

# CT-ASCP's SenioRx Care Perspective

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SYMPOSIUM

## UConn Student Chapter Update

Heather Jahn, UCONN ASCP Student Chapter President

A new school year, new members and new projects! With the 2010-2011 school year now officially underway, the University of Connecticut School of Pharmacy ASCP student chapter is ready to kick off another productive and eventful year! We started off our semester with a bang when 38 new members signed up to join our organization at the School of Pharmacy Involvement Fair. The new students are enthusiastic and eager to become involved in ASCP, and their enthusiasm has definitely inspired our other members as well! Our first few meetings of the semester have been centered on brainstorming different ways to increase student participation and membership. Although we are extremely pleased with the number of new members, we are always looking to expand our organization and spread our message. A universal decision was made on how to accomplish this, and that was through the creation new community service projects. There was an overwhelming desire to reach out more to our community, so our upcoming events will be greatly focused on community outreach and volunteer projects where we can give back to the geriatric population in our area. The members feel that the projects will not only be extremely rewarding, but will also serve to make our organization more unique among the many organizations within the UCONN School of Pharmacy.

We are very excited to announce some brand new projects for the year! One project that was particularly well received by not only the student chapter of ASCP but also the organization we will be working with was volunteering at the Alzheimer's Resource Center in Plantsville, CT. Students will be making several trips throughout the year to volunteer at the center and spend time with the patients there. Over half of our organization signed up to volunteer their time, and although we have never ventured out to the resource center in the past, we feel it will be a very worthwhile experience and one that many of the patients will enjoy. We have spoken extensively with the volunteer services at the center, and have set up dates to volunteer at the day programs, on the floors and in the assisted living community. Our students are especially excited for this project, and we will be sure to keep you updated on our experiences!

The ASCP student chapter also plans to volunteer with the Mansfield Nursing and Rehabilitation Center, which is conveniently located

right off of the UCONN campus. We are working together with the Community Outreach Office at the University of Connecticut to set up days each week that students can go and spend time with the patients. Possible ideas for projects with the patients at MNR Center would be game nights (preferably Bingo!) and cooking/baking nights. The students feel that it is important to spend as much time as we can with the geriatric patients in our area, as our organization is one that stresses the importance of this type of interaction and patient care. Possible other projects include volunteering at a few different adult day care centers around the area.

Student ASCP members are also looking forward to volunteering at the VA in West Haven with our advisor, Dr. Sean Jeffery. Although the students are eager to spend time with the residents at various hospitals and nursing homes for pure patient interaction, they are also interested in learning more about what it takes to be a geriatric pharmacist. Many of our new members are in their first year of pharmacy school, and we feel it will be good exposure to allow them the opportunity of seeing Dr. Jeffery's work first hand. Students have also expressed interest in having different consultant and clinical pharmacists from around the area come and speak about what their job entails, how they ended up where they are now, and what advice they have for aspiring pharmacists. If anyone is interested in telling their story, let us know; we would love to have you!

The most thrilling news from the UCONN student chapter of ASCP comes in the form of a trip to sunny Orlando, Florida; where thirteen students will be representing UCONN at the ASCP Annual Meeting in November! This is almost triple the number of students that our student chapter has ever sent to the annual event, and all 13 students are excited to be included in the experience. The students hope to be able to collaborate with other student chapters of ASCP on some national community outreach based projects while at the Annual, and look forward to attending many of the meetings being held at the convention. It has already been a very busy and successful start to the semester for the ASCP student chapter, and we can't wait to see what the rest of the year brings!

