to workplace effectiveness and a feeling of value.

Building resilience is a multifaceted and involves addressing workplace culture needs; developing the organization culture; and, promoting individual well-being. As we end 2020, there's a lot of promise on the horizon. Within our workplaces, let's not lose sight of trying to create a balanced and fair workload, give a sense of control to our staff and colleagues, reward good work, and embrace community and shared values. Within our departments and across the organization, let's focus on intentionally developing a social culture of belonging – the 4 "A's". We need to Acknowledge, Appreciate, Accept, and make (reasonable) Accommodations for each other and to build resilience as uncertainty and change will continue in to 2021.



NJSHP Here to Help

**COVID-19 Support
New Jersey Content**

PUBLIC POLICY COUNCIL SECTION

Julie Kalabalik-Hoganson

As Director of the Public Policy Council, it is with great pleasure to communicate with the NJSHP membership through our NJSHP newsletter. Since the last update in the October newsletter, our Council attended several virtual chapter meetings to share our recent activity and goals with chapter meeting attendees. Council members who also serve as state delegates for ASHP participated in the November Virtual House of Delegates and eight policy recommendations were approved as official ASHP policy. The Council is seeking opportunities to organize an advocacy-related continuing education program for NJSHP members to meet the needs of the membership as indicated in the member interest survey. Council members served as panelists for a Rutgers student chapter policy webinar. The Council members continue to report to the NJSHP Board on changes in laws, rules, and regulations affecting public health, pharmacy practice, hospital and institutional pharmacy practice.

ORGANIZATIONAL AFFAIRS UPDATE

Rani Madduri PharmD, BCPS, AAHIVP

Nominate a Colleague for an NJSHP Annual Award!

This past year has presented many challenges in healthsystem pharmacy as the pandemic continues to envelop much of the country. Despite these issues, pharmacists and pharmacy technicians have continued to provide optimal patient care as they remain dedicated members of the health care team. Use this opportunity to recognize a pharmacist, technician, student or healthcare team member for their contributions to our profession. Nomination opportunities include the: Hospital Practice Award (new last year!), Gregory A. Santora Pharmacist Leadership Award, Dean Sciarrone Student Award (2 winners will be selected), Beverly Wilt Service Award, APPEX (Advancing Pharmacy Practice Excellence) Award, Pharmacist Practitioner Award, Pharmacy Technician Award, Preceptor of the Year Award. The nomination process is easy - please submit ONE letter in support of your nominee along with a copy of his/her CV or resume and email Stella Williams at swilliams@njha.com by 12-noon, Friday, January 22nd, 2021. Details about the award can be found on our website.


Apply for the Eric T. Holo Grant Research Grant!

NJSHP supports research-related to patient care and pharmacy practice in the hospital and health system setting. Please consider applying for the research grant by December 18, 2020. Please see the NJSHP website for details. Up to \$5000 will be awarded!

Upcoming Events



Virtual 2021 Annual Meeting & Exhibition

 4/8/2021 8:00 AM - 4/9/2021 4:30 PM

Paul Castellano- December Edition NJSHP

Fairleigh Dickinson University, School of Pharmacy & Health Sciences

Dear NJSHP Members,

As we reach the end of a historic 2020, Fairleigh Dickinson University School of Pharmacy & Health Sciences would like to announce its success despite the challenges brought forth by the pandemic. First, the Co-Hosted NJSHP Residency Banquet between Rutgers & FDU was a major accomplishment. Students from both institutions were able to network and learn information in regard to residency with pharmacists working in the field. We believe that our students can use these tips, strategies, and new networking relationships to best forward their professional careers. On the FDU side, this accomplishment sparked a tremendous amount of interest in our 2020 local chapter elections. We must say that there were many qualified students that nominated themselves for elections. Using this exceptional pool, we were able to choose a bright group of students that will continue to support the legacy of our local chapter involvement in NJSHP.

Stay safe, happy holidays, and talk to you soon!

NJSHP Chapter at Fairleigh Dickinson School of Pharmacy & Health Sciences

Welcome to all who have joined NJSHP within the past several months. Thank you all for persevering in the face of unprecedented personal and professional challenges by supporting NJSHP. As the year unfolds, we shall continue with our educational objectives to advance our practice and help others.

Best wishes and holidays,
Neli Attas
President of the NJSHP North Chapter

New Members

Norberto Alberto
Emily Berberich
Naana Boachie
Ravi Desai
Andrew Lee
Amin Nouralla
Sylvia Ou
Neha Siddiqui
Joanne Son
Kikki Su
Brian Ubhaus
Katherine Zborovsky
Jishun Zhou



COVID-19 Update

As the end of the year approaches, we have now dealt with the pandemic for almost 12 months. What has happened? What have we learned? How do we treat this enemy virus? What does the future hold? I could occupy the entire newsletter postulating theories and answers to these questions. But let me try to give an update on where we are and what is to come.