**We're on Facebook!**

Check out: Connecticut Chapter—American Society of Consultant Pharmacists

# Service Learning in Pharmacy Practice Experiences

Philip M. Hritcko, Pharm.D., CACP — Director, Experiential Education & Assistant Clinical Professor  
University of Connecticut School of Pharmacy

As the profession of pharmacy changes from a focus on the provision of the drug product to the provision of patient care so does the educational institutions of our profession. Curricular changes are required that will prepare the future pharmacy practitioners to fill the evolving roles of pharmacists. The Accreditation Council for Pharmacy Education (ACPE), which is the accrediting body for all schools and colleges of pharmacy, revises their Accreditation Standards and Guidelines periodically to reflect the changes occurring within the profession of pharmacy. In 2006, ACPE released revised accreditation standards and guidelines that became effective as of July 1, 2007 and are referred to as “Standards 2007.” Standards 2007 placed greater emphasis on experiential education establishing this area as a critical element in the education and training of our future pharmacists.

Experiential Education now represents 30% of the curriculum for all schools and colleges of pharmacy throughout the United States. Schools and colleges of pharmacy are now required to meet these new experiential standards through a variety of pharmacy practice experiences (PPE) including Introductory Pharmacy Practice Experiences (IPPE) and Advanced Pharmacy Practice Experiences (APPE). Standards 2007 requires that IPPE and APPE comprise no less than 300 and 1440 hours (5% and 25%), respectively, of the Doctor of Pharmacy curriculum. These experiences assist student pharmacists in the integration and application of their didactic “classroom” knowledge to the practice site and patients that they serve. The overall goal of these experiences is to produce a graduate pharmacist capable of and committed to delivering excellent patient care.

The University of Connecticut (UConn) School of Pharmacy, as part of our new revised curriculum, has recently incorporated service learning into the curriculum of our IPPE courses during the student pharmacists’ third professional (P3) year. Service learning is not new but there are a growing number of educators who are exploring and utilizing this pedagogy. Educators, especially in the area of experiential education, are finding the benefits of service-learning to both the students and community and are incorporating these programs into their experiential programs.

Service-Learning is a method of teaching, learning, and outreach which intentionally links community service to an academic course or program through specific learning goals, structured reflection, and assessment. Service-learning programs are distinguished from other approaches to experiential education by their intention to benefit the provider and the recipient of the service equally, as well as to ensure equal focus on both the service being provided and the learning that is occurring.

To do this successfully the service-learning course needs to be designed to ensure that both the service enhances the learning and that the learning enhances the service. A great example of this is where our UConn student pharmacists are taught the proper technique on how to take a blood pressure reading on a patient

with a stethoscope and blood pressure cuff. Students practice on simulator arms and on their student partners in a lab setting for this portion of the course. A service-learning course then integrates the theories and skills learned from the lab to providing blood pressure screenings to seniors at a local senior citizen center. While the intent of this program is to provide blood pressure screenings to seniors, the course also helps the students to perform blood pressure readings and to counsel patients on the disease state of hypertension. In this type of service-learning course, the focus is on both the student’s learning and on providing a service to the community. Therefore, in this example both the students’ and the senior citizens’ benefit from the service provided. It is this type of balance that distinguishes service-learning from all other experiential education programs.

This is just one example of the many service-learning projects that has been incorporated into the UConn School of Pharmacy experiential education program. In addition, UConn student pharmacists are involved with the South Park Homeless Shelter, Willimantic Covenant Soup Kitchen, and Migrant Farm Works (MFW) Clinics providing free health care throughout the year. These mobile free clinics are interprofessional student run activities done in conjunction with the UConn Schools of medicine, pharmacy, dental and nursing. The goal of these activities are to introduce health professions students to the importance of community engagement, encourage their collaboration as future members of the health care team, and to work to reduce problems in health care access experienced by underserved populations in Connecticut. UConn student pharmacists are also involved with numerous service-learning projects associated with health fairs, senior centers, National Primary Care Week (NPCW) just to name a few.

As you can see our UConn student pharmacists are engaged in numerous activities with their communities. Therefore, we are always looking for pharmacists willing to mentor our students who are engaged in these service learning activities. If you would like to learn more information and/or volunteer to be a pharmacist mentor for one of these service learning activities please feel free to contact the UConn Office of Experiential Education at 860-486-1592.



UConn students participating in a blood pressure screening service-learning project.

# Summary of Major Findings Presented at the Alzheimer's Association International Conference on Alzheimer's Disease (ICAD) 2010

David S. Lee, Pharm.D., Ph.D. — Yale University School of Medicine

The Alzheimer's Association International Conference on Alzheimer's Disease (ICAD) took place between July 10-15, 2010 in Honolulu, Hawaii. The ICAD is the premier scientific conference for Alzheimer's Disease (AD) research. Below is a summary of the findings from this meeting.

## Lower physical activity increases risk of dementia

Researchers examining the Framingham Study estimated the amount of daily physical activity for 1,200 older participants (mean age  $76 \pm 5$  year) and followed them for up to 20 years (mean  $9.9 \pm 5$  years) for the development of dementia. Of the 1,200 participants, 242 (20%) developed dementia. Those with moderate levels of physical activity had a 40% lower risk of developing dementia; and, the 20% of participants with the lowest amount of physical were 45% more likely to develop dementia than those with higher levels of activity. This study is the longest study to explore physical activity and dementia and shows the additional benefit of more physical activity in older adults. The Framingham Study is a large, long-term epidemiologic study that first found many of the risk factors for cardiovascular disease. Since 1986, the study has also been following the participants for dementia.

## Cognitive benefits for tea drinkers

Researchers analyzing data from the Cardiovascular Health Study, a large, population based, epidemiologic study, followed 4,800 men and women 65 years and older. A yearly Mini-Mental State Exam (MMSE) was administered up to 8 times to assess cognitive function along with a food inventory to assess the amount of tea and coffee consumption. On average, the MMSE score declined 1.17 points each year for each participant in the study. Those that consumed tea had less cognitive decline; between 17-34% less decline in the MMSE score compared to non-tea drinkers. The benefit increased as the amount of tea consumed increased (up to 5 cups per week) but even those that drank just one cup per month had cognitive benefits. Most in the study used black tea but any tea was included. Coffee drinkers did not have a cognitive benefit, except for the highest coffee consumers (5 cups per week). This was the first long-term study to examine tea and coffee's affect on cognitive function.

## Vitamin D deficiency is associated with cognitive impairment

Vitamin D levels of 3,325 older adults (65 years and over) in the National Health and Nutrition Examination Survey (NHANES III) was measured. In this cross-sectional study, the 10% of participants with the lowest cognitive scores were classified as cognitively impaired. The odds of cognitive impairment was 42% higher if deficient in vitamin D ( $\geq 10$  to  $<20$  ng/mL) and nearly 400% higher if severely deficient ( $< 10$  ng/mL). This study suggests that supplementation may be an inexpensive intervention but more studies are warranted. Many older adults are deficient since the skin is less efficient at producing vitamin D and many foods do not contain enough to adequately maintain sufficient levels to prevent deficiency. The NHANES is conducted by the National Center for Health Statistics, Centers for Disease Control (NCHS/CDC), and designed to assess the health and nutritional status of adults and children in the United States

## African-American and Latinos with cognitive impairment live longer but are less likely to be placed in a nursing home than whites

Older adults in the Health and Retirement Study were followed for 8 years. Of the more than 17,000 older adults in the study, 10% were African-American and 6% were Latino. During the study 23% died and 14% experienced significant cognitive decline. Those that experienced cognitive decline did not differ by race, but the African-Americans and Latinos with cognitive decline lived longer and were less likely to be placed in a nursing home. This may suggest that the cultural burden of dementia may differ substantially among different racial groups.