STATISTICS

- At least 270,000 US citizens have officially died of COVID-19 related illness (many experts believe this number is woefully underestimated)
- Of those 270,000, approximately 17,000 are New Jersians
- At least 14 Million people in the US have been infected with COVID-19 (again underestimated)

THERAPEUTICS

Many pharmaceutical agents have been tried, some with success. I'll focus on the major COVID therapeutic options, but ASHP has a large document(143 pages) on their website which assess the evidence for COVID-19 related treatments.

- Remdesivir (Antiviral)
 - ✓ Received **FDA approval** on October 22, 2020 for treatment of COVID-19 in adults and pediatric patients ≥ 12 years of age weighing at least 40 kg who require hospitalization.
- Remdesivir in combination with Baricitinib (JAK inhibitor)
 - ✓ Received **FDA Emergency Use Authorization(EUA)** on November 19, 2020 for treatment of suspected or laboratory confirmed COVID-19 in hospitalized adults and pediatric patients ≥ 2 years of age requiring supplemental oxygen, invasive mechanical intubation, or ECMO.
- COVID-19 convalescent plasma
 - ✓ Received FDA EUA on August 23, 2020 for the treatment of hospitalized patients with COVID-19.
- Bamlanivimab (Monoclonal Antibody)
 - ✓ Received **FDA EUA** on November 9, 2020 for the treatment of mild to moderate COVID-19 in adults and pediatric patients ≥ 12 years of age weighing at least 40 kg with positive results of direct SARS-CoV-2 viral testing who are outpatients and are at high risk for progressing to severe COVID-19 and/or hospitalization.
- Casirivimab & Imdevimab (Monoclonal Antibodies)
 - ✓ Received **FDA EUA** on November 21, 2020, administered together, for the treatment of mild to moderate COVID-19 in adults and pediatric patients ≥ 12 years of age weighing at least 40 kg with positive results of direct SARS-CoV-2 viral testing who are outpatients and are at high risk for progressing to severe COVID-19 and/or hospitalization.

VACCINES

There are currently 6 vaccines in phase III trials (4 in the US)

- Pfizer/BioNTech - mRNA technology - patients 12 years and older
Applied for FDA EUA in mid November. FDA to tentatively review Dec 10
2 dose regimen (21 days apart) - 30mcg/0.3ml dose (5 dose MDV) - storage -70°C - 5 days in fridge
- Moderna - mRNA technology - patients 18 years and older
Applied for FDA EUA on November 30. FDA may tentatively review on Dec 17
2 dose regimen (28 days apart) - 100mcg/0.5ml dose (10 dose MDV) - storage -20°C - 30 days in fridge
- Oxford/AstraZeneca - Viral Vector technology - patients 18 years and older
Still in phase III trials - 2 dose regimen (28 days apart) - storage unknown - 10 dose MDV
- Johnson & Johnson - Viral Vector technology - patients 18 years and older
Still in phase III trials - 1 dose regimen - storage -20°C - 3 months in fridge - 5 dose MDV

Who will get the first vaccines?

Pfizer and Moderna combined will hopefully have 45 million doses by the end of 2020. That means 22.5 million people may be vaccinated. At this point, healthcare workers and long term care folks have been identified as early recipients. However, this will vary, as Governors in each state will make the final determinations. It may be April or May until the general public has the opportunity to receive a COVID-19 vaccine.

So until then, wear a mask, social distance, and enjoy the cool fall/winter air!

If you have specific COVID related questions, please contact me directly @ kjbevenour@comcast.net

Ken Bevenour
Executive Director - NJSHP

COVID-19

S	I	A	H	T	R	E	A	T	M	E	N	T	N
V	E	Y	L	Y	T	C	P	P	L	T	E	O	C
R	A	M	A	F	G	R	A	I	A	O	X	P	O
E	P	P	I	E	A	I	O	Y	R	P	P	A	R
I	H	R	R	E	A	C	E	T	I	S	O	N	O
M	G	E	T	I	O	N	E	N	V	T	S	D	N
M	U	M	L	H	S	X	T	M	E	O	U	E	A
U	O	D	A	E	O	O	Y	I	A	H	R	M	V
N	C	E	C	N	R	S	L	G	B	S	E	I	I
I	M	S	I	F	S	E	P	A	E	O	K	C	R
T	L	I	N	E	M	A	M	I	T	N	D	I	U
Y	P	V	I	V	I	P	O	E	T	I	T	Y	S
N	Y	I	L	E	I	I	T	R	I	A	O	L	I
I	I	R	C	R	I	D	A	L	L	E	L	N	S

COUGH
OXYGEN
ANTIBODY
FEVER
CLINICAL TRIAL
PPE
TREATMENT
CORONAVIRUS
REMEDSIVIR
EXPOSURE
IMMUNITY
PANDEMIC
ISOLATION
HOTSPOT
FACEMASK
HOSPITAL
VIRAL
HYGIENE

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