## An obesity gene may increase your risk of Alzheimer's disease

Swedish adults age 75 years and over without dementia were studied for 9 years. At the beginning of the study, their DNA was analyzed for an obesity gene call *FTO* and the known Alzheimer's gene, *APOE*. The participants with the *FTO-AA* gene variant were at a 58% increased risk of developing AD when adjusting for age, gender, education, and *APOE* genotype. When both the *FTO-AA* and *APOE  $\epsilon 4$*  gene variants were present, the risk of developing AD increased by 100%, when adjusting for diabetes, BMI, cardiovascular disease and physical inactivity. While *FTO* is an obesity gene, the effect of the *FTO-AA* gene variant was independent of obesity and diabetes, suggesting a mechanism independent of these two factors, but underscores the relationship between heart and brain health.

## Alzheimer's disease is associated with anemia

Anemia was assessed in 1,112 participants of the Australian Imaging Biomarkers and Lifestyle (AIBL) study of Ageing. Participants answered surveys on dietary intake and medication and supplements and took an exam on cognitive function. The participants with AD had lower hemoglobin and hematocrit levels and the odds of AD was increased by 261% in those with anemia. These findings were independent of iron intake and suggests that hemoglobin production is decreased in AD. This is the first study to suggest AD is a risk factor for anemia.

## Immunotherapy for beta amyloid plaques also decrease tau protein

Beta amyloid plaques and phospho-tau are the two histologic markers of AD and are thought to contribute to the pathogenesis of AD. Bapineuzumab (Janssen Alzheimer Immunotherapy and Pfizer) is an antibody to the beta amyloid plaques. Bapineuzumab is in Phase 3 testing for mild-moderate AD. The findings presented at the ICAD was an exploratory analysis, combining the results of two trials, and enrolled 46 participants (27 bapineuzumab, 19 placebo). The phospho-tau protein was decreased in the cerebrospinal fluid of bapineuzumab-treated participants compared to placebo-treated controls. Phospho-tau is thought to be a marker of neuronal death in the brains of AD patients and suggests that immunotherapy may alter the course of AD, however, larger studies will need to be performed along with AD outcome.

In another study, those treated with a vaccine for amyloid beta, AN1792, showed reductions in beta amyloid plaques and tau protein in the brains of AD patients. Unfortunately, no benefit in cognitive function was observed. The decrease in tau was associated with the dendrites, the projects from neurons that carry electrical signals to other neurons, but the amount of tau in the neuronal body was unaffected. This may explain why no cognitive benefit was observed for this treatment. The development of AN1792 was halted in 2002 due to development of meningoencephalitis in 6% of participants.

# Notes 'n Votes - October 2010 Board Meeting

Kim L. Daley, Pharm.D., CT-ASCP Secretary / Treasurer

## REVIEW OF PAST MINUTES

The minutes of the 9-7-10 meeting were reviewed and approved unanimously. It was agreed that the minutes be updated to reflect attendance of committee members and to remove those who lack attendance.

## LEGISLATIVE AFFAIRS

Legislation has been quiet and will pick back up after the November elections. L. Sobel explained that John Gadea is willing to endorse regulations proposed by our chapter regarding drug returns and prescription faxes from group homes. President Obama should be signing a bill regarding the disposal of unused controlled medications from nursing homes in the near future.

## SENIOR SYMPOSIUM - Senior Symposium 2011 (SS11)

April 14<sup>th</sup> & 15<sup>th</sup>

Website: [www.seniorsymposium.com](http://www.seniorsymposium.com) S. Jeffery proposed that the chapter continue to support the National President to attend SS11. He also gave an update on education and suggested Joe Gerber (Director of Educational Affairs) as a resource. K. Chamberlin is waiting for the RFP from Jill Fitzgerald. D. Cooper is planning on sending out exhibitor applications by the end of the month and questioned if any changes need to be made to the application. G. Memoli will send a copy out to the Board for review. Non-Pharma vendors also need to be considered for support. The chapter thanked D. Cooper for his work. The chapter also discussed the reception held at Shrine last year and agrees that vendors and all attendees should be included. Other activities to be held in conjunction with SS11 were discussed such as a drug take back program or file for life.

## NATIONAL UPDATE

S. Jeffery announced that the ASCP Short Cycle Dispensing Meeting would be held this month in Texas. National ASCP is working to improve branding for the association and programming/planning for the Annual Meeting. K. White described the association management system that should help with membership and improve managing finances. She also announced that monthly advocacy phone conferences will be open to all members. National ASCP is offering to help chapters with planning regional meetings and a chapter website that could link from the national site. The chapter discussed pros and cons with transitioning to a new website. B. Pelletier and K. Chamberlin agreed to head the committee to review the new website.

## GENERAL DISCUSSION

The chapter introduced themselves to the group since there were new guests in attendance. G. Memoli invited the chapter to RSVP for gatherings at the Annual Meeting. M. Wrabel suggested a lunch for the Annual Meeting for members and students of CT-ASCP. J. Cannarella and G. Memoli attended the CPA installation dinner held in September. The chapter would like elections to coincide with Senior Symposium. M. Fortin clarified bylaws that should allow elections to take place in the Spring.

A. Huie-Li made a motion to appoint K. Daley to Secretary/Treasurer, K. Chamberlin seconded and the motion was unanimously approved. G. Memoli asked the chapter for their thoughts on the monthly meeting. M. Wrabel supported that the chapter keep connections with industry and the chapter agreed to continue meetings with sponsorship and speakers.

## STUDENT CHAPTER UPDATE

H. Jahn announced that 13 students will be attending the annual meeting and that funding has been secured for 8 students. The student chapter is volunteering at an Alzheimer's Resource Center a few days each week. There are 38 new members this year and the chapter is planning a Trivia Night for fundraising.

Meeting adjourned at 7:50PM.

**Next Meeting: 11-1-10, at Machiavelli's, 75 Center St., Southington, CT**  
**Sponsorship: Merck**

Respectfully submitted,

Kim L. Daley  
Secretary/Treasurer

MEMBER NAME & TITLE	May	Sept	Oct
Gene Memoli, President/Chair Senior Symposium Committee	X		X
Mark Wrabel, President-Elect	X	X	X
John Cannarella, Immediate Past-President			X
Kim Daley, Secretary / Treasurer	X	X	X
Michel Fortin, Past President, Past Secretary / Treasurer	X	X	X
Mike Gemma, Board 2009/ Legislative Committee	X		X
Amy Huie-Li, Board 2009 /Communication Co-Chair	X	X	X
Kevin Chamberlin, Board 2008 / Communication Committee	X	X	X
Brian Pelletier, Board 2008/ Communication Committee			X
Paul Belcher, Board 2007 / PAC Committee	X		X
Kathy White, Board 2007 / Senior Symposium	X	X	X
Anna Torda, Communication Committee	X	X	X
Larry Sobel, President Emeritus / Legislative Chair	X	X	X
Bob Tendler, Legislative Committee	X		X
David Cooper, Past President / Sales Senior Symposium	X	X	X
Dennis Chapron, Senior Symposium Committee	X	X	X
Sean Jeffery, Senior Symposium Committee	X	X	X

Sponsorship: Tom Kaschak, Johnson & Johnson, Arsalan Khan, Pharm D. MBA from Johnson & Johnson

Guests: Anna Egle, Michael Logsdon, Kerry Hart, Cynthia Enright  
Student Chapter Members: Lyndsi Branon (secretary), Heather Jahn (president), Timothy Cavanagh (vice-president)

## SPONSOR RECOGNITION

Tom Kaschak and Arsalan Khan from Johnson and Johnson were thanked for the sponsorship of this meeting and educational presentation.

## Editorial Board

- Amy Huie-Li, PharmD, CGP
- Kim Daley, PharmD
- Anna Torda, PharmD
- Kevin Chamberlin, PharmD
- Brian Pelletier, PharmD, CGP

## Senior Symposium

April 14-15, 2011

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